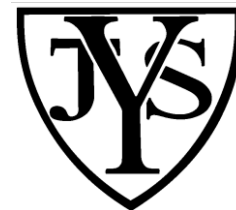




# Yatton Schools Newsletter

Grow – Celebrate – Make a Difference



**29<sup>th</sup> Feb 2024**

Dear Parents,

Welcome to a once every four years newsletter. (It's Leap Year!) I hope you enjoy reading below all the exciting news from across the schools. I am looking forward to seeing the costumes for World Book day, I am pondering myself what to wear this year - choosing a character from a favourite book is so hard when I have so many!

We are very pleased to invite parents to a meeting with Papaya on 12<sup>th</sup> March at 2.30pm in the Junior Hall. Papaya will be holding workshops for our Year 5 and 6 children on being safe online and especially on their phone, more about them can be found on the following link <https://www.papayaparents.com/solutions> . We are very pleased to be able to offer this as managing your child's usage and safety on their phones, if they have them or you are thinking of getting one, is challenging as parents and carers.

## Attendance

This term I will be looking closely again at attendance in school. We have a very high target of attendance of 98% for all children as we believe that children need to be in school for growing academically and socially. Currently, both schools are around the 96% mark which is great but I would like to see it improve further as we go through the year, if we can.

If your child's attendance is below 90% it is called persistently absent and means that so far this year, they have had over 10 days off school out of a possible 102. We know not all absence can be avoided as children are ill but if your child is below 90% you will receive a letter to let you know that's where they are.

Lots of people think that missing the odd day at school here and there can't do much harm. But even taking a short amount of time can be a problem. Your child might fall behind in their work and not be able to catch up. If there are gaps in their knowledge they will suffer when school assessment time comes around. There could be other problems too; children who miss school are missing out on the social side of things which affects their ability to make and keep friends and it can dent their confidence to attempt new work and work alongside others.

Please can I also remind parents that you need to inform us if you have decided to take holiday in term time and complete the holiday form. Holidays of 5 days are likely to incur a Penalty notice. Just a reminder that my teachers do not provide learning for your child if you have chosen to go on holiday so please don't ask.

**Thank you for your support in helping to raise our school attendance. If you would like any support or advice on attendance or punctuality, please speak to your child's class teacher or to me.**

Thank you to all parents and carers who attended parent consultations it is important for you to know how your child is doing. If you didn't manage to do this and would like to, please do talk with your child's class teacher

I am looking forward to a super term and hopefully better weather and less mud!

With warm regards,  
Jo Keeble

### **World Book Day – Thursday 7<sup>th</sup> March**

Don't forget World Book Day – we look forward to seeing your fabulous dressing up ideas and sharing some wonderful stories with the children.

### **YAS – Yatton After School Club**

We have spaces in YAS on every day, if you would like your child to attend please complete a registration form and Term session form which can be found by the school office. We have loads of fun activities going on every day.

You can use childcare vouchers to pay for these sessions, please ask the school office for details.

### **Y6 Lifeskills trip**

Y6 had an amazing day at Lifeskills (thank you to the Yatton Schools Association for covering the cost of the transport for this and all the other school trips!).

There is an opportunity for volunteering at the Lifeskills centre – see the poster in the Community News section for more information.

### **Spotlight Sparklers Year 5/6 trip to Young Voices 2024**

Young Voices is a life changing experience for children from Primary Schools where they can sing with thousands of other children, a live band and amazing celebrities in the biggest school concert in the world. Our school travelled to Birmingham Resorts Arena to take part. The day started at 10am and ended at midnight! We travelled by coach to Birmingham, ate our lunch and then practised with everyone in the arena. We ate our tea and then finally performed, after 5 months of rehearsing, with an amazing live band and celebrities. This year the celebrities were Nandi Bushell, Natalie Williams and MC Grammar.

Written by Maeve M, Imogen J and Holly D.

### **Spotlight Sparklers Trip to Cadbury Hall Jan 2024**

The Year 5/6 Spotlight Sparklers went to Cadbury Hall Care Home on Tuesday 30<sup>th</sup> January to entertain the residents. They thoroughly enjoyed the performance and had an amazing time. Some of the residents even started singing along.

