



Weekly Newsletter

Dear Parents and Carers,

We have had a wonderful last week in school of the Spring term and are all looking forward to the 2 week Easter break ahead of us!

On Tuesday, I have heard fantastic things about the Rocksteady concert which happened in school. Well done to all the children who performed and it sounds like you had an amazing time performing your songs. It has been great to see so many parents supporting their children in their learning and meeting with their class teacher at parent consultations. We really value your time and working together with yourselves to improve your child's achievements in school.

It was pleasing to see so many parents in school to take part in Easter crafts with their children. The children had a fabulous time working on their Easter creations and the biscuits were very well received - thank you Mrs Murphy in the kitchen.

Thank you to those of you who supported the Friends of Murrow Easter chocolate tombola. They raised a fantastic £266 with your generous donations and support. Well done to Sebastian who won the Easter hamper from the tombola.

We've rounded up today by giving out our attendance awards for the term - well done to everyone who received one of those. We also have awarded prizes to our pupils in each class who received the most Class DOJO points throughout this term. Well done to Leah, Dutch, Tommy, Mia, Matilda, Ruby-Leigh, Harry, Kai, Ava S, Jake, Logan, Max and Freddie. The children found clues throughout school to create the easter message 'Happy Easter' and were awarded with Easter eggs as their prize.

Have a wonderful Easter holidays,

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.

Goodbye and Good luck

Miss Stevens, in Rainforest class, has come to the end of her student teacher placement with us. We want to thank Miss Stevens for all her hard work and wish her luck in the next part of her teacher training degree.

Dates for your diary

Tuesday 14th April - children return to school after the Easter break.

Week commencing 27th April - skipping week across school in break and lunch times.

Wednesday 29th April - Year 5 skipping ninja school trip.

Tuesday 5th May - British Sinfonia in school for Ocean Explorers performing 'The Snail and the whale'.

Tuesday 5th May - Year 3 and 4 Bikeability.

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

Tuesday 2nd June - School councilors trip to visit the Houses of Parliament.

Wednesday 3rd June - Bollywood dancing sessions in school and parental performance at 2:45 p.m.

Wednesday 3rd June - 1 p.m. Year 6 session for pupils on transitioning to Secondary school.

Thursday 4th June - Roving Book shop in school in the morning.

Friday 5th June - Year 5 trip to Wisbech Reads.

Wednesday 10th June - Year 1 trip to Wisbech Reads.

Wednesday 10th June - Attenborough class trip to the farm.

Tuesday 16th June - Year 6 Safety trip to Wisbech Fire Station

Thursday 18th June - Sports Day (weather permitting)

Friday 19th June - Year 5 trip to STEM conference

Wednesday 8th July - Year 6 Hudson swimming session.

Friday 10th July - Year 6 to visit TCA to see 'Little Shop of Horrors' performance.

Monday 13th July - Golf morning in school for pupils.

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

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 'likes' 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

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National Online Safety is a registered charity with company number 10429193 and limited liability by guarantee.
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National Online Safety is a registered charity with company number 10429193 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)