

Riverbank's Weekly Newsletter – From 4th March 2019

Boccia Tournament



Some of our students took part in a Boccia Tournament at the Alan Higgs Centre.

Avon Class:


Avon Class had a morning out at the Memorial Park in Coventry.






MEMORIAL PARK MARCH 2019

This week we had our Creative Afternoon. Students from all classes got involved in designing and decorating their classroom doors to incorporate 'World Book Day'. Some doors had riddles to solve.



Sign of the week.  **Makaton Sign of the Week**

Good  **Bad** 

Okay 



World Book Day.

A fantastic turn out of outfits from staff and students. The total monies raised so far is **£48.00** and will go to World Book Aid. The theme this year was 'To share a story'.

This weeks' sharing best practice with our staff team involved 'Breakfast Club'.



Centre of Excellence



Artsmark Platinum Award
Awarded by Arts Council England



Sidney Stringer Multi Academy Trust



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?



47%
of parents
said they thought their
children spent too much
time in front of screens

What parents need to know about SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

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.

IT CAN CAUSE SLEEP DEPRIVATION

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.

CONFIDENCE, SUPPORT & ACCEPTANCE

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.

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.

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.

53% of children aged **3-4**
go online for nearly **8hrs** a week

79% of children aged **5-7**
go online for nearly **9hrs** a week

94% of children aged **8-11**
go online for nearly **13.5hrs** a week

99% of children aged **12-15**
go online for nearly **21hrs** a week

STATISTICS

ENCOURAGE ALTERNATIVE 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

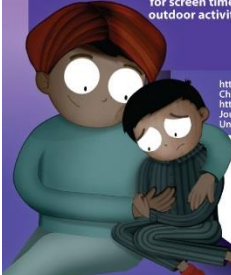
Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

<https://www.independent.co.uk>
Children and Parents: Media Use and Attitudes Report 2017: <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/lack-of-sleep-damaging-for-children>



A whole school community approach to online safety
www.nationalonlinesafety.com

Email us at hello@nationalonlinesafety.com or call us on 0800 368 8061





What's on our student menu for next week?

Menu Week 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Meat Choice Main course served with salad or vegetables and potato product Gluten Free On Request	Chicken vegetable noodle stir-fry Served with Vegetables Or Chicken Burger	Spring Vegetable Salmon Peppers spring onions grain rice Or TU GO Pizza	Roast Chicken Vegetables stuffing roast potato Or Popcorn Chicken	Chicken Spinach Curry Served with vegetables long grain rice & nan bread Or Sausage roll	Breaded or Battered Chicken Served with Peas or Salad & Chips Or Breaded Fish
Vegetarian Choice	Stir fry noodle pot at break Quorn Vegetable cottage pie Served with vegetables & diced potato Or Jacket potato Cheese & mixed salad	Chilli Veg pot at break B.B.Q chicken Mixed pepper peas in rice Or Jacket Potato Mixed salad & coleslaw Ham or Cheese	Curry pot at break Cheese Carrot Quiche Served with mixed salad potato spirals Or Jacket Potato Cheese and Baked beans	Stir fry noodle pot at break Chickpea Vegetable curry Served with mixed salad Long grain rice Or Jacket Potato Mixed salad or coleslaw	Chilli Veg pot at break Quorn Dog In a bun with salad or coleslaw served with chips Tomato or BBQ Sauce Or Jacket Potato Mixed Salad Cheese or Ham
Vegetables	Garden Peas & Carrots Or Salad /coleslaw Cheese or Baked beans	Mixed peppers peas in long grain rice Or Salad /coleslaw Cheese or baked beans	Broccoli & carrots Or Salad /coleslaw Cheese or beans	Carrots & Garden peas Or Salad /coleslaw Cheese or Beans	Garden Peas Or Salad /coleslaw Cheese Or beans
Potato	Mixed salad or coleslaw And Potato Diced Salad Cart Selection of Baguettes Sandwich Cold pasta salad Wraps Hot Pasta of The Day	Mixed salad or coleslaw And Potato Wedges Salad Cart Selection of Baguettes Sandwich Cold pasta salad Wraps Hot Pasta of The Day	Mixed salad or vegetables And Roast Potato or Potato Spirals Salad Cart Selection of Baguettes Sandwich Cold pasta salad Wraps Hot Pasta of The Day	Mixed salad or coleslaw And Diced Potato Salad Cart Selection of Baguettes Sandwich Cold pasta salad Wraps Hot Pasta of The Day	Chipped Potato Selection of Baguettes Sandwich Cold pasta salad Wraps
Pudding	Mixed Fruit Crumble & Custard Or Jelly / Fruit /mousse	Carrot Cake Or Jelly / Fruit /mousse	Chocolate Sponge & Custard Or jelly / Fruit / mousse	Strawberry Mousse Or Jelly / Fruit	Apricot cinnamon cake Or Fruit / Selection of puddings