

17-01-2020

# Spaces still available

All after school clubs can be booked via ParentPay

Day of the Week	Lunchtime clubs	After School clubs	Ryefield Rascals
Monday		Y5/Y6 Football KS2 Spy Club Rec/Y1 Spanish Club	Arts and Crafts Assorted games
Tuesday	KS2 Running	KS2 Basketball KS2 Street Dance KS1 Balanceability bikes Y2/Y3 Spanish Club	Cooking ICT
Wednesday	Y5/Y6 Netball	Football Squad Training	Arts and Crafts Quizzes
Thursday	Y5/Y6 Girls Football	KS1 Multi Skills KS2 DebateMate Change4Life	Arts and Crafts ICT
Friday		KS1 Rugbytots Y3/Y4 Football Y2-Y5 Gymnastics	A movie, pizza and popcorn!

We have lots of exciting clubs running. This term, we are delighted to offer Spy Club and Spanish. The children who were enrolled in Spy Club kept it so secret they did not even tell their teachers about it! They had remembered the first rule of Spy Club...





## Proposed plans for this year's 60th anniversary:

- All pupils receive a commemorative badge
- School Poem to be written by pupils and a visiting poet
- Moments of Triumph badge celebrates the 60th
- Community rocket workshop
- Open School and Pupil Reunion to coincide with FoR's Party in the Playground

## Staying safe

On Wednesday, our local Metropolitan Police School Liaison Officer visited Year 6 to raise awareness around the issue of knife crime. Something that has unfortunately been all too often in local and national headlines. The school would like to share with you what our children learnt during the excellent session, this may help you discuss the matter at home.

### Did you know?

- Police can and will search someone if they believe they are carrying a knife.
- Police and School staff can and will search young people at school.
- It is an offence to carry a knife, even for someone else.
- You could be arrested.
- You could end up going to court.
- You could end up with a criminal record, or even a prison sentence.
- This will affect the rest of your life.

### What should I do?

- Speak with your parent or guardian.
- Speak with a teacher.
- Phone the following:
  - ChildLineHelpline: 0800 11 11
  - Victim Supportline: 08 08 16 89 111
  - The Ben Kinsella Trust: [benkinsella.org.uk](http://benkinsella.org.uk)
  - Call 999 or [101 - The police non-emergency number - Police.uk](https://www.police.uk)



## Responsible use of technology in the HOME: consider moving the TV or console out of the bedroom.

Having a television set in your bedroom has always been a bit like a rite of passage when you hit your tweens. According to new research, however, we shouldn't be too keen to get our children on board with the tradition.

The new study, carried out by a team of scientists at the University of Iowa, has revealed that having a TV or video game console in the bedroom can have a negative impact on a child's health and academic performance.

The study, published in the journal *Developmental Psychology*, was based on findings from three studies which followed the progress of children for up to two years.

The aim of the overall study, led by Douglas Gentile, was to discover if there is 'a ripple effect from just putting the media in children's bedrooms that goes through to outcomes later in time'.



When they analysed the study findings, the team found that those children with TVs or game consoles in their bedrooms had a higher risk of becoming obese and performing poorly at school.

They also found that video game addiction was a very serious side-effect, with Gentile explaining: "You can't be addicted to gambling, if there is no place to gamble. Access is certainly the gateway to a wide

range of effects, both positive and negative."

While these results are certainly concerning, we know how difficult it can be to refuse anything that our children have set their hearts on.

There is no magic solution for parents who don't want their children to have a TV or video game console in their bedroom, however. Indeed, Gentile suggests that the 'simple two-letter answer' is the best way forward: no.

"It's a lot easier for parents to never allow a TV in the bedroom than it is to take it out," he explained, in the research report. Of course, this isn't the first study to suggest that keeping these tech gadgets in children's bedrooms can have a negative impact.

It is important that we allow our children to have a decent amount of sleep, but also switch off and relax, sadly gaming and a constant access to TV programmes to stream mean that many children no longer read before bedtime, and often stay up far beyond a reasonable bedtime.

## **Are you eligible for Free School Meals and access to the Pupil Premium?**

Visit: <https://myfreeschoolmeals.com/> to check for eligibility

**THANK YOU to all the families which signed up for a school meal on census day - we had a 91% conversion rate - this will ensure that Ryefield receives the correct amount of funding for Universal Infant Free School Meals (UIFSM).**



# Tuck Shop

We encourage all children in KS2 to bring in a healthy snack for morning playtime such as vegetables or fruit. Children in KS1 enjoy fruit at playtime and their parents have the option to purchase milk from Cool Milk. Children in KS2 have access to the Tuck Shop, where they can pick up a healthy snack for 50p.

ParentPay is now LIVE!

Once you have set up your account you will be able to book your child's Spring Term after school clubs and book RASCALS places.

All meals will need to be ordered and paid for on ParentPay.

Parents who pay with childcare vouchers should also be able to make bookings for RASCALS via ParentPay, we will send more information directly to you as we receive it.

EVERYONE should have received their sign in details and you need to ensure all your children have been registered.



# IMPORTANT DATES:

## SPRING TERM

Reception Hearing and Vision Tests - Thursday 23 January 2020

Phonics Breakfast -Wednesday 12 February 2020

Non-Uniform Day - Friday 24 January 2020

**Half Term** - Monday 17th - Friday 21st February 2020

Be Headteacher for the Day - *Raffle Draw*: Monday 9 March 2020

Be Headteacher for the Day- *Actual day as Headteacher*: Thursday 12 March 2020

**End of Term** - Friday 3<sup>rd</sup> April 2020 School finishes at 1.30pm **Infants**

School finishes at 1.35pm **Juniors**

**Term Starts** - Monday 20th April 2020

**Bank Holiday** - Friday 8th May 2020

**Half Term** - Monday 25<sup>th</sup> - Friday 29<sup>th</sup> May 2020

**End of Term - Friday 17th July 2020** School finishes at 1.30pm **Infants**

School finishes at 1.35pm **Juniors**

