



Newsletter

HAMILTON ROAD, WINDLE, ST.HELENS WA10 6HG

TEL: 01744 678190

WEBSITE: www.bleakhill.st-helens.sch.uk

EMAIL: bleakhill@sthelens.org.uk

Message from Mr McCoy

Another busy but brilliant week at Bleak Hill. This week we celebrated **World Teacher Day** and I just want to say a huge thanks to all of the staff for all of their hard work and dedication to the children and families at Bleak Hill.

Mr Dagnall and I have had the opportunity to look at Reading Diaries this week and we are really impressed by the amount of reading going on at school and at home. Please keep up all of the hard work with reading as we know it opens so many doors. Keep your eyes peeled in the coming weeks for our first Reading Newsletter of the academic year, it will contain lots of exciting news.

This week, Year 6 children got the opportunity to compete in our Bleak Hill Rugby Festival. Year 4,5 and 6 have been very lucky this afternoon and had a performance from M&M Theatrical Productions of The Hobbit, it was incredible!

Next week, we look forward to welcoming our Year 5 families into school for their class assemblies. The children and staff have been working hard to put on a great show for you. Have a brilliant weekend!

Merit Award - Children who care about other people's feelings

	R.O.T.W	W.O.T.W	M.O.T.W	Bronze	Silver	Gold
RHE	Toby C	Jacob H	Michael G	Nova K	Eden L	Penny W-P
RHU	Mia P	Stanley G	Nyla E	Nia A	Sofia D	Nancy M-S
RR	Autumn P	Raya L	Zac A	Barney F	Walter P	Sky K
1A	Louis C	Casper L	Finley McC	Sophie M	Finn T	Thomas Q-A
1CS	Alfie U	Hannah C	Jacob C	Ilaria O'N	Reuben C	Willow L
1M	Josh M	Ren K	Alex W	Kim R	Etta H	Max H
2G	Lottie C	Penny T	Harrison B	Mollie B	Lucas C	Seren A
2J	Aria B	Theo D	Billy N	Dimitar S	Hanna S	Darcey L
2W	Oliver G	Harrison J	Isobel R	Evie Y	Joe T	Rose B
3D	Evie F	Harvey T-H	Hugo T	Jude H	Eva R	Harriet B
3H	Isla S	Eloise M	Pippa B	Elijah C	Amber L	Cohan W
3M	Mia J	Ryan S	Isaac G	Maddison G	Lacey J-M	Lottie B
4C	Phoebe C	Oliver W	Leon T	Joel C	Andriana C	Freya A
4MC	Sky W	Max R	Finley C	Evie S	Imogen S	Devon M-S
4MO	Alex B	Annabelle S	Jacob H	Marcie L	Hallie S	Oliver F
5B	Damian P	Jonah H	Eva M	Emily C	Poppy W	Alex B
5W	River L	Henry M	Freya B	Enzo O'N	George B	Charlie McK
6D	Alice T	Isla R	Alex S	Toby K	Joshua N	Evie Y
6W	Lois T	Archie L	Charlie B	Thomas S	Ty T	Juliana R

What's on next week			
09.10.2023	Before School	During School	After School
Monday		Y2 & Y6 PE	Judo Y3, 4, 5 & 6 - (external provider) Exit via main reception at 4.10pm
Tuesday	Football Y3 & 4 - Ian McMinn (external provider) Enter via Junior Library corridor (KS2 playground)	YR, Y4 & Y5 PE 915am 5W Assembly 1030am 5B Assembly Y5 Dodgeball Competition World Mental Health Day	Young Voices Y5 & 6 - Mrs Burrows Exit via main reception at 4.15pm
Wednesday	Dance Y2, 3, 4, 5 & 6 Karen Elliott (external provider) Enter via Junior Library corridor (KS2 playground)	Y1, Y3 & Y6 PE Y1 Trip to Acorn Farm Y5 Rugby Competition	Gymnastics Y1 & 2 - Future Gym (external provider) Exit via main reception at 4.15pm
Thursday	Football Y1 & 2 - Ian McMinn (external provider) Enter via Junior Library corridor (KS2 playground)	Y1, Y2 & Y5 PE Y4 Football Competition	Athletics Y3, 4, 5 & 6 - Future Gym (external provider) Exit via main reception at 4.20pm
Friday	Gymnastics Y3, 4, 5 & 6 - Future Gym (external provider) Enter via Junior Library corridor (KS2 playground)	YR, Y3 & Y4 PE Y4 Girls Football Competition 6D Swimming	

Friends of Bleak Hill

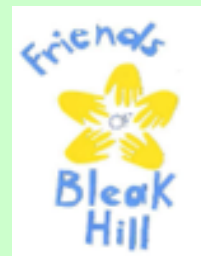
Friends of Bleak Hill Movie Night

Wednesday 25th October - EYFS & KS1

Thursday 26th October - KS2

The movie night will be an opportunity for your child to spend time in their class watching a movie chosen by their class. The movie night will run from the end of the school day up to 5.15pm.

