



Weekly Newsletter # 1 – 8 September 2023



Welcome from Miss Tayton

It was lovely to welcome everyone back on Wednesday and a warm welcome to our new parents and pupils. We hope you have all had a relaxing summer and look forward to another school year. Over the summer holidays, the windows have all been refurbished and have had telescopic winders added for ease of opening. It's lovely that all windows open which has greatly improved ventilation; what perfect timing for our mini heatwave!

Communication

We will continue to use email and text as our primary means of communication.

To ensure that you are not bombarded with emails and texts all general information for the whole school will be sent in a weekly newsletter on Friday. The only other emails/texts that will be sent will be ones that relate to a specific class, year group or your child.

Morning Routine

All children from years 1 – 4 should be supervised by a parent or carer in the playground in the morning until the class teacher comes down to collect them at 9:05am. **Children should not be sent into the playground and left alone unless they are years 5 or 6.**

Scooters and Bicycles

Children may ride bicycles and scooters to school. Any bicycles or scooters left in school **are left at your own risk**. They should be stored in the scooter racks or bicycle racks. Children are not allowed to ride their bicycles or scooters in the school playground.



John Ruskin Primary School and Language Classes
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Headteacher: Miss C Tayton

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Year 6 Secondary School Transfer



All Year 6 parents have now received information regarding the Secondary School transfer meeting and application process. Secondary Schools in Southwark are holding a number of Open Days throughout September and October. You can find dates of the Open Days via the link - [Secondary School Open Days 2023](#)

Digital Wellbeing



What Is Digital Wellbeing?

Technology and our interaction with it, impacts our wellbeing – how we feel, our thoughts, our behaviour and our physical and mental health. Digital wellbeing is the extent to which we understand and recognise how our use of digital technology affects us and how we look after ourselves and others, when online. It also includes knowing what to do when we face a problem through our use of digital technology.



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What Impacts on Our Digital Wellbeing?

We can make choices which positively impact our digital wellbeing. These include:

- how much time we spend using digital technology;
- how we interact with others online;
- material we watch and engage with;
- how we portray ourselves online.

Negative online experiences can negatively affect how we feel about ourselves, our relationships with others, our thoughts and opinions and our perspective of the world in which we live. It is important to use digital technology in a way that enhances our wellbeing and it is vital to encourage our children to do the same.

How Can I Support My Child's Digital Wellbeing?

1. Talk to your child about responsible digital technology use.
2. Be aware of how they are spending their time online – have open, non-judgemental conversations.
3. Model healthy and respectful online and digital technology behaviours and relationships.
4. Spend time engaging with digital technology with your child, enabling an open digital relationship.
5. Discuss and establish family rules for healthy digital technology use, including age-appropriate screen times.
6. Recognise when your child has had too much screen time – they may demonstrate challenging behaviour, negative moods, difficulty with sleeping and be unwilling to engage with other activities and people.
7. Enable appropriate parental controls on digital technology devices.
8. Teach your child how to stay safe online, including how to get help if they see or experience something that worries them.
9. Encourage a healthy balance between passive screen time (sitting and watching something) and active screen time (creating content or playing online games).
10. Ensure your child is only accessing digital content that is appropriate for their age, including on gaming devices and on television.
11. Make your child aware that cyberbullying is unacceptable and must not be tolerated. Encourage them to tell you or another trusted adult if they see or experience cyberbullying and reassure them that it can be stopped.

It is important to remember that digital wellbeing is all about balance. Digital technology can help children to learn and grow in many ways but too much of it can negatively affect their wellbeing.



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Engaging your children in a wide range of activities which support their physical, emotional and mental health is the best way to enhance their overall wellbeing. Examples of activities include sports, creative tasks, playing and listening to music, reading, doing jigsaws and spending time outside. You can also simply promote spending time with family and friends and having time to talk about things that matter to them.

Key information for week commencing 11 September 2023

Thursday 14 September

3.30 Reception parents meeting in pink and blue, crèche in the bottom hall

3.30 Year 3 homework club starts

Forthcoming Dates

Year 6 national test and secondary transfer meetings for parents

Thursday 21 September; 3.45pm

Meet the Teacher parents evening

Tuesday 26 September; 3.40pm to 7pm

Black History Month

October 2023

October Half Term Holiday

Monday 23 October to Friday 27 October

Yr1 Homework Club (for 5/6 weeks)

Thursday 2 November; 3.30pm to 4.30pm

Book Fair

Thursday 9 to Wednesday 15 November; 3.30pm to 4pm, Bottom Hall

Anti-Bullying Week – Theme ‘Make a Noise’

w/c Monday 13 November

Road Safety week – Theme ‘Let’s Talk About Speed’

w/c Monday 20 November



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