

Rumboldswyke Newsletter 3rd March 2023

Part of the Bishop Luffa Learning Partnership



'Love life, love learning, love God's world'

office@rumboldswyke.org.uk 01243 782368

Head of School: Mrs Lisa Harris head@rumboldswyke.org.uk

Dear Rumboldswyke families,

Here we are in March and a happy belated St. David's Day.

We have seen a big improvement in children's footwear this week. Thank you for your support with this. Lots of children have lovely new, shiny shoes and look super smart! I have a small favour to ask: if your child has laces, could you help them practise fastening them up at home. We have quite a few children with laces (particularly in Early Years) who need frequent support tying their laces throughout the school day.



World Book Day

On Thursday, we celebrated World Book day. The children had the opportunity to discuss their favourite books, go on a character treasure hunt around the school grounds (in glorious sunshine), and at the end of the day snuggle up for a bedtime story. During worship, I shared the titles and blurb of staff member's favourite book. The children then chose which one they wanted to listen to at the end of day.

I was so comfortable all day! Maybe I should lose the heels and come in my pyjamas and slippers more often!

Thank you for supporting the day.



Packed Lunches



Parents who prefer their children to have a packed lunch from home should send it in a clearly named box. Children may have a chocolate biscuit or cake but please do not send them in with a bar of chocolate or sweets in their lunch box.

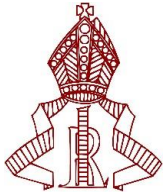
Drinks are important at lunchtimes. Please provide your child with a drink in a bottle or carton but please no fizzy drinks, cans or glass bottles. Thank you for your support.

Attendance

Whole school attendance to date	Blue Class	Yellow Class	Red Class
(National average is 93.5%) 92.7%	92.2%	92.7%	93.1%

Board Games

This will continue for Red Class on Thursday 9th March, 3.15 – 4pm, until the end of term.



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Football

Red and Yellow Class, don't forget to sign up for football club starting next term

Screen Time, ADHD and Mental Health

Over the past few years there has been lots of studies into how screen time affects our mental health and can exacerbate or mimic a mental health disorder. In today's high-tech world, it is important to recognise what excessive screen time is doing to us and our children's emotional well-being. I know I am frequently reaching for my phone, even when I do not need to, and it is hard to discipline myself to stop. Our brains become wired for a dopamine fix: this is the same for children.



Too much screen time often disrupts sleep, which causes mood disturbance and cognitive issues. In addition, if children are behind a screen, they have less time for active, creative play and exercise. These are important in the promotion of good mental health.

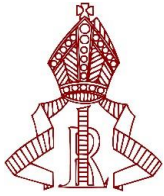
Research has suggested that screen time can cause 'sensory overload' as children become overstimulated and have a difficult time managing stress and regulating their mood. This can cause:

- Poor focus and can deplete mental energy, which often leads to anger and explosive behaviour.
- Irritability
- Depression
- Excessive tantrums or mood swings
- Low frustration tolerance
- Defiant or disorganised behaviour
- Trouble sleeping
- Poor short term-memory
- Difficulty sitting still (fidgeting)

These symptoms are often associated with ADHD; however, it is suggested that after the pandemic, we have become reliant (and possibly addicted) to screen time. This is causing sensory overload, leading to behaviours listed above, in a large proportion of the population.

So, what can we do?

- Limit screen time.
- Encourage children to join clubs
- Encourage hobbies which do not involve screen time
- Go out for a walk/run
- Get children involved around the house: baking, cleaning



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It is recommended that children under 5 spend less than an hour per day using screens and children between 5-17 spend up to two hours per day. I am trying to reduce my screen time to promote my mental health. **Who is with me?**

Worship

Please sign up for the three club sessions on Monday 13th, 20th and 27th March by contacting the office. The Club will take place in St. George's Church straight after school. The children will need to be collected at 4pm from the church.

School Photographer

The school photographer will be in school on the morning of **Monday 6th March**. All children will have individual and a class photographs taken during the school morning. There will be an opportunity to purchase copies of the photographs at a later date when you child brings home samples for you to see with an order form.



Red Class Swimming

There will be no swimming for Red Class on Monday 6th March and the 17th April the first Monday back after the Easter break.

Admin Assistant and Playground Leader

Do you know of anyone with administrative experience who would like to come and work at our lovely school? Please send them to the following link for further information;

<https://www.rumboldswyke.org.uk/about-us/job-information/>



Be a Chorister for the day - Saturday 11th March

Chichester Cathedral is hosting a Chorister Open Day for children in Years 2, 3 and 4. Please find attached a flyer with more information about this wonderful opportunity.

Free Guitar Taster Sessions

West Sussex Music Service are offering free 20 minute taster sessions for those children who have shown an interest in learning to play the guitar. Please let the office know if your child would like to take part in a session. Should your child wish to continue to learn, lessons are charged on a one to one basis or as a group. For further information please use the QR code which will take you to the West Sussex Music Service website. Parents of children who are in receipt of pupil premium may be able to receive some help with financing this learning, please speak to Mrs Harris if this applies to you.



With warmest wishes,

Lisa Harris