

FAMILY NEWSLETTER

20TH FEBRUARY 2023



Welcome to the second half of the Spring Term! I hope you enjoyed the break.

There is lots happening this term and plenty to read in this edition of the Family newsletter.

Our Bidwell Brook School Facebook page is regularly updated so please find us online if you haven't already [Bidwell Brook School](#) | [Totnes](#) | [Facebook](#)

Nikki

SUMMARY

Family Coffee Morning - Wednesday 1st March at 9.45 am at Bayards Cafe at the Dartington Cider Press. Everyone welcome, especially new families to BB.

Online Safety Training for families - come into school and learn how to keep your child safe when online (games, social media etc). Wednesday 15th March at 1.30 pm.

Ear Defenders - useful information attached.

Hollow Lane Club Siblings Group - hoping to start up again once a month on a Saturday. If you are interested in registering for a place, get in touch with the HLC club.

Immersive Reader - our website has accessibility features and Microsoft also has this for Forms. To find out more, click the link in the newsletter.

Help with Childcare Bills - DCC has useful info about saving money on childcare costs if you are a working parent. The link is in the newsletter.

DCC Transport - Transport is consulting to increase costs to £800 pa. Have your say by following the link and registering your opinion.

Acting Head of School - fyi Kate Preece has changed her name to Kate Bromage.

Class Interruptions / Phone Calls to the Teacher - please keep these to a minimum during learning time. Leave a message or email, thank you.

Term Dates 2023-2024 - attached.

BB Support Team - Kuniko Komiya is our Nursing Assistant and Ali Yeates is now our Physio Assistant.

NEU Teachers' Strike Action - check the list of classes that will be open/closed on Thursday 2nd March.

Healthy Snacks - a list of swop ideas for snacks is below.

School Uniform Policy - polite reminder for older students to wear appropriate clothing to school. Thank you.

DIAS - new helpline number - 01392 383080.

Easter Raffle and Plant Sale - Easter raffle tickets will be coming home soon to purchase and if you are green fingered and could spare some plants, we'd love to see them in April!

PCRs - quick update provided about EHCPs and PCRs.

Too Good To Go app - Aldi is the latest business to join. Sign up now to purchase your discounted Magic Bags!

Spring Term Menu 2023 - available on our website.

WHAT'S COMING UP

Wednesday 1st March:
Family Coffee Morning at Bayards Cafe, Cider Press (Dartington shops), 9.45 am

Thursday 2nd March:
NEU Strike Action (selected classes open/closed)

NEW DATE - Friday 3rd March:
World Book Day

Wednesday 8th March:
National Careers Day

Wednesday 15th March:
Online Safety training for families in school, 1.30 pm

Wednesday 22nd March:
Tempest Photography visiting BB

Friday 24th March:
Last day to send in Easter Raffle donations please!

Wednesday 29th March:
British Science Day

Wednesday 29th March:
Easter Raffle Draw

Friday 31st March:
Last day of term

Tuesday 18th April:
Pupils return to school

Friday 28th April:
BB Plant Sale, Totnes

and

Friday 26th May:
Duke of Edinburgh Coffee Morning

FAMILY COFFEE MORNING



A couple of families, who have only just met each other, are getting together for a coffee on Wednesday 1st March at Bayards Cafe, at the Dartington Cider Press. They'd like to invite other parents, carers and also siblings to join them! The plan is for everyone to meet outside Bayards Cafe from 9.45 am and head indoors by 10 am.

As a school, we know it is difficult for families to meet each other. We have no "school gates" and so any opportunity for families to get together must be good!

No staff from school will be there - no hidden agendas - just an opportunity for you to buy a coffee and meet new friends. We hope you all have a lovely time and that this becomes a regular event.

E-SAFETY



SPEAK
to somebody if you need help.

Just before half term, we celebrated Safer Internet Day. The theme for this year was 'Want to talk about it? Making space for conversations about life online'.



