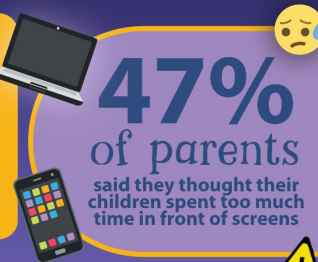


**DON'T FORGET: Term finishes on Thurs 1st April - School is CLOSED on Good Friday (2nd April)**



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



## What parents need to know about SCREEN ADDICTION

### HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

### LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

### LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



### CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

### APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



## Top Tips for Parents



### LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

### LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

### LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

### STATISTICS

52% of children aged 3-4 go online for nearly 9hrs a week

82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 go online for nearly 13.5hrs a week

99% of children aged 12-15 go online for nearly 20.5hrs a week

Children and Parents: Media Use and Attitudes Report 2018

### ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

### MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety



# The Anchor News

Serving the local community in the name of Christ since 1859

26th March 2021

#LearningForLifeAnchoredinChrist

Our values focus this half term is **Courage**



**DON'T FORGET: Term finishes on Thurs 1st April - School is CLOSED on Good Friday (2nd April)**

Hello everyone,

It is the end of another busy week at St. Clement's and I know everyone has been working hard and enjoying getting back into a school routine.

It has been lovely to see all our children settle back in and as well as work hard enjoy time with their friends. Key stage 2 children are really enjoying having an extra playtime each week where they have been learning team games and collaboration skills as well as having lots of fun!

The afterschool clubs have also been a real success and children are learning skills in multi-sports and pottery. Look out for the afterschool clubs' letter next half term if you would like to sign up.

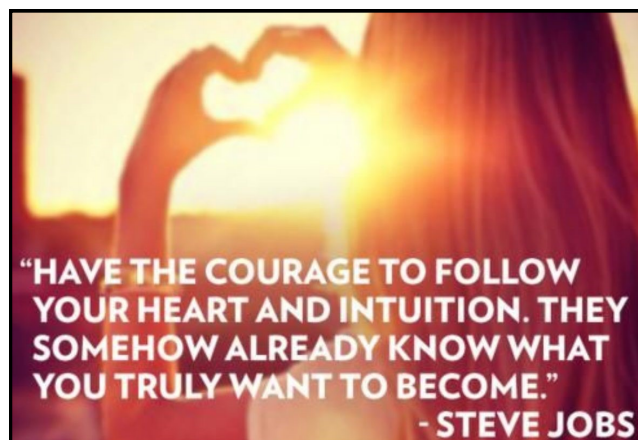
Keep an eye out on TEAMS for homework. Each class in Key stage 1 and 2, has three pieces of homework every week, including Spellings, maths, and grammar. Homework assignments and updates will be posted on TEAMS. Reading books should also be read as often as possible.

Next week is Holy week as it is the lead up to Easter. In school we will be having assessment week to help teachers to see what important things need to be taught in Summer Term, but we will also be doing lots of lovely Easter activities and learning about this important Christian festival.

Do not forget we break up for Easter on Thursday 1st April and return to school on Monday 19th April.

Have a wonderful weekend,

Mrs Nizamis - Deputy Head Teacher



### Important Upcoming Dates.

**Thursday 1st April - Last Day of Term**

**Friday 2nd April Good Friday - SCHOOL CLOSED**

**Easter Break** Friday 2nd April - Friday 16th April

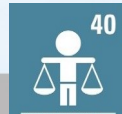
**Monday 19th April** First Day Back - Normal Time

**Friday 23rd April** Teacher Training Day  
- SCHOOL CLOSED -

## UNICEF Rights of the Child

### Article 40 (juvenile justice)

A child accused or guilty of breaking the law must be treated with dignity and respect. They have the right to legal assistance and a fair trial that takes account of their age. Governments must set a minimum age for children to be tried in a criminal court and manage a justice system that enables children who have been in conflict with the law to reintegrate into society.



The Birmingham Diocesan Multi-Academy Trust is a company limited by guarantee and is registered in England and Wales: Company No 10729883. The registered office is 1, Colmore Row, Birmingham, B3 2BJ

**Head Teacher:** Miss Shryane  
**Deputy Head Teacher:** Mrs. Nizamis  
**Assistant Head Teacher:** Mrs. Fox



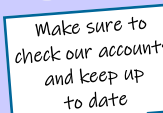
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## 5-MINUTE WALKING BUBBLE

### #StaySafeGetActive on your journey to school



For more hints, tips and information please visit [www.modeshiftstars.org/staysafegetactive](http://www.modeshiftstars.org/staysafegetactive)

Walking, cycling or scooting to school are the most accessible ways to reduce congestion and pollution, while also improving the mental and physical wellbeing of pupils. As we emerge from the latest lockdown, the benefits active travel brings are more important than ever. Walking Bubbles, encourage everyone who can, to 'Get Active' on their journeys to and from school.