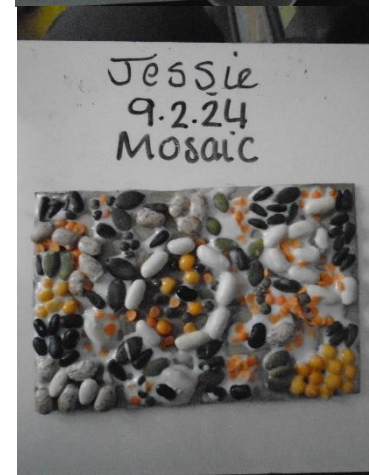
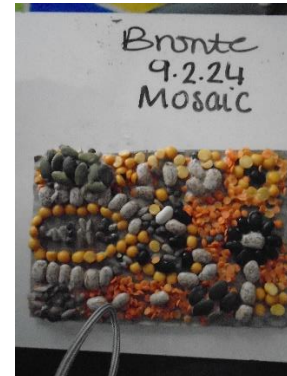
Spotlight Sparklers performed some of the songs they sang at Young Voices 2024. As a thank you for their performance, the Care

home produced a lovely selection of snacks for the Choir to enjoy, including profiteroles and cookies.

Written by Maeve M, Imogen J and Holly D.

### **Seed Mosaics**

Year 4 have been making seed mosaics, here are some of the wonderful creations;



### Italy Day

On Italy day on 9 February Year 4 played Bingo in Italian, made sculptures just like Michelangelo, created Venetian Masks and made pizzas!



### RNLI cake sale

The Y1 cake sale raised a fantastic £223.78 for the RNLI – well done! A representative from the Portishead branch of the RNLI will collect this next week and let us know what it will be used towards. There will be another cake sale towards Easter, more details to follow.

### Letting the school hall

We have vacancies every evening after 6.30pm for any local groups/clubs who wish to use the premises for community activities. If you are interested in doing this please have a look on our website for further information;

<https://www.yattonschoools.co.uk/page/?title=School+Lettings&pid=106>

### FutureFit holiday club

Please follow the link below to sign up and book a space on our February half term, Easter holiday and May half term clubs running 9:00 - 15:00

<https://futurefit.pembee.app/>

Alternatively you can email us at [admin@futurefit.org.uk](mailto:admin@futurefit.org.uk) or even easier Whatsapp [07746117020](https://www.whatsapp.com/channel/0029va833333333333333333)

We look forward to seeing lots of you at one of our clubs soon.

To keep up to date feel free to follow our [Instagram](#) and [Facebook](#) pages

### Tea and Talk



Our next Tea and Talk session for parents and carers, on Tuesday 5<sup>th</sup> March will be held in the staff room. This is a great opportunity to meet other parent/carers and talk about any concerns/worries around your child's emotional wellbeing. Each meeting has a theme and will have helpful handouts to do with the theme.





## **PAPAYA – Parents Against Phone Addiction in Young Adolescents**

'PAPAYA promotes wellness and improved mental health in adolescents by **helping young people achieve a balance with technology.**'

On the 12<sup>th</sup> March we have a group called PAPAYA in to run workshops with all year 5 and 6 children. They have also offered a parent meeting for any parents who would like to attend. The parent meeting will be 2pm – 3pm in the Junior School hall. No need to book.

PAPAYA states 'We aim to support parents to consider:

1. Delaying the introduction of smartphones.
2. Delaying the introduction of social media.
3. Establishing good tech boundaries and promoting safe internet use.'



## **Information about Red Nose Day Friday 15<sup>th</sup> March 2024**

The infant and junior school councils held a meeting to discuss what the schools will do for this year's Red Nose Day. They had a really great discussion thinking about this year's theme, 'Do something funny for money.'

The decisions were:

- ✓ Wear mufti with something red for a donation of £1 to Comic Relief – this

could be red socks, red t-shirt, red head band, a red nose etc.