ASK
an adult before going online.

As this is such an important subject for all our learners, we will continue to embrace this theme for a while yet. Upper School students are also focusing on E-Safety as part of their PSHE lessons.



FRIENDS
are real people we know.

On Wednesday 15th March at 1.30 pm, we are inviting families into Bidwell Brook for a training/information session on the best way to support your child or young person when they are online. Topics will include social media settings, information about games and conversations you may wish to have with your child or young person around their amount of "screen time".



ENJOY
Play, have fun and stay safe.

Please use this opportunity to listen and speak with Beccy Hughes, one of our Ellen Tinkham Class Teachers, so you can learn and help your child/young person stay safe online too.



EAR DEFENDERS



Attached is some useful information regarding ear defenders.

Please take a moment to read this as it includes safety advice.

It also talks about earphones and volume controls when playing music - most interesting especially for those of us with teenagers in the home!

THE HOLLOW LANE CLUB - SIBLINGS GROUP



We are hoping to re-start the Siblings Group based at Dartington (Bidwell Brook School). The group runs once per month on a Saturday (10am-4pm) during term time and is managed by Catherine Morel Rankin who also works at the school.

The group gives the siblings of children with additional needs who attend other schools the chance to meet other children, have fun and share experiences. Please contact admin@hollowlane.org.uk or phone 01392 463823 if you would like a place or any more information.



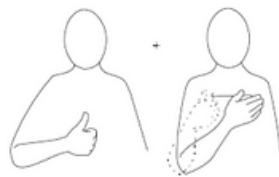
please



thank you



hi



good morning



goodbye



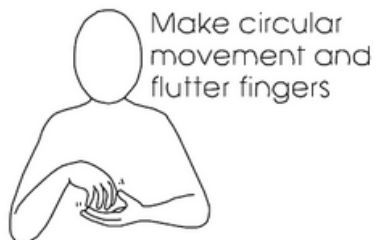
bread



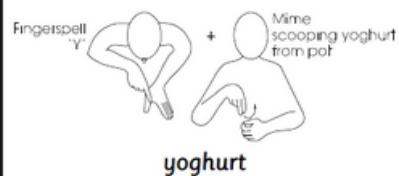
butter



egg



rice



yoghurt

IMMERSIVE READER



Did you know that our websites have the facility to be able to read aloud for you? Or increase the size of the text on the page? For the Bidwell Brook website, click on the Accessibility button for options. On the Ellen Tinkham website, click on the AT Bar.

Immersive reader and text sizing/options are also available if you access a Microsoft Form. For further information, click [here](#).

FOR OUR WORKING PARENTS & CARERS



Devon County Council has information on their website around help towards paying for childcare, free childcare and claiming back childcare costs.

Check out the links here:

[Save money on your childcare bills with Tax-Free Childcare \(childcarechoices.gov.uk\)](https://childcarechoices.gov.uk)

SCHOOL TRANSPORT - INCREASE IN CHARGES FOR POST 16 STUDENTS/CONCESSIONARY SPACES

We've been advised that Devon County Council will be consulting on its arrangements for home-to-school transport. Currently Devon County Council charges £600 per annum (with a £30.00 discount if the full-year cost is paid in full) for concessionary seat passengers and post-16 passengers. This annual charge is a contribution towards the cost of the transport they provide.

DCC is consulting on increasing these charges to £800 per annum from September 2023.

If you wish to take a look, full details of the consultation are available at:

www.devon.gov.uk/haveyoursay/consultations/home-to-school-transport-consultation

The changes, if approved, would apply to all new and existing passengers. All comments need to be submitted to DCC by 2nd March 2023.

This change affects all our students who are currently in a Seniors class in Year 11 or in our Sixth Form classes - the cost may be rising by an additional £200 next year for School Transport.

KATE BROMAGE



Our Acting Head at Bidwell Brook School, Kate, has changed her surname from 'Preece' back to 'Bromage'.

