



# Hillside Junior School Weekly Bulletin



Friday 29th April 2022

## Message from The Headteacher

Firstly, I would like to say a big thank you for the tremendous effort that went into the cake sale. These events really reflect the core values of the Hillside community. Mr. Johns and the School Council should be very proud of their achievements.

This week I have once again had to deal with a number of online incidents. I am well aware that quite a number of children access sites that are age-inappropriate. However, my greater concern is that once on these sites, children have used group chats to say unkind things to other children. In school, we take every possible opportunity to emphasise the seriousness of cyber bullying and the damage it can have on mental well-being. Please continue to support the school in monitoring your children's online activity. Further information and links are available on the school website. Enjoy the long weekend.

Best wishes.  
Mr. Davies

## Summer Term Clubs

**There are still places available on our Summer Term after-school clubs.** All bookings and payments are to be made on [Schoolgateway](#). Thank you.

## Year 6 Golden Ticket

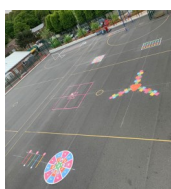
The deadline for Year 6 pupils to complete their Golden Ticket work is **8.50am on Tuesday 3rd May**. Work will not be accepted after this date.

## Year 6 IXL

Year 6 IXL sessions will not take place during SATs week, Monday 9th - Friday 13th May. Therefore, children should arrive at school at 8.40am. Thank you.

## Playground Markings

We hope the children enjoy the new markings that were painted on the playground this week.



## HILLSIDE SCHOOLS' PLATINUM JUBILEE TEA TOWELS

The children have been working hard drawing self-portraits to feature on a tea towel for The Queen's Platinum Jubilee.

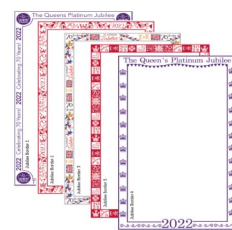
**The tea towels are now available to order for £6 each.**

There are 2 designs available for Junior children

**Years 3 & 4  
Years 5 & 6**

**All orders are to be made by Friday 13<sup>th</sup> May  
Any payments made after this date will NOT be accepted**

Payments are to be made via ParentPay (Infants)  
and [Schoolgateway](#) (Juniors)



At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on children and young people, but adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

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

**47% of parents** said they thought their children spent too much time in front of screens

**HEALTH & WELLBEING**  
Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now rehab centres 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 considered as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosis and treating health conditions.

**LOSS OF INTEREST IN OTHER THINGS**  
Your child may become less interested in anything that does not include their device. You may notice your child is missing out on other activities, less engaged with other people and less motivated to do things. 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 how children are using their devices to speak to their online friends, to discuss 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.

**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.

### Top Tips for Parents

**LIMIT SCREEN TIME**  
In today's digital age, technology is an important part of a child's development. However, ensuring their device use means they are missing out on a lot, including conversations and time with their friends. Rather than banning them from using their device, we suggest setting a sensible 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 have access to their phones.

**LEAD BY EXAMPLE**  
Children model their behavior on their peers, so if their parents are constantly on their devices, they will see this as acceptable. Try limiting your own screen time and follow the same rule for your child. If you have asked your child to not use their device at the table, make sure you don't. Try to make sure that the whole family abides by it.

**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 focused the next day at school. 20% of teenagers said that they would go to check their notifications and accounts on their devices. Even by having a device switched off in their bedrooms, they may be tempted to check for notifications.

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

**MOBILE-FREE MEAL TIMES**  
Have you tried to settle your child by giving them a tablet at the dinner table or at bedtime? 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.

**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

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter: @nationalonlinesafety Facebook: /NationalOnlineSafety

## Guide to managing children's screen time

internet matters.org

**Effect on behaviour**  
Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens

**Effect on the brain**  
Screens can have a drug-like effect on the children's brains which can make them more anxious. It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information.

**Effect on sleep**  
Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep.

## What are the benefits?

- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning** and development
- Online games and activities **enhance teamwork and creativity**

## 10 tips to get in control with your child's screen time

**Autoplay**  
Off

**1. Set a good example with your own device use**

**2. Have discussions about the risks that they may face based on their online activities**

**3. Put in place a family agreement and agree an appropriate length of time they can use their device**

**4. Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing**

**5. Encourage them to switch off auto-play on platform to remove the temptation to binge on programmes**

**6. Use tech tools and parental control to manage the time they spend online and the apps they use**

**7. Get the whole family to unplug and create 'screen free' zones at home**

**8. Together find apps, site and games that will help children explore their passions and make screen time active**

**9. For younger children find ways to combine touch screen use with creative and active play**

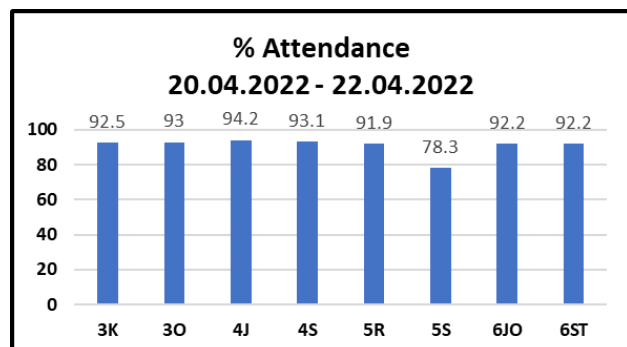
**10. Encourage children to self-regulate the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing**

## Hillingdon PCF

Hillingdon PCF in co-production with the SEND teams at Hillingdon are inviting parents/carers of SEND children and young people to an information and engagement event for Hillingdon residents only, on Friday 27th May 2022 at the Middlesex Suite, Civic Centre, Uxbridge at 10am for a 10.30am start. The event will finish at 1pm and there will be free refreshments on arrival and a free light lunch will be served too. Go along and meet members of the Educational Psychology Service, SEND Advisory Service, and SEND Team at Hillingdon. This is an information sharing and training event and there will be opportunities to review and give feedback on the SEND Strategy, and hear about the SEND and Inclusion consultation. Unfortunately, they cannot offer any childcare facilities and are unable to accommodate any children at this event. The caterers have asked for attendee confirmation numbers by **Monday 9th May**, so you must please register your attendance before that date, using the Eventbrite link, one free ticket will be issued per email address [27th May 2022 Registration link](#)

## Attendance

Regular attendance at school is an important part of giving your child the best possible start in life. Our attendance target for all pupils at Hillside is 96% or above. Therefore, weekly class attendance figures will be displayed in the newsletter. If a class achieves 100% attendance, they will be awarded a non-uniform day.



### ATTENDANCE AWARD



**3K were last week's winners with 92.5%**  
**We hope they enjoyed their 10 minutes extra play this week.**

## Achievements

Year 3	Year 4	Year 5	Year 6
Giorgia Indiana Amelia Pedro Michelle Martim Daria Daniel L Carolina Tilak <b>Bookmarks</b> Micaella	Oliver H Emilia Nasir Yagiz Maria Fabiano Mafalda Vinnie Abigail Selina <b>Bookmarks</b> Sofiya Tamiya	Filipa Sam Tcharlly Bruna Laila Dylan Aashiyana Miriam Lucas Lilia Tymon	Om Alexandre Dhruv Moses Matrilde Yi-Jun Jasmine <b>Bookmarks</b> Zahra Ali

Times Table Awards					
Bronze	Silver	Gold	Earth	Moon	Sun
				Hafza	Frankie
***** <b>STAR BADGE</b> *****					
Myna					

Class Achievements
<b>Team Point Winners</b> —Hallowell
<b>Walk To School</b> —3K
<b>Healthy Eating</b> - 6ST