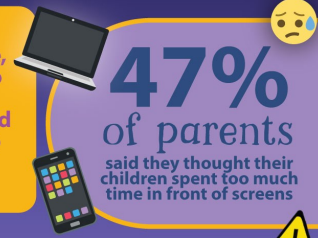


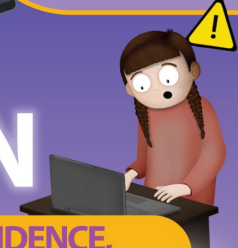
At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit 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



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.

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.

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.

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.

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

SOURCES: <https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018: <https://www.ofcom.gov.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies: <https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986>, University of Leeds: https://medhealth.leeds.ac.uk/news/article/1296/ack_of_sleep_damaging_for_children

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SUPPORTING CHILDREN'S MENTAL HEALTH

10 Conversation Starters for Parents

Talking about mental health to children is sometimes hard. To the point that we can put off raising the subject, not wanting to unearth problems or raise overwhelming subjects that we perceive our child is too young or not ready for. But rather than keeping children in the dark, this guide is designed to help you confidently talk about mental health, so they feel comfortable talking about their own worries and end any stigma before it begins.



#WakeUpWednesday

1 LISTEN

This sounds obvious, but it is not something we are always great at. Active listening is where we listen without interrupting or making judgements and shows interest in what is being said. If your child feels listened to in the 'smallest of problems' they will become confident that you will listen when the 'biggest of problems' arise.

2 ASK TWICE

The campaign from time to change is great. <https://www.time-to-change.org.uk/support-ask-twice-campaign>. Be tenacious about your child's wellbeing. Children instinctively know when your questions and support come from a place of wanting to help and care.

Are you sure?

3 THERE IS NO SUCH THING AS A STUPID QUESTION

This advice also relates to the first point. If your child can ask you any questions about the smallest of things and you listen and answer without shaming or belittling, then they will have more confidence to ask the biggest of questions.

6 TALK ABOUT MENTAL HEALTH NATURALLY

Speak about mental health as part of everyday life, so that talking about our feelings and those of others is normalised. If the usual 'are you ok?' is not creating an opportunity for dialogue then say something like 'I know when something like that has happened to me I felt like this... is that how you are feeling or are you feeling something else?'

7 EMPATHISE

'It makes sense that you would feel this way, it is understandable'. Children often worry about things that we, as adults, might see as trivial or silly. However, for them at their age and stage it is a big concern and they need our kindness and care when they show their vulnerability and share their worries.

8 HELP YOUR CHILD FEEL SAFE

Teens particularly feel that by talking about their worries or concerns that this will make things worse. Reassure your child that you will discuss a plan of action together and what may or may not need to happen next. If they are a younger child, it is likely you will need to lead the conversation and explain next steps.

4 BE OPEN AND HONEST

Children appreciate honesty, particularly if you are having to share information or talk about a difficult subject. For example, you may be talking about death or loss; 'It's very sad that Nana has died' or 'I feel sad that Nana has died'. How you talk about a subject will differ depending on their age and developmental maturity. Talking about death to a younger child for example will be different to that of an older teen, as their experience and understanding of death is different.

9 MIND YOUR LANGUAGE

Be mindful of the language you use at home to describe and talk about mental health. Stigma often arises from misconceptions and a choice of language which is harmful. Using the word 'mental', 'man-up' or other such words in a derogatory way won't encourage your child to talk about their mental health for fear of being belittled.

5 KNOW WHEN TO SEEK HELP

Assess the severity of the mental health difficulty you are noticing. Is the difficulty making it hard for your child to function regularly throughout everyday life? How frequently is your child affected, how long does it last and how persistent is it? Are they having problems controlling the difficulty? Talk to your child about your concerns and that it is likely they will need further support beyond family and friends.