Should you need to contact Kate, her new email address is :

kbromage@bidwellbrook.devon.sch.uk

CLASS INTERRUPTIONS

We are seeing an increase in the number of phone calls from families and professionals, wanting to speak with a Class Teacher during lesson time.

This not only disrupts the Class Teacher from delivering their teaching session, but also creates a disturbance in the classroom with the phone ringing. Interruptions should be avoided, wherever possible.

Lessons are taught between 9 am until 3.10 pm. Please leave a message with Reception if the matter is urgent, or better still, email your Class Teacher with your query. It may be possible for your Class Teacher to return your email during the day or call you at lunchtime with an answer. However, unless the matter is very urgent, families should not be speaking with teachers or classroom staff during lesson times. Thank you for your assistance.

TERM DATES 2023-2024

Term dates for the next academic year are attached.

For the Summer Term this year, we've added in the Local Authority approved additional Bank Holiday on Monday 8th May in honour of His Majesty's Coronation:

Monday 17th April 2023 - Staff Training Day

Tuesday 18th April 2023 - Pupils Return to School

Monday 1st May 2023 - Bank Holiday

Tuesday 2nd May 2023 - Pupils Return to School

Monday 8th May 2023 - Additional Bank Holiday (King Charles's Coronation)

Tuesday 9th May 2023 - Pupils Return to School

w/c Monday 29th May 2023 - Half-Term Week

Friday 21st July 2023 - Last Day of Term for Pupils

Monday 24th and Tuesday 25th July 2023 - Occasional Day

BIDWELL BROOK SUPPORT TEAM CHANGES

At Bidwell Brook, we have a couple of staffing changes which families need to know about.

Firstly, Kuniko Komiya replaces Ania as our Nursing Assistant. Kuniko was an existing Teaching Assistant at Bidwell Brook before taking on this role so knows quite a few of our pupils already!

If you wish to contact Kuniko, her email is:

kkomiya@bidwellbrook.devon.sch.uk



Secondly, Raegan has left as our Physio Assistant but we are delighted to confirm Ali Yeates is now in this role. Ali has worked at Bidwell Brook for many, many years and well, knows everyone!

If you wish to contact Ali, her email is:

ayeates@bidwellbrook.devon.sch.uk



TINY TRAVELS PRESENTS

An Introduction to Anti-Racism in the Early Years

With UK expert
Liz Pemberton

**Are you a
parent or do
you work in
Early Years?**
Is helping to raise
inclusive, compassionate
children important to you?
If yes, join us for this unique
fully funded opportunity

Online 16th March 7:30pm
www.tinytravels.co.uk/booking




SECOND DAY = TEACHER STRIKE ACTION



The NEU (National Education Union) is still expected to call for Teachers to take Strike Action on Thursday 2nd March.

In order for us to continue to provide an education in school for as many classes as we can, we will be opening / closing classes as detailed below on Thursday 2nd March:

Classes Open	Classes Closed for one day
Dragonflies	Ladybirds
Yellow	Bees
Green	Orange
Lower Seniors 1	Purple
Lower Seniors 3	Lower Seniors 2
Seniors 2	Seniors 1
Seniors 4	Seniors 3
Sixth Form 2	Sixth Form 1

If you are a "critical worker" and are due into work on Thursday 2nd March but your child's or young person's class is listed above as being closed, please contact Kate Bromage, Acting Head of School, to discuss your working situation. Please inform Transport if your child or young person requires/does not require taking and collecting from school that day.

We appreciate it is difficult when classes are closed but Teachers have a right not to inform the school whether they will be taking Strike Action on the 2nd of March. Therefore, we have to plan accordingly. Thank you for your continued support.



WAS THURSDAY 2ND MARCH NOW FRIDAY 3RD MARCH

Due to the Strike Action, World Book Day will now be taking place on Friday 3rd March 2023.

