

NEWSLETTER – FEBRUARY 2025



News From The Office...

Dear Parents/Carers

What a long month it has been in January! The children have been working hard in all areas of the curriculum and there have been many events in school linked to their topics. It is lovely to see the weather becoming a little lighter and the days are starting to draw out. Straight after half term is parents evening whereby a link for you to book your appointment will be sent out shortly. This will give you the opportunity to look at your child's work and ask any questions about your child's progress.

Please could I ask that you look at the dates below as there may be dates that you may

need to be aware of. Do not hesitate to contact your class teacher if you have any queries or questions at all.

Yours sincerely

Natasha Kelly



Special points of

Interest:

- **News from the Office**
- **Parental Engagement**
- **School Council**
- **School Car Park**
- **Attendance**
- **Dates for your Diary**

Parental Engagement...

Mrs Lamb writes...

Family cooking is back!! We will be starting our family cooking sessions on Monday 24th February at 3:20-4:30pm and they will last for the half term. There will be no session on Monday 24th March due to one of our Mother's Day event. Our last session will be on 31st March. There will be a small cost that will go towards ingredients. The cost will be £2 per family per session. If you would like to join our family cooking sessions please email your interest to admin@risepark.nottingham.sch.uk

Save the dates. Our Mother's Day events will be held on the following dates. More information will follow closer to the time.

Monday 24th March at 3:20pm for years 3 and 4.

Tuesday 25th March at 8:15am for Nursery
Tuesday 25th March at 3:20pm for years 5 and 6
Wednesday 26th March at 8:15am for Reception
Wednesday 26th March at 3:20pm for years 1 and 2

Are you concerned about the amount of time your child is on their screen? Or do you feel pressured to give your child a smartphone because 'everybody's got one'?

We would like to encourage you to read the following information from Smartphone Free Childhood, a UK charity dedicated to improving children's wellbeing, safety, and school attainment by delaying the age at which they use a smartphone and social media.

Research suggests early smartphone and social media use can have a profound and damaging impact on children's lives. As parents and teachers, we are navigating new territory with technology that did not exist when we were young. We hope that you will find the attached information enlightening and consider signing the 'Parent Pact' to protect our children from harm online.



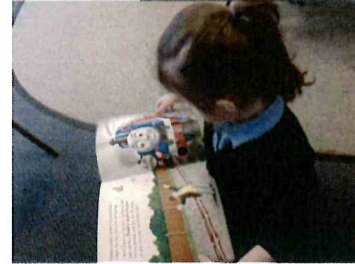
**SMARTPHONE
FREE CHILDHOOD**

Warm welcome...

It's been exciting having our new friends join us this half term in Nursery. They are settling in very well and getting to know our routines.

We have loved seeing their enthusiasm to explore all of the activities and areas on offer. We are also very proud of our existing nursery children, who have been excellent role models, eager to help and support our new friends. We all particularly enjoyed our

bear hunt outdoors, listening to the clues and hunting for each bear. We cannot wait to continue learning and having fun together! Here's a peek at what we've been up to...



School Council...

The School Council are proud of Year Four children for finishing their bird feeder competition designs and have really brightened up the wildlife space at the front of the school office. We can not wait to see what birds they attract! The team have also been busy planning lots of games for the Chinese New Year dinner day. Lots of pupils enjoyed all of their planned activities -crafting snakes, playing snakes and ladders and reading fortunes.

The School Council team have been busy this term planning ways in which they can offer our help to local

services. We are in the process of collating our favourite books to donate to the children's ward at the Queen's Medical Centre for their wellbeing nature space. We intend to write some personalised reviews about our selections to cheer up the children on their stay. Similarly, next week we will be giving up our time to complete a community litter pick to help tidy up the space in our local area. As always keep an eye out on our Twitter page to see all of our hard work in action!

Asda Cashpot for Schools...

Thank you to everyone that has been supporting Rise Park Primary by using the ASDA reward app. You have all helped raise £227.74 for school to spend within our gardening club to make the front of the school welcoming and inviting.

Attendance ...

If your child is absent from school, please remember to contact us with the reason for absence by 9.00am on each day of absence. You can either call on 0115 9153775 or e-mail admin@risepark.nottingham.sch.uk

School Car Park ...

Just a polite reminder that the school car park is not to be used by parents unless you are a blue badge holder. Please ensure that your badge is on display.

