

FRIDAY FLYER

Friday 19th January 2024



Dear Parents

Another cold and wintery week but hopefully the snow/ice will melt or be washed away this weekend.

We had a lovely time in the snow on Tuesday. Children who had brought outdoor boots/wellies were able to play outside. Sadly, some children didn't have a change of footwear and so couldn't play out. Some children were a little upset at having to stay in. I just wanted to clarify this; on snowy days please send in a pair of indoor shoes, in a carrier, so they can change. Hats, gloves and scarves are also highly recommended - please label them.

Sadly on Wednesday onwards the snow changed to ice and so the main playground was very unsafe. This did mean that we were unable to have outdoor playtime or outdoor games on Weds to Friday.

I'd like to say a big thankyou to our Site Team.. Mr Duncan and Mr Sudhurst for their extra special efforts to clear all the snow and ice from the main paths around school, so that parents and children could all access school safely. Unfortunately, grit is very expensive and so we cannot afford to clear the large playgrounds as well.





This week we have been looking after our grown ups in school. It has been 'staff mental health week'! We have been doing our best to show our appreciation to staff and recognise their commitment to the children and school.

We have had some lovely initiatives in school such as staff breakfast and offers of a listening service.

Little messages of support can make a difference to someone's day and I will always champion how incredibly hard Mytham staff work in quite challenging circumstances.

Yes it is their job and they are paid to do it.. but I know the qualities of our team and they really do go above and beyond for the children and each other.



Later in the Friday Flyer you will be able to read all about our Healthy Living initiatives being launched jointly by the Eco and Change Maker teams.

This is part of our Personal Development work and commitment to supporting families, not just in terms of education, but their health and wellbeing too.

Hope you stay warm this weekend!

Mrs Bogle



Mytham Primary School

FOLLOW US ON FACEBOOK AND INSTAGRAM





Hey Recycler!

Below you'll find your monthly recycling report



Our recycling total was

33869

kg of pre-loved clothing from landfill



You've raised

£40.80

in the process



Last month you saved

102.00 kg



last month



Thank you to everyone who has brought in clothing as part of our Recycle 4 Schools initiative.

This is an ongoing initiative, bring in your unwanted clothing and we can send it off to be recycled.

ONE more week left to send in your #tubs2pubs so far we have 48! Bring in your empty chocolate tubs and we will ensure that they are recycled!



Every parent's annoyance... pens with no lids! (Or lids without pens!) At least at Mytham we recycle them! Send them in with your child and they will be recycled with TerraCycle UK. We take all writing instrumental



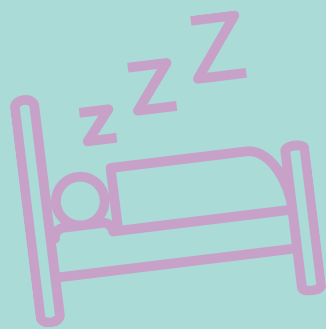
ATTENDANCE

Penguins M	94.71%
Penguins S	92.59%

Orangutans	96.30%
Gorillas	95.11%
Elephants	97.22%

Snow Leopards	98.37%
African Lions	96.41%
Siberian Tigers	94.28%

Seahorses	98.32%
Turtles	94.44%
Dolphins	98.65%



Healthy Swaps

This week in school, the Eco Heroes and the Change makers, have launched our January focus of 'Healthy Living', by promoting the importance of a balanced diet, sleep and exercise!



Next week:

We are focussing on making 'Healthy Swaps' in particular snacks. During our Monday assembly, Mrs Bogle will be discussing ideas with the children about how they could make healthier swaps.

Such as; swapping a bag of crisps, for some cheese and crackers!

As a family, we would love you to take this opportunity to discuss perhaps making healthier swaps with their school snack (if they bring one in from home!) and even their snacks that they have at home.

The week after:

The children will be given dojos by their Change-Maker/ Eco Representatives for bringing in a healthy school snack!