Please could your child or young person come into school that day wearing a costume depicting their favourite book character (no pyjamas please!) or bring in an accessory from their favourite book or magazine. Everyone will be given a book token on the day - this can be used to buy a book from a selection available at many stores or put towards the purchase of another book (token value = £1).

We will also be running a class competition for the best "World Book Day" display which will be independently judged. If you would like to send in a 50p donation, this will be put towards purchasing some books for our library. The winning class will be able to choose which books to buy.

HEALTHY SNACKS

We know it can be difficult when it comes to snacks, but the NHS website has lots of tips and advice to help you make and buy healthier options. Fruit and veg snacks are always the best choice, but if your child or young person is having packaged snacks, just remember to aim for 2 a day max.

We encourage all our learners to come into school with a healthy snack each day - it's a long time between breakfast and lunch.

Be snack smart and help cut back with these quick and easy ideas!

 Swap from	 Swap to
✗ Biscuits	✓ A slice of malt loaf or fruited teacake
✗ Chocolate	✓ Fresh or tinned fruit (in juice, not syrup) or fruit salad
✗ Cake bars	✓ A scotch pancake or crumpet
✗ Chocolate pudding pots	✓ Sugar-free jelly or lower-sugar custard
✗ Doughnuts	✓ Crackers topped with lower-fat cheese
✗ Muffins	✓ Bread or toast with lower-fat spread
✗ Crisps	✓ A bagel topped with sliced banana
✗ Salted peanuts	✓ Plain popcorn or rice cakes
✗ Split-pot and higher-sugar yoghurts	✓ Unsalted mixed nuts
	✓ Chopped veg with lower-fat hummus
	✓ Lower-sugar yoghurts or lower-sugar rice pudding

OUT OF SCHOOL CLUB



📅 Saturday, 4 March '23 11am – 1pm GMT
📍 Indigos Go Wild, Packhall Lane, Brixham, TQ5 0EQ
👤 78 spaces available

To find out more and book, click here: [Play Sessions – Play Torbay](#)

TEMPEST PHOTOGRAPHY



Pop the date in your diary = Tempest will be visiting Bidwell Brook on Wednesday 22nd March 2023.

DUKE OF EDINBURGH - COFFEE MORNING

Plenty of notice for this one:



**YOUTH
WITHOUT
LIMITS**

On Friday 26th May, a group of Sixth Form students are holding a charity coffee morning as part of working towards their Duke of Edinburgh Award. They have chosen to support the charity "Animals in Distress".

Families and friends are invited into school to support the students and this charity.

SCHOOL UNIFORM

Across the Learn to Live Federation, we operate a School Uniform policy which details where uniform can be purchased, acceptable clothing to be worn in school by older students as well as accessory information eg wearing of jewellery.

For our Sixth Form students in particular who do not wear a school uniform, we do still have some basic rules around lengths of skirts or shorts, appropriate shoes etc. Please take a look at our policy to refresh yourselves. Thank you. [School-Uniform-Policy.pdf \(bidwellbrook.devon.sch.uk\)](#)

NEW CONTACT DETAILS FOR DIAS



To help more families get the expert advice they need, when they need it, while at the same time keeping waiting times down, DIAS has introduced a new helpline.

This means that when you call, or send a message in, their support team are on hand to deal with your enquiry using a solutions focused approach.

The enquiry line is open 10am-3pm Monday to Friday tel: 01392 383080 and their web contact form is available 24/7 at <http://soc.devon.cc/KRaOB>

PTFA NEWS

BIDWELL BROOK SCHOOL PTFA EASTER RAFFLE

We are looking for non perishable/un-opened items for our raffle – e.g. think sweet treats – easter eggs, chocolates, biscuits, Florentines, cakes and sweets!

**Please bring/send donations to school
by 24th March 2023.**

Raffle draw – 29th March 2023

**Raffle tickets are £1 each and
will be sent home. Please
return stubs and unused
tickets back to school as soon
as possible. Many Thanks for
your help and support!**



Hampers sent home from the 29th March 23



PLANT SALE

Our Ever Popular
Plant Sale is happening on
FRIDAY 28TH APRIL
in Totnes.

