



Springmoor Grange School Newsletter Volume 17 - Friday 24th January 2025

Year 3/4 Careers Day – Northern Gas Network

Owl, Kingfisher, and Swallow classes recently took part in an exciting careers day with Alex from Northern Gas Network, exploring the important topics of energy and climate change. The day began with an engaging session, where pupils learnt about global warming, energy, and its impact on the planet, finishing with the creation of informative posters. Later in the morning, the children participated in an interactive activity called *Energy Island*, where they planned how to power an island while aiming for net zero emissions. In the afternoon, Alex shared insights into his career journey and discussed potential future career opportunities in the energy sector. The children were encouraged to think creatively about future jobs and express their ideas through posters or even job descriptions. The Year 3/4 children found the sessions highly valuable and inspiring. We are excited to announce that Alex will be returning in June to work with our Year 5/6 pupils, and we look forward to another enriching experience.



SPRINGFEST 2025

A new name but the same fun! We would like to announce that this year's festival of wellbeing and pride will be held in school grounds on **Wednesday 25th June from 1 - 4 pm**. For those of you who are not familiar with OxFest (at Ox Close), each year the children and staff at school host a festival of wellbeing and pride where parents and carers are invited to school for the afternoon to join us for a picnic lunch, some lovely activities to take part in and the chance to come together as one big team and celebrate each and every one of us. In the past, we have asked if any parents/carers feel that they could run an activity for the children to take part in during the afternoon. This has often been linked to their jobs but could also be linked to a hobby too. If you feel you would be interested in providing the children with an activity, please leave a message for Mrs Woods via the school office. She will then be in contact with you again closer to the event. We will also be having some live music and food/refreshments provided too. There will also be the chance for school to fundraise with different events too so you might like to start saving some loose change for the stalls!



The intention is to make SpringFest 2025 something to remember in years to come ... The first one for our new school, setting the bar high for future events! We are really looking forward to sharing in this with you so get it in your diaries to save the date! As always, please pray for dry and sunny weather ... It's bound to be coming our way soon!

Weekly Class Charts Top Scorers

Reception	Poppy D	Year 4	Grace R
Year 1	Harry W	Year 5	Piper A
Year 2	Fern S	Year 6	Aria H
Year 3	Deanna S		

Uniform Update

We have noticed that a few of our children have returned from the Christmas break and have items of clothing, jewellery and beauty that are not acceptable in school. Please can you ensure children are following the guidelines below:

Jewellery - children can wear one stud in each ear but this must be removed for PE lessons. Children can also wear a watch; however, this must not be an electronic device.

Hair Styles - Children must have an appropriate hair style. Long hair is allowed but we have the right to ask for this to be tied up. Examples of inappropriate and unsuitable styles include use of tramlines, patterns shaved into the hair and brightly coloured hair.

Nails - must be kept hygienic, a safe length and not have nail polish on or acrylic nail extensions. This is for health and safety reasons. If children are not following this, parents will be informed and they will not be allowed to complete activities that are deemed unsafe such as PE until the nails have been removed.

Make Up - should not be worn by the children.

Attendance and Punctuality

Overall attendance for the week is 94.9% and the Year Group with the highest attendance is Year 5 with 97.6%. The overall school attendance for the academic year is 94.9% for the whole school and 95.4% for children in Reception to Year 6.

The Primary starts at 8:30am, with the gates opening from 8:20am. Please ensure that your child is at school on time so that they do not miss out on any learning. This week, we have had ADD late minutes.



Dates for the Diary

Tuesday 28 th January	5pm – Y4 Multiplication Check Parent/Carer Information Evening
Monday 3 rd February	5pm – Y6 SATs Parent/Carer Information Evening
Wednesday 12 th , Thursday 13 th and Friday 14 th February	PM – Y3/4 visiting St Andrew's Church
Friday 21 st February	Y3/4 trip to Hancock Museum
Friday 21 st February	Close for Half Term
Monday 3 rd March	Open for the Spring Term 2
Monday 10 th , Tuesday 11 th , Wednesday 12 th and Thursday 13 th March	Parent/Carer Consultations
Thursday 20 th and Friday 21 st March	Y5 – Captain Chemistry Workshops
Friday 28 th March	Y6 – Captain Chemistry Workshops
Wednesday 2 nd April	Y4 – Whitworth Park Transition Event
Week commencing 7 th April	Easter Activity Week
Friday 11 th April	Close for Easter Break
Monday 28 th April	Open for the Summer Term

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>

What have we been up to in Maple this week?



In Science, we have been classifying animals. We have worked scientifically by identifying, classifying and sorting.

Key words: mammal, reptile, amphibian, fish, bird, herbivore, carnivore, omnivore.

In RE, we have been exploring 'why Jesus is special to Christians'.

This week, we learned about the miracles of Jesus and worked together to find recurring themes.



Our PE unit this half term is dance. We have been learning to create sequences and mirror movement.

We have had lots of fun being creative with our movements!