



## Spring Term 2019- Dates for your diary

Welcome back to a new term. Please see below the events we have planned so far.....

<b>Mon 7<sup>th</sup> Jan</b>	PDDay- school closed for children
<b>Tues 8<sup>th</sup> Jan</b>	School re-opens for Spring Term
<b>Fri 11<sup>th</sup> Jan</b>	Family Friday 9-9.30a.m./Stay and Play Ms Lilley's class 9-10a.m.
<b>Wed 23<sup>rd</sup> Jan</b>	Church 9.30am – all are welcome
<b>Fri 25<sup>th</sup> Jan</b>	Celebration worship 1.45p.m. parents and families welcome
<b>Thurs 31<sup>st</sup> Jan</b>	Y3/4 Collective Worship 9.15a.m. all welcome
<b>Fri 1<sup>st</sup> Feb</b>	Family Friday 9-9.30a.m./Stay and Play Ms Lilley's class 9-10a.m.
<b>Tues 5<sup>th</sup> Feb</b>	Safer Internet Day
<b>Fri 8<sup>th</sup> Feb</b>	Bacon Butty Morning
<b>Mon 11<sup>th</sup> Feb</b>	Homework Presentation Afternoon 2.30pm
<b>Wed 13<sup>th</sup> Feb</b>	Church 9.30am – all are welcome
<b>Thurs 14<sup>th</sup> Feb</b>	YR 1 Collective Worship 9.15am all welcome
<b>Thurs 14<sup>th</sup> Feb</b>	Valentine's Day Lunch
<b>Fri 15<sup>th</sup> Feb</b>	Bend the rules day (details to follow)
<b>Fri 15<sup>th</sup> Feb</b>	<b>School closes for half-term break</b>
<b>Mon 25<sup>th</sup> Feb</b>	<b>School re-opens</b>
<b>Wed 27<sup>th</sup> Feb</b>	Cinema evening 4.45p.m.- 6p.m
<b>Fri 1<sup>st</sup> Mar</b>	Family Friday 9-9.30a.m./Stay and Play Ms Lilley's class 9-10a.m.
<b>Wed 6<sup>th</sup> Mar</b>	Church 9.30am – Ash Wednesday Service all welcome
<b>Thurs 7<sup>th</sup> Mar</b>	World Book Day Celebrations
<b>Fri 8<sup>th</sup> Mar</b>	Celebration worship 1.45p.m. parents and families welcome
<b>Fri 8<sup>th</sup> Mar</b>	Spring Coffee afternoon 2.30p.m
<b>Thurs 14<sup>th</sup> Mar</b>	YR class Collective Worship 9.15a.m. all welcome
<b>Mon 18<sup>th</sup> Mar</b>	Parental Consultation meetings
<b>Tues 19<sup>th</sup> Mar</b>	Parental Consultation meetings
<b>Wed 20<sup>th</sup> Mar</b>	Discos – YR/1/2 4.45-5.45p.m. Y3/4/5/6 6-7p.m
<b>Thurs 21<sup>st</sup> Mar</b>	YR 2 /3 Collective Worship 9.15a.m. all welcome
<b>Wed 27<sup>th</sup> Mar</b>	Someone Special lunch
<b>Fri 29<sup>th</sup> Mar</b>	Celebration worship 1.45p.m. parents and families welcome
<b>Thur 4<sup>th</sup> April</b>	Holy Week Service St Mary's 2.15 p.m. all welcome
<b>Fri 5<sup>th</sup> April</b>	Non-uniform day (in aid of School Fund)
<b>Fri 5<sup>th</sup> April</b>	<b>School closes for Easter break</b>
<b>Tue 23<sup>rd</sup> April</b>	<b>PD Day School - closed for children</b>
<b>Wed 24<sup>th</sup> April</b>	<b>School re-opens</b>

