



# News from the Nest

26<sup>th</sup> February 2018

## Wren's Nest ahead of the news!

Dear Parents,

At the end of January I shared an assembly with the children on the importance of getting a good night's sleep and some suggestions about what time they should be going to bed. I explained about the impact of 'blue light' that is emitted from mobile phones, computers and tv screens and how this light stops the body producing melatonin - a chemical that is vital for restful sleep. I followed this up with a letter to parents. The very next week the headlines in the news were all about the negative impact that electronic gadgets are having on sleep patterns - especially in children!

### Log off before you nod off: why a good sleep is vital for a long life *by Richard Wiseman*

# The Guardian

Since this assembly I have talked to many children at school and I am aware that lots of them have smart TVs in their bedroom, which they use to play computer games. The most favoured game at the moment, as I'm sure many of you are aware is Fortnite.

Computer games can be really helpful and support children to develop co-ordination skills, problem solving strategies and improve attention and concentration. However there is also a lot of research about the problems and issues that violent games can cause if overused. There is a consistent link between violent game use and aggression in children. Research shows that extended exposure to aggressive games can also lead to emotional callousness (an uncaring, unsympathetic attitude) and a warped understanding of what is right and wrong. In Fortnite children are rewarded for being more violent - the point of the game is to kill others and be the last man standing in the battle.



In the UK the Video Standards council rate Fortnite as PEGI 12 for frequent scenes of mild violence. In the US the ESRB rate Fortnite as Teen only suitable for those 13 years and older. These ratings are for the content of the game - a game that offers a knife-edge gun battle that requires practice, skill, teamwork and fast reactions. However what the rating doesn't allow for is the danger from "Stranger chat" with all the other people participating in the battle. By the nature of the game, children will be talking to others who are also taking part in the violent battle - my talks with our Wren's Nest children reveal that there are many people out there who use extremely violent and abusive language whilst in the fight online and also say "weird things". I am also concerned how children describe their rage at losing and how many of them get so angry they punch or damage their belongings.



Being a parent is a huge responsibility and requires so much hard work and heartache. I talk to the children in assembly about "tough love" - when parents make what children think are tough or mean decisions - but it is because the parent loves their child and is doing what is best for them.

I have raised the issue of computer games and the amount of time children might spend on them in this newsletter as food for thought. I understand that most children want to play these games - but perhaps supervision and the length of time children spend is something for consideration. I have been teaching Y6 for the last 3 weeks as Mr Allport has been recovering from a small operation and listening to them chat at lunchtime has certainly made me think about the possible impact of computer games on education.

Happy pondering!

  
Headteacher

## Parents' Evening

Parents' Evening will be held on Tuesday 5<sup>th</sup> March between 3:45pm and 5:45pm. If you would like to wait after school then tea and coffee will be served in the hall from 3:30pm onwards. We will also have a Book Fair and you can use your World Book Day token to get a £1 off any book you choose to buy.



## Red Nose Day: Friday 15th March



"Make a nose funny for money!" is our theme for this year's Red Nose Day. The children will be designing and creating red nose characters - with a prize winner in each class. A donation of 50p per child will help raise funds for this great cause. Thank you very much.

## Holiday Dates

We break up for Easter on Friday 12<sup>th</sup> April. Children return to school after the Easter holidays on Monday 29<sup>th</sup> April.

Half term is Monday 27<sup>th</sup> May - Friday 31<sup>st</sup> May.



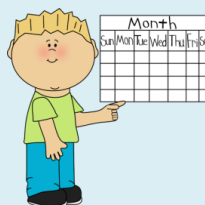
## School Nurse Drop In Sessions



Linda, our school nurse will be in school, available for a chat or consultation with any parent on:  
Wednesday 27<sup>th</sup> February  
Wednesday 27<sup>th</sup> March  
from 2 - 3pm.

## Important Dates!

Y6 SAT national tests take place during the week beginning Monday 13<sup>th</sup> May 2019. All Y6 must be in school during this week - please do not book holidays during this time. The scores and levels for each child gets passed on to your child's secondary school.



A few years ago the government introduced a Phonics Check for Year 1. This will take place during the week starting Monday 10<sup>th</sup> June.

Year 2 also undertake end of year assessments. These tests are done within the classroom and are spread over a period of time. We avoid placing any pressure on the children or worrying them about the assessments. It would, however, be helpful if you could let your child's teacher know if you are planning to be away during May.

Thank you.

## Fantastic News!

This week we are giving out 340 books rewarding children for excellent behaviour over the last term. We believe that it is really important to recognise and show our appreciation to all of the children who behave wonderfully every single day. We allow each child only one "hiccup" over the whole term (as we know that none of us are perfect!) and expect excellent behaviour throughout the day from the moment they come into school.

How wonderful that 340 children are able to behave to such high expectations!



**Please keep our children safe!**  
Please park safely and legally when dropping off, or collecting children from school. Thank you.