Walking Bubbles will also encourage families that have to travel by car to park at least 5-minutes away from school, creating a safer space for walking, cycling or scooting. By placing these restrictions, we also reduce the number of cars parked on pavements outside and close to the school gates, which is one of the main concerns parents have when walking to school. Reducing vehicles and creating more space will also make it much easier for families to socially distance and feel safer around school grounds.

By parking five minutes away from the school gates and walking the rest of the distance, your family can still reap the benefits of an active commute while making school a safer place for all. You could even scoot from the boot – pack your child's scooter into the boot and let them enjoy the fun of scooting the rest of the way to school.

### Our top safety tips

Of course, we want the school run to be fun, but most importantly it has to be safe.

### Here are our top tips to #StaySafeGetActive in your bubble...

- ⇒ Find the best and safest route to school using a journey planner
- ⇒ Practice your journeys during the holidays, so you're ready to go when the term begins
- ⇒ Check that bikes, scooters and other children's transport are safe to ride
- ⇒ If cycling or scooting, make sure everyone in your family understands how to ride safely on the road and in crowded areas
- ⇒ Always wear a properly fitting helmet when cycling or scooting. The helmet should sit low on your child's forehead and they should be able to see the front rim when they look up
- ⇒ If you're leaving bikes etc. at school, make sure these are safely stored and locked up, ready for the ride home

We will be uploading our school walking bubble map onto Teams and the website next week so keep a look out for it.

May the grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit be with us all, now and evermore.  
**Amen.**

## We want your ideas!!



Our school vision is to create curious and creative life-long learners. We want children to experience life in all its fullness and to enjoy a full and rich curriculum. To achieve this, we are creating our very own bucket list – a list of '50 things to do before you leave St Clement's Academy.

We believe that the experiences on the list are those that all children should experience as a part of a childhood and, in some cases, are not as much a part of our modern world as they once were. We want them to have the opportunity to assess risks, solve problems, develop creativity and celebrate diversity.

These 50 experiences will be spread out across the year groups and will be linked with the curriculum wherever possible to make them even more enriching and memorable.

### We would love to hear your ideas.

We will be asking children in school to share their ideas but we would also like to hear from you.

What do you think all children should have a chance to experience before they leave primary school?

Is there an experience from your own childhood which will enrich our children's time at St. Clements?



We are happy to have any ideas and we will try to include as many as we can. Look out for the leaflet coming home today with more information. To submit your suggestions you can return the back page of the leaflet, scan the QR code or visit <http://bit.ly/50ThingsForm>



### DON'T FORGET:

Term finishes on Thurs 1st April - School is CLOSED Good Friday (2nd April)  
We return on Monday 19th April - School is CLOSED Friday 23rd April

## Safeguarding: Managing Screen Time



Often parents describe 'nagging' children to get off their gadgets, arguing about how long they have been on, and dealing with them ignoring rules and sneaking to be on their gadgets when they shouldn't. Children wanting to spend more time online than their parents like or being 'crabby' when asked to stop doesn't necessarily count as addiction.

Children's screen use can be harmful when it hurts important relationships or interferes with healthy functioning. Think about the following statements.

"It is hard for my child to stop using screen media."

"Screen media is the only thing that seems to motivate my child."

"Screen media is all that my child seems to think about."

"My child becomes frustrated when he/she cannot use screen media."

"The amount of time my child wants to use screen media keeps increasing."

"When my child has a bad day, screen media seems to be the only thing that helps him/her feel better."

"My child's screen media use interferes with family activities."

"My child's screen media use causes problems for the family."

"My child sneaks using screen media."

If you're wondering whether your child's media use is problematic, we recommend focusing on its impact. Specifically, is screen time negatively affecting your child's sleep, mood, schoolwork, activities, friendships, or family interactions?

Kids generally do best with clear, consistent rules and routines, so they know what to expect.

- \* Try to understand your child's screen use - what do they do, who do they do it with and why do they do these activities?
- \* Ask about your child's suggestions regarding limits - What is a reasonable time limit - think about age and emotional maturity.
- \* Offer your child guidance about online activity - ESafety, grooming, fake news, fake profiles, age restrictions and law.
- \* Seek or create non-screen alternatives - being outdoors, be creative, family time, promote good mental health, fitness, staying healthy.
- \* Be a good digital role model - all the benefits children get from reducing screen time you will get as an adult. Sometimes, 'What's good for one is good for another'.

In school we teach children about being safe online and the importance of reducing screen time, so that they enjoy all aspects of life.

For more information please read the poster on the back of the newsletter.

If you would like further help and/or support with this then please see Miss Akers or our ESafety lead, Miss Rodgers.