## Star Pupils Friday 11<sup>th</sup> January 2019

Ms Lilley's Class	Jake Thorburn
Mr Beresford's Class	Jonah Lamb
Miss Defty's Class	Thomas Lawton
Miss Swan / Mrs Mayer's Class	Joshua Lawson
Mr Churchill's Class	Zach Cummings
Pupils Pupil	Anashe and Ruvarsh Ngwenya
Mr Appleby's Special Book	Emba Hunter

## Attendance w/e Friday 11<sup>th</sup> January 2019

Ms Lilley's Class	89.2
Mr Beresford's Class	84.7
Miss Defty's Class	96.3
Miss Swan / Mrs Mayer's Class	91.8
Mr Churchill's Class	98.4

## Additional Flu Catch up Clinics

Some additional Catch up Clinics have been organised for those who may have missed the flu vaccine in school. If you would like to book an appointment for your child please call the School Nurses on 0300 003 0013

Date	Time	Venue
19/01/19	09.00 - 12.00	The Dolphin Centre, Horsemarket, Darlington, DL1 5RP
	13.30 – 16.00	Spennymoor Leisure Centre, High Street, DL16 6BD
26/01/19	09.00 -12.00	The Louisa Centre, Front Street, Stanley, DH9 0TE
	13.30 -16.00	Chester le Street Community Centre, Newcastle Road, DH3 3TS

## A message received re Swimming lessons for year 3 / 4

Due to major urgent mechanical repairs taking place at Seaview Primary Swimming Pool there will not be any school swimming lessons taking place for two weeks commencing Monday 14<sup>th</sup> January 2019.

These repairs are urgently required and are a priority to our County Swimming Maintenance Team and they are working as a matter of high priority to ensure services are resumed as quickly as possible.

I apologise for any inconvenience this causes to you and your school and any disappointment this may cause to your pupils

Schools Aquatic Development Manager  
EDUCATION DURHAM



## 5 things parents should know about screen time

### 1. How long should children spend online per day?

It has been put forward by academics from Oxford and Cardiff universities suggests that a certain level of screen time can be beneficial, helping children develop their creativity and communication skills. Around 1 to 2 hours daily during the week and a bit longer at the weekends is considered 'just right' for teens - after that the benefits gradually taper off and the negative effects increase. Younger children, aged 4-11 years old, should probably spend no more than an hour a day online - this can go up to around an hour and a half as they get older.

### 2. Remember that not all screen time is the same

Not all online activities are equal: doing something creative or learning new skills are both very different to mindless scrolling on social media. Perhaps being online is allowing them to socialise in a positive way - or they're just doing something that they really enjoy. If there are real benefits, then the amount of time they spend doing it is less important.

You know your child better than anyone. As long as screen time isn't interfering with schoolwork or other activities, and isn't having a noticeable effect on their mood, then try not to obsess over the numbers - there's probably no need to panic.

### 3. Boundaries really do work if you stick to them

Whatever their kids are doing online, most parents will want to set some kind of limit. The important thing is to get your child involved in the process so that they understand why you're doing so. Be very clear about your reasons and ask them what they think - getting buy-in at this stage can really help to avoid arguments later on. Once you've agreed them, stick to them! It can be tempting to give up in the face of pester power or sulks, but it will get easier every time you stick to your guns.

### 4. Look out for signs that screen time is having a negative effect

Keep an eye on how your child's screen time may be affecting other areas of their life. If they're spending time with friends and getting enough sleep and exercise, then they may already have a healthy balance. Talk to your child about what they're doing online and get them to think about how it makes them feel when they spend time doing these things. You never know, they may actually agree that staying up late gaming is making them too tired for school the next day, or admit that constant scrolling through social media is starting to affect their self-esteem.

### 5. Use it as an opportunity to have quality family time

Although it is good to set aside time when the family is not using screens - outdoor activities, chats at meal times, day trips at the weekend - this does not mean that you cannot also get involved in using screens together. If you know that your child enjoys playing games online, organise a family gaming night or give them ownership to plan something for the whole family to get stuck in. If you take a real interest in what they like to do online, they're more likely to come to you if something goes wrong, or they make a mistake along the way.