10 IT IS OK TO SAY 'I DON'T KNOW WHAT TO DO NEXT'

Adults do not have all the answers but often children think they do. It is ok to acknowledge that what your child is experiencing is not something you have come across before or know anything about, but that you will work it out together and seek help together.

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



Sources of Information and Support

Your GP
 Young Minds <https://youngminds.org.uk/v>
<https://www.nhs.uk/conditions/stress-anxiety-depression/>
<https://www.actionforchildren.org.uk/news-and-blogs/parenting-tips/2016/november/a-simple-guide-to-active-listening-for-parents/>
<https://www.themix.org.uk/mental-health>



Warboys Primary Academy

Week 1 – 15 th April, 6 th May, 27 th May, 3 rd June, 24 th June, 15 th July					
	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Plate	Mediterranean Vegetable Pasta Bake (ve)	Oven Baked Fish Fingers	Stir-Fry Chicken & Summer Vegetables with White & Brown Rice Mix	Roast Pork with Yorkshire Pudding & Gravy	Oven Baked Fish Fillet
The Main Plate (Vegetarian)	Vegetable Fajita Wrap (ve)	Layered Vegetable & Sweet Potato Bake (ve)	Cheese, Tomato, Pepper & Basil Turnovers (v)	Quorn Meatloaf with a Fresh Tomato & Basil Sauce (v)	Spinach & Lentil Lasagne (v)
Jacket Potato	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings
Packed Lunch	Ham Roll Served with a Mixed Salad	Tuna Wrap Served with a Mixed Salad	Turkey Roll Served with a Mixed Salad	Cheese Salad Wrap Served with a Mixed Salad	Egg Mayonnaise Sandwich Served with a Mixed Salad
Daily Vegetable Selection	Homemade Cheese & Herb Bread. Fresh Mixed Salad (ve)	New Potatoes Peas (ve)	Half a Jacket Potato Summer Vegetables (ve)	Roast Potatoes Fresh Carrots Spring Greens (ve)	Chips Baked Beans (ve)
The Sweet Plate	Homemade Apple Crumble with Custard (v) or Fresh Fruit	Vanilla Yogurt (ve) or Fresh Fruit	Lemon Drizzle Cake (ve) or Fresh Fruit	Chocolate Trifle or Fresh Fruit	Banana Flapjack (ve) or Fresh Fruit

We fully support health eating & our commitment to meat free day's
"The Art of Food"
Ve = vegan option

Week 2 – 22 nd April, 13 th May, 3 rd June, 10 th June, 1 st July					
	Monday	Tuesday	Wednesday	Thursday	Friday
The Main Plate	Hot Chicken Meatball Sub Roll	Lightly Spiced Beef Wrap with Coleslaw	Beef Burger in a Bun with Tomato Sauce	Roast Chicken with Yorkshire Pudding & Gravy	Oven Baked Fish Cakes
The Main Plate (Vegetarian)	Lentil & Vegetable Curry with Turmeric Rice (ve)	One Pot Lemon Broccoli Pasta Bake (v)	Roast Tomato & Basil Quiche (v)	Potato & Spinach Korma with Rainbow Rice (v)	Cheese & Vegetable Cakes (v)
Jacket Potato	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings
Packed Lunch	Ham Roll Served with a Mixed Salad	Tuna Wrap Served with a Mixed Salad	Turkey Roll Served with a Mixed Salad	Cheese Salad Wrap Served with a Mixed Salad	Egg Mayonnaise Sandwich Served with a Mixed Salad
Daily Vegetable Selection	Oven Baked Diced Potato Seasonal Mixed Vegetables (ve)	Homemade Tomato Bread Red Cabbage Slaw (ve)	Homemade Wedges Corn on the Cob Summer Green Salad (ve)	Roast Potatoes Cabbage Fresh Carrots (ve)	Chips Peas Baked Beans (ve)
The Sweet Plate	Empire Biscuit (v) or Fresh Fruit	Fruit Jellies (ve) or Fresh Fruit	Lemon Curd Sponge with Custard or Fresh Fruit	Bakewell Style Jam Slice or Fresh Fruit	Chocolate Traybake or Fresh Fruit