- ✓ We will have a 'red' tuck shop open for **all** children (for the first time) during break time and just before break time for the Infant children. Children to bring in up to 50p to buy a snack such as: strawberries, tomatoes, red yoghurt tubes, strawberry milkshake – will be sold as a special 'one off' treat for Red Nose Day. We will have allergy information to hand. Specific prices of items will be sent out prior to Red Nose Day. All profit raised will be donated to Comic Relief.
- ✓ Children will learn about the charity and the purpose of the day and attend an assembly about this.

### **Junior Children**

- ✓ Junior children will have the opportunity to put together a quiz team to take part in a lunchtime quiz. Every team will donate to enter the quiz. We will talk to the children about this in assembly. The quiz will be led by the year 5 and 6 school council.

### **Infant children:**

- ✓ All children will take part in a Bingo game in the school hall.

If you would like to donate via parentpay please use the following links:

Infants -

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=14267>

Juniors –

<https://app.parentpay.com/ParentPayShop/Foc/Default.aspx?shopid=14270>

### **Yatton Schools**

**Telephone: 01934 833524/554**  
**Email: [office@yattonschools.co.uk](mailto:office@yattonschools.co.uk)**  
**Website: [www.yattonschools.co.uk](http://www.yattonschools.co.uk)**  
**Twitter: @YattonSchools**



**LIGHTHOUSE**  
SCHOOLS PARTNERSHIP

Lighthouse Schools Partnership.

Registered address:

St Mary's Road, Portishead, Bristol BS20 7QR  
A charitable company limited by guarantee  
registered in England & Wales (Company Number:  
07662102)

# Pupil Voice

A monthly newsletter to keep you updated about the work the pupil voice groups are doing throughout the school.

## The Anti – Bullying Ambassadors

The Anti-bullying Ambassadors have been busy stepping into the role of Yatton’s Got Talent Judges and I have to say, they have been a lot fairer than Simon Cowell.

The talent was great throughout all of the auditions.

Juniors: We have decided to run ‘semi-finals’ this year in the Juniors – which means that all children who auditioned will get to show their talent to the rest of the school in the lower school and upper school assemblies. Year 3 and 4 will be 20<sup>th</sup> March for year 5 and 6 it will take place on the 19<sup>th</sup> March. The Ambassadors will then select six children to go through to the ‘live final’ in front of the whole school.

Infants: All children who auditioned will get to show their talent in assembly on Monday 18<sup>th</sup> March. Please can you ensure your child continues to practise their talent up to the ‘show.’

## The School Council

## RED NOSE DAY IS BACK

This Red Nose Day, let's come together to raise some smiles – and some money – to help people through the toughest times of their lives.

Our School council (at both schools) have been discussing the upcoming Red Nose Day for Comic Relief. Red Nose Day is on Friday 15<sup>th</sup> March. News on this is on the main newsletter.

School council have recently changed the menu for the Junior School Tuck Shop.

Monday	Tuesday	Wednesday	Thursday	Friday
Apple 40p	Banana 20p	Fruit toast 10p)	Banana 20p	Grapes 30p
Cucumber sticks 20p	Toast 10p (15p with avocado)	Cucumber sticks 20p	Grapes 30p	Apple 40p
Bread sticks 30p	Grapes 30p	Apple 40p	Toast 10p (15p with a topping)	Bread sticks 30p
Oat bar 50p	Yoghurt tube 30p	2 Oat crackers (avocado as an optional +10p	Yoghurt tube 30p	Dried fruit mix pot 50p
Peperami 40p	Dried fruit mix pot 50p	Tuck biscuit 15p	Oat bar 50p	Peperami 40p

## YATTON LEARNERS OF THE WEEK

**Congratulations to the following learners for the weeks beginning the 22<sup>nd</sup> & 29<sup>th</sup> January & 5<sup>th</sup> & 19<sup>th</sup> February**