A cheeky request but if
you are green fingered or
know someone who is,
please could a few extra
seeds be planted in the
coming weeks?!

Donations of young
plants are always very
welcome nearer the time
of the Plant Sale.
Thank you.



WHAT IS AN EDUCATION HEALTH & CARE PLAN?

All learners across the Learn to Live Federation hold an Education Health & Care Plan (EHCP). The SEN 0-25 Team is responsible for producing and keeping the EHCP, and any changes or updates can only be made by them.

The education element of the EHCP is the school's responsibility to fulfil. We tailor your child's education based upon our curriculum and the content of their EHCP. If you need a copy of your child's EHCP, we can provide you with this.

WHY IS IT IMPORTANT TO REVIEW MY CHILD'S EHCP?

As a legal requirement, your child's EHCP has to be reviewed annually. As a school, we organise this review and call it a Person Centred Review (PCR). As the education provider, we can invite along other professionals from Health and Care to the PCR to discuss all aspects of your child's needs to ensure they have the all round support they need.

HOW DOES A PCR WORK?

The family and other professionals working with your child are invited to attend the PCR. The PCR can be held online via Microsoft Teams, or in person at school, or a mix of both. As the PCR is a legal requirement, we have to capture the comments and outcomes from the PCR in a formal way. We have to use a system called the "Hub".

The "Hub" is an online programme designed by the SEN 0-25 Team. During the PCR, comments and any outcomes from the review are uploaded to the Hub which you can also log in to and read.

To get everyone thinking about an upcoming PCR, we use "Listen to Me" booklets as part of the PCR process to make sure everyone has a voice: parents/carers, school, professionals and most importantly, the pupil. Professionals can upload reports and information about your child to the Hub before a PCR, so everyone can read these in advance.

PCRs provide the opportunity to celebrate what is working well and to problem solve how we can improve on things that may not be working as well as we would like. It is a great opportunity for collaborative working in a safe space.

During a PCR, we may agree we would like to make a change to the EHCP, maybe because the content has become outdated or the child's needs have significantly changed. The school cannot change the EHCP though - this has to be done by the SEN 0-25 Team but we can request this via the Hub. It is then up to the SEN 0-25 Team whether the EHCP is updated and changed.

WHEN IS MY CHILD'S PCR TAKING PLACE?

We work on a rota basis across the academic year to hold our PCRs. You will be contacted and invited to your child's PCR by the Family Support Team in plenty of time. Please let them know how you would prefer the PCR to run (online or in person) and if the date/time given to you is convenient. It is important we try to keep to the date of the PCR once set, as everyone needs notice to attend and keep the time set aside in their busy diaries.

HOW CAN I GET ONTO THE HUB TO HAVE A LOOK AT THE REPORTS ETC PRIOR TO THE PCR TAKING PLACE?

If you are having trouble accessing the Hub, please call 01392 380434 (option 2). Phone lines are open weekdays, 10 am to 12 noon and 2 pm to 4 pm. Or email educationsystems@devon.gov.uk

If you have got access to the Hub but just can't find your way around it very easily, don't worry! Our Family Support Team will run through everything during the PCR.

TOO GOOD TO GO - APP

[Join Our Food Waste Movement \(toogoodtogo.co.uk\)](https://toogoodtogo.co.uk)



Too Good To Go was created to make sure good food gets eaten, not wasted. Every day, delicious, fresh food goes to waste at cafes, restaurants, hotels, shops and manufacturers - just because it hasn't sold in time. The Too Good To Go app lets customers buy and collect Magic Bags of this food - at a great price - directly from businesses.

Lots of businesses local to you are already registered ie Spar, Greggs, Toby Carvery but now Aldi has joined Too Good To Go as well! <https://www.aldi.co.uk/too-good-to-go> Download the app and start saving money on your food bill!

