



Weekly Newsletter

Dear Parents and Carers,

Thank you to all of the parents and carers who have supported us with Easter eggs today for the Friends of Murrow Chocolate tombola. The staff room is filled with chocolate and it looks like the tombola will be a great success - do not forget to take part on Thursday next week after school in the playground. If anyone is free to lend a hand to the Friends of Murrow School on the day or beforehand, please do let Miss Mills or Mrs Bostock know.

We are very much looking forward to the Rocksteady concert on Tuesday at 2:15 p.m. This event will be held in the school hall and will be for all the children who have Rocksteady lessons to showcase their new skills and hard work over the last term. All parents are welcome. I believe the invite has been sent by Rocksteady to parents of children who are having the lessons however, if you would like to see some of the performances to consider signing up your child, please do come and sing along!

Next week is another busy week in school with parent and carer consultations on Monday and Thursday evening. If you have not yet signed up to meet your child's teacher, please do so on Arbor.

Wednesday at 2:30 p.m. all parents and carers are invited into school for an Easter make and take session. Come into your child's classroom and take part in Easter crafts with your child.

As next week is the final week of the term, there will be no POSH after school clubs on Thursday or Friday.

Have a wonderful weekend,

Kind regards,

Mrs Lynn

Class PE days

Polar explorers - Monday

Ocean explorers - Monday and Thursday

Rainforest explorers - Wednesday and Friday

Attenborough class - Thursday and Friday

Polar explorers and Ocean explorers will use the forest area on a Friday and will need suitable clothing for wet and cold weather in school for these sessions.

Welcome (and welcome back)

We are thrilled that Mrs Crawshaw-Elsey is returning to Murrow Primary Academy for a few days in the coming weeks before returning to Polar explorers class on a Monday and Friday each week. After Easter we will also be welcoming Miss N Garner to the midday supervisor team.

Dates for your diary

Monday 23rd March - Year 6 careers event at Thomas Clarkson Academy

Monday 23rd March - Parent consultations 3:30 p.m. until 7 p.m

Tuesday 24th March - Rocksteady concert 2:15 p.m.

Wednesday 25th March - Parent make and take Easter session 2:30-3 p.m.

Thursday 26th March - 3:15 p.m. in the playground, Friends of Murrow Easter Chocolate tombola

Thursday 26th March - Parent consultation 3:30 p.m. until 5:30 p.m.

Wednesday 20th May - Class photos and Year 6 final photo.

Future dates

Key Stage 2 SATs (Year 6) - Monday 11th of May to Thursday 14th of May 2026

Multiplication Tables Check (Year 4) - Monday 1st of June to Friday 12th of June

Phonics Screening Check (Year 1 and some Year 2) - Monday 8th of June to Friday 12th of June



EASTER TOMBOLA

Thursday 26th
March.

3:15 On the school
playground.

£1 for 5 tickets.
Win a prize with a
0 or 5 at the end.



Organised by
Friends of
Murrow

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

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

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 centres 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 'Safe to Live', explored how children aged 8-17 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, revealing how to face insecurities.

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. The 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, set support setting a screen time limit. Work out what you think is a realistic 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 focused the next day at school. 10% 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 for 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.

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.

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

<https://www.nationalonlinesafety.com>
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National Online Safety is a registered charity with company number 10439453 and limited liability by guarantee.
Registered office: National Online Safety, 100 Brook Street, London, W1B 3LY, United Kingdom. Tel: 020 7000 1234.
National Online Safety is a registered charity with company number 10439453 and limited liability by guarantee.



**National
Online
Safety**

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

Email us at help@nationalonlinesafety.com or call us on 0800 300 3007

ATTENDANCE

WITH EFFECT FROM 19 AUGUST 2024

WHAT THE NEW RULES MEAN FOR ME



Nottingham
City Council

I'm a single parent of one child and we want to go on holiday for a week.

Your holiday will not be authorised and you must talk to the school before you book anything.

Because your child will miss 5 school days you will be given a penalty notice fine.

The fine is £160 but if you pay it in 21 days it will be reduced to £80.

1

£160



2

FOR EVERY CHILD A PENALTY IS GIVEN



+£160 +£160 +£160 +£160

4 children & 1 parent = £640

Reduced to £320 if paid in 21 days

3

IRREGULAR ATTENDANCE

10 IN 10

If your child is absent for 10 or more sessions in 10 weeks and their absences are unauthorised, the school will consider prosecution.

1 DAY = 2 SESSIONS

4

FOR A FAMILY OF TWO PARENTS



+£160

+£160

+£160

+£160

4 children & 2 parents
= £1280

Reduced to £640
if paid in 21 days

If in any period of not more than 3 years, your child has a 2nd and 3rd leave of absence or pattern of irregular attendance...

5



2ND TIME

2 parents and...

1 child = £320

2 children = £640

3 children = £960

4 children = £1280

No discount for
early payment

3RD TIME

A penalty notice fine will not be given.

Your case will be taken to court.

A magistrate can fine each parent
£2500 for each child.

1 parent & 4 children = £10,000

2 parents & 4 children = £20,000



FOR MORE INFORMATION, VISIT

[gov.uk/government/publications/working-together-to-improve-school-attendance](https://www.gov.uk/government/publications/working-together-to-improve-school-attendance)