Yatton Learner Skill	Name	Class
Responsibility	Amber Harry R Koen Elise Ollie Vivi Ismay Alice Isaac W BillyDean Theo S Isabella Reuben Ethan Ruby Harry	Snowy Owls Eagle Owls Whale Sharks Elf Owls Panthers Pandas Angel Sharks Whale Sharks Jaguars Snowy Owls Tawny Owls Little Owls Angel Sharks Pipistrelle Bats Angel Sharks Whale Sharks
Creativity/ Resourcefulness	Noah C Thomas T Malithu Posy	Panthers Tigers Giant Otters Tawny Owls
Collaboration	Rosina Teddy Jayden Amber Jesse Eloise Elsie	Sea Turtles Angel Sharks Sea Turtles Sea Turtles Whale Sharks Jaguars Black Rhinos
Resilience	Ella Edie Harrison Seb K Chloe C Edward – Tryosaur Theo Cora Ted Maisie	Tawny Owls Elf Owls Pandas Black Rhinos Jaguars Snowy Owls Tawny Owls Great Grey Owls Pandas Gt Armadillos
Confidence	Henry Elliott Felix Toby M Harlow Poppy Grace Ella P Elspeth Noah A Darasimi Elspeth Emily W	Great Grey Owls Pandas Gt Armadillos Black Rhinos Gt Armadillos Tigers Elf Owls Gt Armadillos Elf Owls Panthers Pandas Jaguars Tigers
Curiosity	Yasmina Willow Amelia Sophie Henry P Jack Gabriel	Leopards Leopards Black Rhinos Leopards Sea Turtles Giant Otters Leopards
All Yatton Learner qualities	Betsy Freya Jacob	Great Grey Owls Tigers Little Owls

# Yatton Schools Association News

## **Chair Recruit:**

We are still looking for the next person to take over as Chair from the lovely Jen. Here is a reminder of our post in December:

After a fantastic year at the helm, Jen Crossley, our current Yatton Schools Association (YSA) Chair is stepping down and so we're looking for a new person (or people) to oversee our annual calendar of events and other fundraising activities.

In 2022-23, we raised an amazing £30,000 for both schools – YSA operates as a well-oiled machine but without a Chair driving the gears, YSA ceases to exist as legally we cannot operate.

So if you'd like to find out more or have a chat about the role contact [WeAreYSA@gmail.com](mailto:WeAreYSA@gmail.com) by 13 December 2023. The new Chair will be given a full handover.

## **FAQs**

### **What would I be doing?**

Basically keeping our calendar of events on track and overseeing our wonderful bunch of organisers.

- Chairing YSA meetings (5-6 a year), writing the agenda and keeping everyone focused and on track
- Liaising with the schools (who are very accommodating and lovely)
- Liaising with other groups in the community
- Dealing with issues and questions when they arrive then delegating
- Being a Trustee of YSA (we have 4-5 Trustees) who are legally responsible for YSA.

### **What is the time commitment?**

If it's the run up to a big event like Carnival or Fireworks then 2-6 hours a week, if it's a quiet period then nothing! And YSA always takes the summer holidays off.

## **Dates for the diary:**

**Easter Bingo** – we have now agreed this will take place on Friday 22<sup>nd</sup> March. Further details to follow shortly but raffle donations are very welcome, and these can be dropped off at the school office or you can contact Rachel Anthwal:

[Rachel.anthwal@gmail.com](mailto:Rachel.anthwal@gmail.com).

**Years 5&6 Movie Night** - We hope you can join us for our first event of 2024, the Year 5 & 6 Movie Night on Friday 8th March!

We will be watching 'Wonka' which is rated PG. We believe that PG films are suitable for Year 5 & 6 children, although it does have elements of mild violence, mild language, and some thematic elements. However, if you would like to understand a synopsis of the story to understand if it is suitable for YOUR child then please see the following link:

<https://www.parents.com/is-wonka-appropriate-for-younger-kids-8416577>

Doors open at 6pm. The film starts at 6.25pm and finishes at 8.05pm. Sweets and popcorn will be available to buy. Parents do not need to stay for this event (although volunteers will be needed).

You will need to PURCHASE YOUR CHILD'S TICKET IN ADVANCE through ParentPay. If you require a bar coded letter, please speak to the school office. Tickets are £2.50.

There are a limited number of tickets available (140) and they will be available to purchase until they have sold out or the night of Wednesday 6th March. If any tickets remain unsold this will be updated on the Parents Facebook page and will be available to purchase on the door.

If a ticket has been purchased for Movie Night then your child will bring home a letter with Movie Night information and an attached TICKET TO BE COMPLETED AND BROUGHT TO MOVIE NIGHT.

