



SOUTH WITHAM ACADEMY NEWS

Wow - how quick did January fly by? This academic year is going so quickly and as we end this week, we have only two more weeks until half term.

This week the children have been visited by Reverend Rush for a whole school assembly. They really do love it when visitors come into school to talk to them during assemblies. It is a great chance to see our children shining.

I believe sport has a key part to play in life at South Witham Academy and I love it when we get the chance to introduce some of the children to a new sport. On Thursday this week I took some children to an indoor rowing event held at Charles Reed Academy. The children loved learning how to use the machines and have it a really good go!

I hope you have a lovely weekend,

Mr Atter



UPCOMING DIARY DATES

16th Feb - End of Term 3

26th Feb - Start of Term 4

24th - 26th April - Y5 Residential to Kingswood Activity Centre



PE Kit



Please ensure that children come into school on their allocated PE day **wearing school PE kit only**. This is a plain, navy T - Shirt and Shorts. The children should also wear navy blue joggers/tracksuit bottoms and a navy hoodie/school jumper.

PE kit is not all sportswear and we may have to revert back to children wearing school uniform and then changing in school if the PE uniform is not being followed.

Thank you for your understanding with this.



HOUSE POINT TOTALS



BURGHLEY

3235

BELTON

2838

WOOLSTHORPE

3236



Little Hedgehogs



This week in Little Hedgehogs we have been reading *We're going on a bear hunt!* The children have enjoyed reading along with us and acting out the different parts of the story.

On Tuesday some of the children went outside and dug up some mud for us to put in the tray and they explored this mud with the dinosaurs who loved eating it. We have decorated lots of bear pictures by sticking different brown paper and also painting with toothbrushes mixing colours to make brown. On Thursday the bears explored the shaving foam for snow and then water play on Friday for the river.



Woodlands



We have had a great week filled with lots of learning, we are still focusing on the text lost and found and all the children have been busy writing narratives and creating maps for the characters in the story.

In science this term we have been focussing on plants – this week we looked at parts of flowers, the children loved learning about different flowers and how they help the plant grow. We looked at different types of flowers and identified their features – the children were super at this!

To finish off the week the children made electric circuits in DT we looked at what a circuit is and discussed what objects may need one – we then had a go at creating our very own!



Badgers



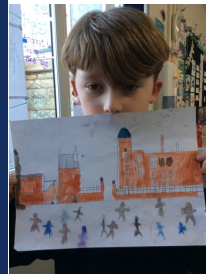
In Mrs Lait's absence, I have had the pleasure of Badgers class for the week. The children have been busy learning lots including all aspects of Tudor life in the Elizabethan era, the use of churches within a village community and the different roles and uses of the church itself and a very exciting science investigation called 'The exploding bag'. This didn't end too well for me! Remember to ask your child about it - I doubt they will have forgotten! Have a restful weekend, Mr Atter.



Otters



Otters have had another busy week, and there is a lot for them to be very proud of! In English, we completed our shared write, explaining how the Victorians washed their clothes. In maths, we have finished our unit about multiplication and division, ready to move on to length and perimeter next week. Year 4s are continuing to practise their times tables, ready for the multiplication check in June. In science, we have investigated the five food groups, while in art, the children have continued their work based on LS Lowry's paintings - Miss Done and Mrs Harrington are helping the children to recreate one of his most famous scenes in the hall!



PRIDE OF SOUTH WITHAM



Always Club

YAY!



Readers of the Week!

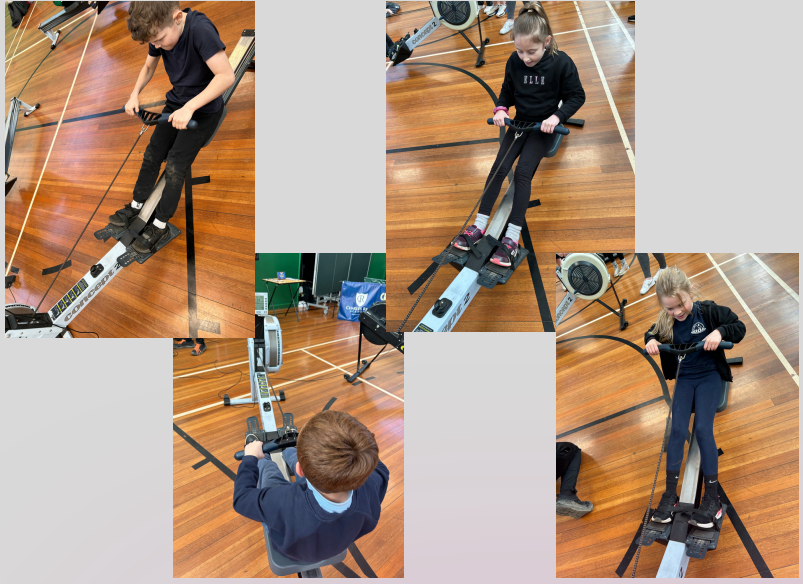


Attendance Superstars

this week goes to Rabbits with 98%

Indoor Rowing

Yesterday, a group of year 4 and 5 children were invited to go to Charles Reed Academy to try out indoor rowing. For all the children, this was a first! They did a great job at learning the technique involved in rowing before a few competitive races against 3 other local primary schools. The team did a great job! Well done Team SWA!



Attendance is something we celebrate each week in our Celebration Assembly on a Friday. We are required to collate and update the attendance figures for the local authority each week. Going forward we will be monitoring attendance closely to ensure that we are hitting the targets given to the school by the DFE.



to Ella who celebrated her birthday TODAY!
Happy birthday Ella.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.



Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.



NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.



MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.