NHS - IDENTIFYING A HIGH TEMPERATURE IN CHILDREN



Here's a reminder of what to do if your child has a high temperature (fever) ie 38C or over. [High temperature \(fever\) in children - NHS \(www.nhs.uk\)](https://www.nhs.uk)

SPRING TERM MENU

Our new menu is now available. For allergen information, please see our website: [School Meals - Bidwell Brook School](#)

Spring menu 2023

Week commencing 20 February, 13 March

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Beef Bolognese with garlic bread	Chicken korma with naan	Roast Turkey with stuffing	Margherita pizza	Local pork sausages with onion gravy
Option 2	Vegetarian Bolognese with garlic bread	Quorn korma with naan	Quorn Fillets with stuffing	Margherita pizza	Veggie sausages with onion gravy
Dessert	Mixed ice creams	Fruit crumble With custard	Fruit jelly pot	Sticky toffee pudding	Fresh fruit, yoghurt or cheese and biscuits

Week commencing 27 February, 20 March

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Pork & fennel meatballs with pasta	Chicken burger, chips and coleslaw	Sausage toad with mash	Beef chilli with rice	Chicken and bacon pie
Option 2	Vegetarian meatballs with pasta	Veggie burger, chips and coleslaw	Quorn sausage toad with mash	Vegetarian Chilli with rice	Quorn and mushroom pie
Dessert	Winter berry Pavlova	Fresh fruit, yoghurt or cheese and biscuits	Ice Cream	Double fruit flapjack with custard	Vanilla cheese cake

Week commencing 6 & 27 March

	Monday	Tuesday	Wednesday	Thursday	Friday
Option 1	Parmesan chicken with pasta	Chicken and ham pasta	Roast pork with apple sauce	Lamb Keema with poppadum	Fish, Chips and peas
Option 2	Parmesan Quorn with pasta	Cheese and potato pasta	Roast Quorn with apple sauce	Vegetarian Keema with poppadum	Cheese Omelette chips
Dessert	Choc Ices	Fresh fruit, yoghurt or cheese and biscuits	Profiteroles with chocolate sauce	Chocolate brownie with ice cream	Pineapple upside down cake

Full allergen, gluten and blood sugar information available from the school office website or from catering@bidwellbrook.dorset.sch.uk

Always available...

Mashed potatoes and seasonal vegetables
Pesto Pasta - Tomato Pasta
Baked Beans - Mixed Salad
Gravies & Sauces

Tasting Plate

Taster portion of today's main course and dessert, half sandwich or baguette
vegetable sticks with hummus, soft cheese and fresh fruit

Tuna Mayo - Cheddar Cheese Gammon Ham

Salad Bar

Lettuce - Tomato
Cucumber - Pasta Salad
Coleslaw - Potato Salad
Bread

Extra Desserts

Fresh Fruit - Natural Yoghurt

Made in the school kitchen from fresh ingredients

Contains extra hidden vegetables!



Safety Guidance and Activities for use of Ear Defenders at Home

IMPORTANT: Can parents please ensure they have read the safety guidance stated below before using the equipment. In addition, parents should follow the manufacturers safety guidance provided with the equipment.


Auditory System

Receptors for our auditory system are in our ears. Sounds waves are converted to electrical impulses which are carried through nerves to the brain.

The brain then decides whether it needs to pay attention or respond to the sound, or just ignore it.

We develop ways to habituate to a lot of sounds that we don't need to pay attention to. Some people however can be over-sensitive. This means they might react more strongly to sounds or are more sensitive to louder sounds. Either way, this can make them feel uncomfortable, especially in busy environments.

Sound is closely linked to the 'flight and fight' response and loud or unexpected sound can trigger this response. If this continues over a long time the person can become; stressed, fractious, exhausted etc.