As always, to run an event like this we need your help! We need lots of willing volunteers to allow it to run and make it a success. Volunteer roles including being on the door, registering the children as they arrive, sweet stall, serving drinks and supervising the hall, practical area and toilets and selling popcorn. If anyone can stay a bit longer and help cash-up we would be very grateful.

Anyone who can arrive a bit earlier to help set up is most welcome and if anyone is a qualified first aider please do let us know! As always, if we do not have enough volunteers, we will either be forced to cancel the event, or cut back on what we offer.

Please use the sign-up link <https://signup.com/go/LADhsTn> or email [WeAreYSA@gmail.com](mailto:WeAreYSA@gmail.com)

Thank you for your continued support. YSA

## Community News



**WEST OF ENGLAND MUSIC AND ARTS**

# YOUTH MUSIC FESTIVAL 2024

**UP TO AGE 18  
ANY MUSICAL STYLE  
GROUPS OF 2 OR MORE MUSICIANS**

TRINITY ACADEMY, BRISTOL BS7 9BY

**TO APPLY SCAN QR CODE**

**APRIL 27th/ 28th**

**FREE**

Supported using public funding by  
Department for Education  
ARTS COUNCIL ENGLAND

West of England Youth Music Festival 2024

West of England Music and Arts is proud to present...

**The West of England Youth Music Festival 2024.**

**FREE** to take part and open to all musical styles, group sizes and standards. We welcome applications from musicians who are aged 18 or younger and play in a group of 2 or more.

The festival will take place over two days: **Saturday 27<sup>th</sup> & Sunday 28<sup>th</sup> April** and will be held at: **Trinity Academy, Lockleaze, Bristol, BS7 9BY**

This is a fantastic opportunity for young musicians to perform live, share their music, listen to other groups perform and receive advice and guidance from our Music Guide – a professional musician and educator.

As an exciting additional opportunity, a small number of groups, hand-picked by our Music Guide, will be invited to perform at our annual West of England Summer Celebration, as we celebrate musical excellence across the West of England.

To register, click the link below or scan the QR code.

Deadline to register is **Friday 15<sup>th</sup> March 2024**

Registration link: <https://wema.org.uk/yymf2024>



Website: [www.wema.org.uk](http://www.wema.org.uk)

Facebook: @WestOfEnglandMusic



## 2024 Holiday Camps

From around £16 /day [including trophy!]\*

**Somerset Soccer Schools**  
With Richard Bourton

Reception - Year 8      10am - 3pm

"Same great value as our 1998 courses!"

	<u>Kings of Wessex School, CHEDDAR</u>	<u>BS27 3AQ</u>	<u>2024</u>
1. EASTER	Tues 9 to Fri 12 April incl		4 DAYS for £75
2. WHITSUN	Weds 29 to Fri 31 May incl		3 DAYS for £50*
3. SUMMER	Mon 29 July to Fri 2 Aug incl		5 DAYS for £90

	<u>CHURCHILL Sports Ground (By A38 traffic lights)</u>	<u>BS40 5EL</u>	<u>2024</u>
4. SUMMER	Mon 12 to Fri 16 August 2024 incl		5 DAYS for £90

To celebrate 25 years of camps locally, Richard Bourton and Somerset Soccer Schools are offering more camps from around £16 /day\*, **including a trophy per camp booking!!!**.

I am a well-qualified schoolteacher & coach, with over 35 years' experience and an excellent countywide reputation for bringing the best out of children of ALL abilities. I am classified by OFSTED as OUTSTANDING, a FA Licensed Coach & awarded by the Sports Council.

Our professionally organised courses reflect a high level of expertise.

- **Skill Award trophy for each course booked**
- Extra awards for "being the best & doing your best"

For info & photos see [facebook.com/SomersetSoccerSchools](https://facebook.com/SomersetSoccerSchools) or [somersetsoccerschools.com](http://somersetsoccerschools.com)

Hope to see you soon      Richard      01934-876544

**TO BOOK:** just go to [somersetsoccerschools.com/courses/fundays](http://somersetsoccerschools.com/courses/fundays)

# make a difference

Work with children  
Connect with your community  
Enrich lives & learn new skills

## Volunteer at Lifeskills

Join us for a taster hour!  
Learn more about lifeskills, get in touch.