Tickets for the Movie Night are £5.00 per child. Children will receive a drink and popcorn. Tickets are available via SchoolMoney until Friday 20th October.



300 Club

The 300 Club is your chance to win ££. For just £10 per year, you have multiple chances to win all year round!

Monthly Draw £40

Christmas Draw £100 & £50

Summer Draw £100 & £50

The draw takes place the first Friday of the month and the winner will be published in our newsletter. **The 1st draw is Friday 10th November.** To enter, please go to SchoolMoney and purchase your tickets in the 'Shop' section. Entries are not limited, so you can purchase on behalf of your family and friends!

The 300 Club is a valuable source of income for the school and by entering, you are helping raise much needed funds to help the school purchase vital equipment which otherwise might not be available.

All Day. Every Day.



Attendance Matters



Attendance

Whole School	97.6%
Reception	94.8%
Year 1	96.8%
Year 2	98.5%
Year 3	98.3%
Year 4	97.9%
Year 5	98.5%
Year 6	99%

Please be aware that in line with Government guidance we must carry out regular register reviews. After a review you may receive a letter informing you of your child's attendance, worries we may have or support we can offer.

The review dates are:

30th Nov 23

3rd Jan 24

15th Feb 24

Equates to:



Attendance Update

We need to try really hard each and every week to make sure every year group is beating our **96% target** this will help us to succeed!

Our attendance for 25-29 Sept was:

97.6%

Our attendance for the year so far is: 97.5%



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

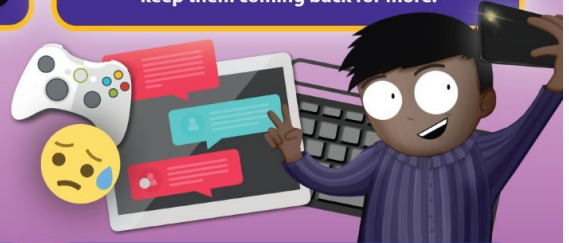
Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children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



National Online Safety®



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.

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.

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.

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.

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

We are supporting members of our school community with the following:



We Can Make an Impact.

Urgent Pedestrian Crossing Needed on Kiln Lane for the Safety of School Children and Drivers

chnng.it

<https://chnng.it/h9x8v6kyW9>



Elliot Vs CP

Help Samantha Knowles raise money to support The National Bobath Cerebral Palsy Centre

www.justgiving.com

https://www.justgiving.com/page/elliottvscp7?utm_medium=fundraising&utm_content=page%2Felliottvscp7&utm_source=copyLink&utm_campaign=pfp-share

BLEAK HILL PRIMARY SCHOOL



ACADEMIC YEAR DATES 2024/25

AUTUMN TERM 2024

Staff In-Service Day

Staff In-Service Day

Re-open after the Summer Holiday on the morning of:

Half-Term:

Close for the October Half-Term on the evening of:

Re-open after October Half-Term on the morning of:

Close for the Christmas Holiday on the evening of:

Monday 2nd September 2024

Tuesday 3rd September 2024

Wednesday 4th September 2024

Friday 25th October 2024

Monday 4th November 2024

Friday 20th December 2024

SPRING TERM 2025

Re-open after the Christmas Holiday on the morning of:

Half-Term:

Close for the Half-Term Holiday on the evening of:

Re-open after the Half-Term on the morning of:

Close for the Spring Break on the evening of:

Monday 6th January 2025

Friday 14th February 2025

Monday 24th February 2025

Friday 4th April 2025

SUMMER TERM 2025

Bank Holiday – Easter Monday

Re-open after the Spring Break on the morning of:

Bank Holiday – May Day

Half-Term:

Close for the Half-Term Holiday on the evening of:

Staff In-Service Day

Re-open after the Half-Term Holiday on the morning of:

Close for the Summer Holiday on the evening of:

Staff In-Service Day

Staff In-Service Day

Monday 21st April 2025

Tuesday 22nd April 2025

Monday 5th May 2025

Friday 23rd May 2025

Monday 2nd June 2025

Tuesday 3rd June 2025

Friday 18th July 2025

Monday 21st July 2025

Tuesday 22nd July 2025