Dates For Your Diary....

4th February - Year 1 and 6 Curriculum Showcase
 5th February - Year 5 Curriculum Showcase
 14th February - Last day before half term (School open)
 24th February - School Re-opens
 26th and 27th February - Parents Evening
 4th March - Reception and Year 6 Height and Weight Checks
 6th March - World Book Day
 6th March - Year 1 Wollaton Park Trip
 21st March - Comic Relief

24th March - Year 3 and 4 Mothers Day Event 3.30pm
 25th March - Nursery Mothers Day Breakfast 8.15am
 25th March - Year 5 and 6 Mothers Day Event 3.30pm
 26th March - Year 1 and 2 Mothers Day Event 3.30pm
 26th March - Reception Mothers Day Breakfast 8.15am
 1st April - Year 6 Eyam Trip
 23rd April - Class Photographs





**SMARTPHONE
FREE CHILDHOOD**

THE PARENT PACT

Have you signed yet?



Want to wait to give your child a smartphone but don't want them to be the odd one out?

You're not alone! There's a growing movement of parents across Britain who are choosing to wait to give their children smartphones, and it's simple to get involved.

The Parent Pact is a way to join together with other parents to agree to delay getting your child a smartphone until at least the end of year 9 (when they're a bit older and more able to deal with everything the online world brings).

It's all about strength in numbers – if your child knows that other kids in their class won't be getting a smartphone for a few years either, the peer pressure instantly dissolves.

It takes 30 seconds to sign the Parent Pact – and you can see how many others in your child's class, school and county have signed on the live leaderboards and connect with them via the Smartphone Free Childhood regional WhatsApp groups.



THE PARENT PACT

Sign the Pact here or find out more on our website

smartphonefreechildhood.co.uk

 [@smartphonefreechildhood](https://www.instagram.com/smartphonefreechildhood)

Kids & smartphones – what’s the big deal?

When children first started getting smartphones a decade ago, there was no research about their impact. Now there is, and it’s overwhelming.



HARMFUL CONTENT

Smartphones act as a gateway to pornography, violent and extreme content. Often kids don’t seek them out but are exposed to them via algorithms and messaging apps. Once seen, these things can never be unseen. 90% of girls and 50% of boys say they’re sent explicit content they didn’t want to see.



ADDICTION

Tech companies intentionally make apps addictive, because the more time we spend, the more data they harvest, the more money they make. By leveraging dopamine circuits, they trigger brain responses akin to slot machine gambling. 1 in 4 young adults show signs of behavioural addiction to smartphones.



ACADEMIC DISTRACTION

The average teen receives 237 smartphone notifications a day – one every few minutes – making focusing on schoolwork hard. Studies show that excessive smartphone use has negative impacts on academic performance. Children at schools with effective smartphone bans get GCSE’s 1-2 grades higher.



GROOMING

Sites like TikTok, Snapchat and Roblox are used by sexual predators to target children with their first smartphones, blackmailing them into sharing sexual content. Sextortion is now the fastest growing crime against teens. Since 2022, there has been a 66% rise in ‘self generated’ sexual abuse imagery of children under 10.



CYBERBULLYING

Disagreements between pupils used to stop at the school gate, now they follow kids wherever they go, 24/7. Young people who experience cyberbullying are twice as likely to attempt suicide and self-harm. One in six teens report being cyberbullied in the past month, according to the World Health Organisation.



MENTAL ILLNESS

Rates of depression, anxiety and suicide in young people have spiked globally since 2010, when children first began getting smartphones. The first generation to grow up with smartphones are now adults – data shows that the younger they got their first smartphone, the worse their mental health today.



OPPORTUNITY COST

Underpinning all these harms is one that is potentially the most significant of all. For the first time in human history, children are spending more time on devices than they are playing – an activity crucial to our healthy development. Smartphones are experience blockers, distracting children from engaging in the real world. The average UK 12-year-old now spends 29 hours a week – equivalent to a part-time job – on their smartphone. This leaves little time for the real world activities and relationships that enable us to learn the essential life skills we need to transition into adulthood. The average daily time that teens spend with friends has plummeted by 65% since 2010.

Join the grassroots parents movement to protect childhood from Big Tech

www.smartphonefreechildhood.co.uk/join

For all links to stats references see www.smartphonefreechildhood.co.uk/the-problem