**0117 922 4511**

[volunteer@lifeskills-bristol.org.uk](mailto:volunteer@lifeskills-bristol.org.uk)





North Somerset Athletic Club are recruiting!

Beat the summer rush and join now

Two sessions free, then invite to join Award-winning club. We currently have spaces:

Mondays @ Clevedon School 5.15-6.45pm Yr 6-8

Mondays @ Nailsea School 6-7.30pm Yr 4-6

Wednesdays @ Priory School 6.30-7.30pm Yr 4-6

Wednesdays @ Clevedon School 7-8.45pm Yr 7+

Thursdays @ Clevedon School 5.15-6.45pm Yr 4-7

Saturdays @ Clevedon School 19.30-12pm Yr 4-7

Plus sessions in sprints, jumps and throws for year 7+

For more info [contact@nsac.org.uk](mailto:contact@nsac.org.uk)

[www.nsac.org.uk](http://www.nsac.org.uk)



## PRIORITY FOOTBALL EASTER CAMPS

WE'RE BACK AT NAILSEA SCHOOL FOR TWO WEEKS  
OF FOOTBALL CAMPS!

DATES:

TUESDAY 2ND - FRIDAY 5TH APRIL

MONDAY 8TH - FRIDAY 12TH APRIL



PUMA GROUP  
EVERY TUESDAY



CLICK HERE TO  
BOOK A SPACE!



OUR BIGGEST  
STRIKER DAY

Reception - Year 7 | 9.00am - 3:30pm | Early drop-offs available  
£21 per day | Discounted multi-day tickets

Book online: [www.priorityfootball.co.uk/holidaycamps](http://www.priorityfootball.co.uk/holidaycamps)  
[Pete@priorityfootball.co.uk](mailto:Pete@priorityfootball.co.uk) | 01275 261 004



## MINECRAFT CLUB

Inspiring the next generation of coders and makers



For more information and to register:  
[codingbug.co.uk/coding-in-minecraft/](http://codingbug.co.uk/coding-in-minecraft/)

### Coding in Minecraft

This is fun monthly club where children learn how to make mini-games, automate builds, and change gameplay behaviour in Minecraft with code.

Suitable for children aged 8 - 12.

### WHERE

Yatton Library  
BS49 4HJ

### WHEN

Saturday 23rd March 2024  
From 9:45am - 12:45pm

[codingbug.co.uk](http://codingbug.co.uk)

Email: [info@codingbug.co.uk](mailto:info@codingbug.co.uk) or call 07909226520



[facebook.com/codingbug/](https://facebook.com/codingbug/)



## After School Cycling and Friendship Group

Wednesdays 4.30pm

Join our Wednesday afternoon bike rides for young people with SEN. Our ride leader supports the group for an hour of cycling, friendship and fun. Sessions are free of charge and riders can use our bikes or trikes.

Rides start and finish at our base at Yatton Railway Station, will take place along the Strawberry Line Cycle Path and are accompanied by our ride leader. Support available for those wishing to travel by train.



Starting March 6<sup>th</sup> 2024. Please email us to reserve a place or for further information [Strawberrylineprojects@gmail.com](mailto:Strawberrylineprojects@gmail.com)



March 2024

# Yatton Library Newsletter



## Shakespeare Week

We will have a display of children's and adult's books written by and inspired by William Shakespeare in the library 18th - 24th March.



## Happy Birthday to the Gruffalo

It's the Gruffalo's 25th Birthday in March so we will be having Gruffalo activities in the main library and Gruffalo themed Storytime and Rhymetimes for any preschool children you have.



## World Book Day

Why not come and visit the library for some inspiration as to who to dress up as for World Book Day



## Book Review

**Mr Birdsnest and the House**

**Next Door by Julia Donaldson**

Elmo and his sister like to play in the garden next door which is like a jungle, but when it goes up for sale they worry they won't be able to play any more. But who has bought the house??



yatton.library@n-somerset.gov.uk 01934 426100



# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

Buy Milk

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2023