Newsletter No. 23

Monday 18th March 2024

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NOT BECAUSE OF WHO
THEY ARE OR WHAT
THEY DO IN RETURN,
BUT BECAUSE
OF WHO YOU ARE.





Fun in the mud: Red Class writing up their reflections in their Forest School Diaries at the end of a very wet Forest school Session.





More information on the HAF activities on

meet new people and learn new skills.

and Tuesday 9th - Friday 12th April

Sessions run from Tuesday 2nd-Friday 5th April

For more information & to register visit www.rltrust.co.uk/haf

Parents/guardians are not required to stay for sessions unless requested to do so. All attendees to an

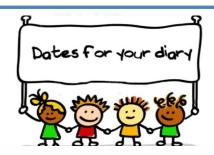
HOLIDAY ACTIVITIES AND FOOD PROGRAMME

page 5!











Please remember to visit our website for long term dates. Thank you.

Tuesday 19th March: Pink Class parent's assembly.

Wednesday 20th March: Orange Class parent's assembly.

Thursday 21st March: Favourite Socks Day.

Thursday 21st March: Vision Screening for children in Reception.

Tuesday 26th March: White Class parent's assembly.

Wednesday 27th March: Green Class parent's assembly.

Wednesday 27th March: School Choir go to St Mary's Rochdale.

Thursday 28th March: Easter raffle.

Thursday 28th March: School closes for Easter holidays.

Monday 15th April: School reopens for Summer Term 1.

Monday 22nd April: Red Class parent's assembly.

Monday 22nd April: Earth Day.

Thursday 25th April: Class/Team photograph day.

Monday 29th April: KS1 SATS week begins.

Thursday 2nd May: School closed—polling day.





ATTENDANCE

We aim for at least 97% attendance each week; here are the attendance figures for last week:

Yellow Class: 95.1%

Green Class: 96.1% Orange Class: 95.3%

Pink Class: 95.8% Lime Class: 97.1%

White Class: 96.7% Turquoise Class: 91.8%

Red Class: 96.3% Gold Class: 96.4%

Purple Class: 97.8%

Our overall school attendance figure for week ending

Friday 8th March 2024 is 95.4%

Imogen D. For always taking care of school grounds and helping to keep areas clean and tidy!



What Parents & Carers Need to Know about PERSUASIVE DESIGNONLINE

WHAT ARE THE RISKS? "Persuasive design" refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persussive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us regardless of age - into a continuous
pattern of refreshing our screen,
following posts and links down rabbit
holes or reading countless comments
made by others. This aimless scrolling
can eat up time which could have
been spent on more productive
activities, it could also lead younger
users into creas of the online world

SENSORY OVERLOAD

repetitively scrolling, clicking on links or playing games can breate an unending stream of new information and visual stimuli. Put it his way: social media isn't exactly enowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory avertical and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or oot boxes which can be bought with real money. While these microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

tours spent sitting and scrolling means far less time moving around and getting exercises hardly ideal for a young person's physical health. udditionally, prolonged exposure to the light given off by a phone's icreen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before and an also impact on sleep yearly, affecting mood and energy early over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off — or even deleting any particularly intrusive apps — can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media almiessly or habitually open it up whenever they have a spene moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecon Jernings has more than 20 years, agentence in the held of retational type, so conditional held autoid (ISSE). As well as delivering workshaps and halongfor young people, power's and schools, she is once a subject matter expert on ESSE for the Decorporate of Education.

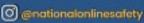


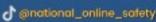














HOLIDAY ACTIVITIES AND FOOD PROGRAMM



Tuesday 2nd April

Provider	Absolute Futbol	Fusion Dance	Crawshawbooth Community Association	Elemental Forest School & Outdoor Learning	Dansworks	Stacksteads Methodist Church	Emmas Crazy Creatures	Quality Sport	Quality Sport	Play & Learn Scheme	The Valley Hoopers	RLT	Sportscool	West Freestyle Martial Arts	The Hill	Halo Dance & Fitness	The Pony Paddocks	Jacksons Boxing	Quality Sport	Quality Sport	Crawshawbooth Community Association	Stacksteads Methodist Church	Lucardo
Activity	Multisports Activities	Dance Workshop	Multiskills Holiday Club (Quizzes, Indoor/Outdoor Activities, Games & More)	Forest School Activities	Dance, Musical Theatre And Arts & Crafts	Multiskills Holiday Club Please Note Parents Are Not Permitted To Stay For These Activities	Animal Handling Workshop	Multisports Activities	Multisports Activities	Multiskills Holiday Club	Hula Hooping, Yoga and Arts & Crafts	Multiskills Holiday Club	Multiskills Holiday Club	Martial Arts Activities	Skiing & Tubing	Dance & Circus Activities	Equine Assisted Learning & Forest School Sessions	Boxing, Fitness & Health Sessions	Multisports Activities	Multisports Activities	Multiskills Holiday Club (Quizzes, Indoor/Outdoor Activities, Games & More)	Multiskills Holiday Club *Please Note Parents Are Not Permitted To Stay For These Activities	Escape Room Activity - Dragons Heart Magic Room
Age Group	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Rec-Yr 6	Yr 7-11	Yr 7-11
Time	8.00-12.00pm	8.30-3.00pm	9.00-1.00pm	9.00-3.00pm	9.00-3.00pm	9.00-4.00pm	9.00-3.00pm	9.00-1.00pm	9.00-1.00pm	9.00-1.00pm	9.00-3.00pm	9.30-3.30pm	10.00-2.00pm	10.00-2.00pm	10.00-2.00pm	10.00-3.00pm	10.00-2.00pm	11.00-3.00pm	12.00-4.00pm	12.00-4.00pm	12.30-4.30pm	9.00-4.00pm	9.30-10.30am
Venue	Marl Pits Leisure Centre BB4 7SN	Doals Community Centre, Burnley Road, Weir, OL13 9RU	2-6 Adelaide Street, Crawshawbooth, BB4 8PW	Water Primary School BB4 9PX	Haslingden Primary School Main Hall BB4 4BJ	Stacksteads Methodist Church OL13 OLD	Newchurch St Nicholas Primary School BB4 7UA	Stubbins Primary School, Bolton Road North, BLO ONA	Broadway Primary School BB4 4EH	St James The Less Primary, Unity Way, Rawtenstall, BB4 8SU	The Ashcroft, Whitworth OL12 8DP	Haslingden Primary School Gymnasium BB4 4BJ	Water Primary School BB4 9PX	West Freestyle Martial Arts, York Avenue, Helmshore, BB4 4HG	The Hill BB4 8RR	Halo Dance, 104 Bury Road, Rawtenstall BB4 6DD	The Pony Paddocks, Laund Lane, Haslingden, BB4 8XG	Alderside Mill, Alder Street, Bacup, OL13 8BB	Stubbins Primary School, Bolton Road North, BLO ONA	Broadway Primary School BB4 4EH	2-6 Adelaide Street, Crawshawbooth, BB4 8PW	Stacksteads Methodist Church OL13 OLD	Lucardo Escape Room BB4 7LS



Term Dates - 2023-2024

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Training Days (children do not attend school) Holidays

School Holiday/Term Dates 2024-25



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Training days (children do not attend school)
Holidays