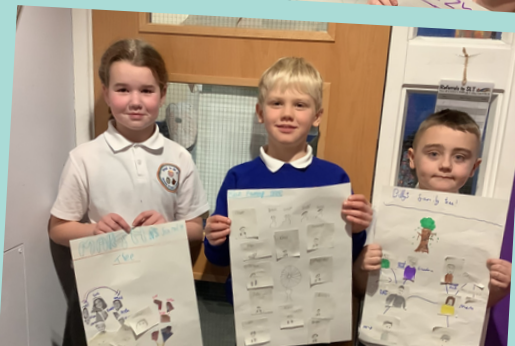
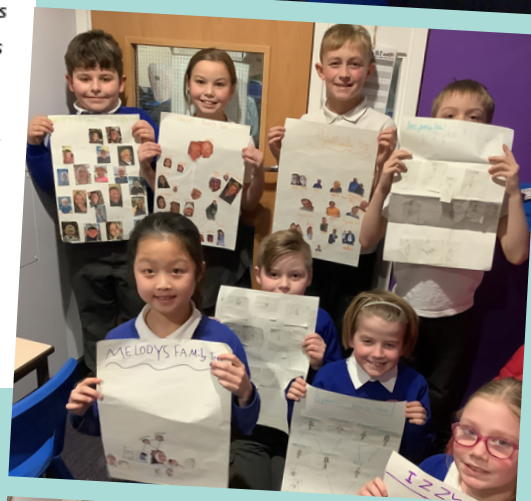
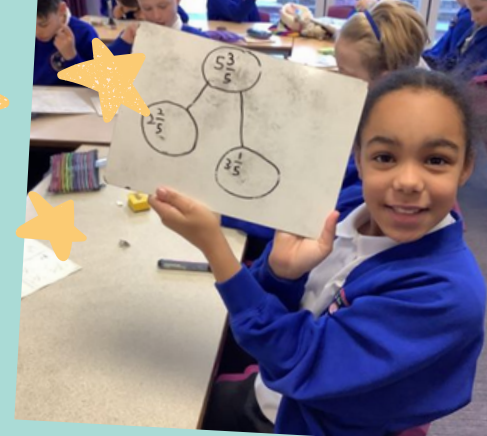
So that we can include children who have a school snack, as these are all based on a balanced diet – they will automatically receive a dojo each day.

We are also going to be introducing a scheme where parents can tell us about healthy snack choices that children are making at home. We are hoping to reward your child for choosing healthy options in the home too.

Loads of opportunities to be rewarded for choosing healthier food options-at both home and school. Watch out for a letter that your child will bring home early next week.

Need some ideas for healthy options?

At the start of the year, the below guidance was sent out with regards to school snack:



Snacks from Home

If your child brings a snack from home, it must be a healthy snack. Options such as fruit, chopped vegetables, dried fruits, cereal bars (without chocolate), cheese or yoghurt/ smoothies. We are aware that some of these options do have 'hidden sugars'; again it is about balance for each child over the course of the week. Alternatively, your child may want to pay for school snack; please speak to the school office for more details.

Visit our school website for more ideas— our school Wellbeing page has lots of inspiration and advice for supporting healthy eating and improving eating habits.
<https://www.mytham.bolton.sch.uk/wellbeing-at-mytham/>

Over the next couple of weeks:

- Why not talk to your child/ren about their learning in school and together create a list of healthy snack ideas.
- Perhaps take your child shopping to see if there are any new snacks they would like to try, perhaps a different type of fruit that they haven't tried before.
 - Optional: Complete a snack planner for WC 29th.
- Have discussions with your child about sugar content, as we know that some snacks can contain more sugar than we thought!

Sugar Sugar- EVERYWHERE!

- Look at the labels on snacks- for sugar/ salt content. It is illuminating!



Sugar's lurking everywhere

There are surprisingly large amounts of sugar lurking in everyday foods and drinks.

Watch out for all sugars

- added by manufacturers (such as fructose, sucrose, glucose and high fructose corn syrup)
- added at home (on cereal, hot drinks and whilst cooking)
- honey, syrups, fruit juice concentrates and nectars
- in fruit juices (they do count towards your 5 a day but limit the amount to 150ml per day)



You don't need to worry about the sugar in plain milk, plain yoghurts and whole fruit and veg as this isn't added sugar.



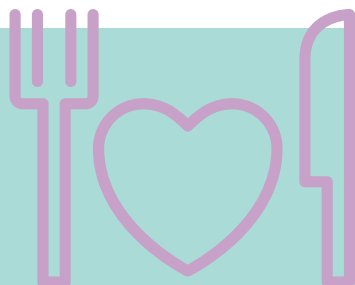
HAVE FUN AT HOME, DOWNLOAD THE SUGAR SMART APP to explore sugar content in foods by scanning their barcode.



Swap from



Swap to



STARS OF THE WEEK

RECEPTION
YEAR 1 & 2

MATILDA C
ANAYA B
IBRAHIM H
OSCAR T
CHARLIE A

YEAR 3 & 4

POPPY H
SCARLET S
ROSIE C

YEAR 5 & 6

TEDDY K
BENTLEY P
ETHAN D

PRAISE
where it's due!

A huge Well done to Francesca H!

Despite facing many challenges Francesca has made remarkable strides in her Reading Journey, demonstrating great dedication and enthusiasm.

Francesca has now taken on the roll of mentor to her little brother Theo as he embarks on his own reading journey.

Well done Francesca, what a great example of the Mytham Way!



The
Mytham
Way

Be a Mytham Star...

Be Respectful

Be Kind

Be Resilient

...be the best that you can be!

SMARTPHONE SAFETY TIPS

for young people

7

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosey around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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