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Warboys Primary Academy

Week 3 – 29th April, 20th May, 17th June, 18th July

	Monday	Tuesday	Wednesday	Thursday	Friday
"The Art of Food"		Pizza Frenzy		Roast Thursday	
The Main Plate	Crispy Topped Mac 'n' Cheese (v)	Homemade Meat Feast Pizza (v)	Fish Finger Wrap	Roast Gammon with Gravy	Oven Baked Fish Fingers (v)
The Main Plate (Vegetarian)	Vegetable & Lentil Cottage Pie (ve)	Homemade Three Cheese Pizza (v)	Vegan Sausage Puff (ve)	Hot Cheesy Tuna Melt Sub Roll (v)	Mixed Bean & Vegetable Hot Wrap (ve)
Jacket Potato	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings	Jacket Potato with Fillings
Packed Lunch	Ham Roll Served with a Mixed Salad	Tuna Wrap Served with a Mixed Salad	Turkey Roll Served with a Mixed Salad	Cheese Salad Wrap Served with a Mixed Salad	Egg Mayonnaise Sandwich Served with a Mixed Salad
Daily Vegetable Selection	Homemade Tomato Bread Sweetcorn & Pepper Mix (ve)	Seasonal Mixed Salad Oven Roasted Herb New Potatoes (ve)	New Potatoes Baked Beans (ve)	Roast Potatoes Green Beans Fresh Carrots (ve)	Chips Peas (ve)
The Sweet Plate	Mini Waffles with Sauce (v) or Fresh Fruit	Marble Sponge with Custard (v) or Fresh Fruit	Lemon & Orange Shortbread (ve) or Fresh Fruit	Fudge Tart with Chocolate Custard (v) or Fresh Fruit	Flapjack (ve) or Fresh Fruit

TDET We fully support health eating & our commitment to meat free days "The Art of Food" Ve = vegan option FOOD HYGIENE RATING 5

Tuesday 23rd April 2024

St GEORGE'S DAY

Main Option

Dragon's Claws or George's Sword
Sausage & Mash Oven Baked Fish Fingers
or
Knights Armour
Jacket Potato with Fillings

The Sweet Plate

St George's Shield
(Iced Shortbread Biscuit)



Children's Favourites Day Menu
Thursday 16th May 2024

The Main Option
Cheese & Tomato Pizza Served with Wedges
or
Jacket Potato with Fillings
or
Cheese Salad Wrap Served with a Mixed Salad

The Sweet Plate
Fudge Tart Served with Chocolate Custard

TDET are Celebrating National Biscuit Day
Friday 24th May 2024

Enjoy One of our Homemade Biscuits at Lunchtime. You Can Choose From:

- Sugar Biscuit
- Shortbread
- Chocolate Shortbread
- Lemon & Orange Shortbread

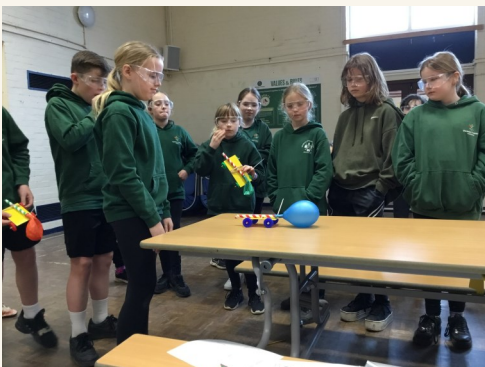


Warboys Primary Academy



Key Term Dates: Spring Term 2024

Spring Term Ends	Thursday 28th March
Staff Training Day	Monday 15th April 2024
Term Starts for Pupils	Tuesday 16th April
May Day	Monday 6th May
Half Term	Monday 27th May to Friday 31st May
Term Ends	Friday 19th July
Staff Training Day	Monday 22nd July



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