Equipment	Safety Guidance
 <p>Ear defenders are widely available from the internet and should cost between £10.00 - £20.00.</p>	<ol style="list-style-type: none"> 1. If the child/young person appears sensitive to loud noise consider: having their hearing checked by an audiologist and/or a referral to occupational therapy to assess their sensitivity to noise. (Young children typically have more sensitive hearing than adults.) 2. When trialling ear defenders, ensure they are a comfortable fit, not too tight or too loose. 3. Ear defenders can be effective to wear during loud events such as fire-work displays, concerts etc. 4. Ear defenders can be used for a defined time in the classroom to support an individual's focus. 5. Avoid wearing the ear defenders for longer than 20 minutes. 6. Children/young people with tactile sensitivities may find wearing ear defenders challenging. If they don't tolerate them parents/carers could try white noise or background music to help them process the less pleasant sounds in their environment.

- | | |
|--|--|
| | 7. Consider making reductions in other environmental demands and perhaps increasing opportunities for proprioceptive input throughout the day. |
|--|--|

Recommendations for Ear Defenders:

To ensure that ear defenders are not over used and become a tool by which children can live apart from their environment in a sound 'bubble', some basic recommendations are made below:

- Limit wear, to critical events such as the walking journey to/from school, going in to the school dining room or assembly, being near a busy road, going in to a public toilet where there are hand driers, or when the vacuum cleaner/food mixer is used. (*see desensitisation*)
- Wear for 5 minutes and see if the child can tolerate their removal. If not allow another 5 minutes.
- When taken off place the ear defenders where the child can reach them and put them on if they need them. Easy access to the ear defenders will reduce anxiety that the child might experience about possible trigger events, and enable them to have control over their auditory/hearing environment; however, it is important that children are exposed to challenging sounds in a way that enables them to learn how to cope with the sounds when not wearing the ear defenders.

Desensitisation

Preparation using calming techniques (**tactile and proprioceptive**) should always be used. In order to desensitise to sounds that cause distress or a defensive response, children need to experience the sound in a safe way.

The most effective way of desensitising is to record the sound and introduce it to the child at a very low volume. This can be as part of a game, identifying noises, playing sound snap (having pictures of noise events and matching the picture to the sound) or as part of a social story.

Once the child is happy with the sound at this very low level, increase the sound slowly, it often works to give the child the control of this process. It is VERY important not to rush this process as this could increase the anxiety for the child.

If during the desensitisation process the child becomes fearful or demonstrates that the noise is becoming more impactful; go back one or two stages in the plan and allow the child to recover confidence before moving on again. Some children will need to desensitise to the impact of the sensation of wearing the ear defenders.

Tactile and proprioceptive preparation can be used effectively to enable to child to cope with the impact of the feel of the head-phones/ear defenders. Gradually introduce deep pressure touch to the ear area using hands in a firm (non-tickling manner), hold this touch briefly and slowly increase the time thus desensitising the child to this sensation. DO NOT squash the ears.

Note: For older children, it is possible to use personal stereos, with small or large ear phones instead of ear defenders to support the child when in challenging auditory/sound environments. It is important to protect the child's ears if listening to music through headphones. The volume should always be low, as a rule of thumb, if the child is listening to music through their headphones an adult should not be able to hear the music at a volume that would enable them to identify the track playing when sitting beside the child, if you can hear the music it is TOO LOUD!

Adults must monitor this to ensure that the volume does not creep up! It is recommended that children only listen to music through headphones for short periods of time, see above recommendations for ear defenders. Ideally a child will only listen to music at low volume, for a **maximum of 30 minutes at a time**.



LEARN TO LIVE FEDERATION TERM DATES 2023-24

	Sep-23					Oct-23					Nov-23				
Monday		4	11	18	25	2	9	16	23	30		6	13	20	27
Tuesday		5	12	19	26	3	10	17	24	31		7	14	21	28
Wednesday		6	13	20	27	4	11	18	25		1	8	15	22	29
Thursday		7	14	21	28	5	12	19	26		2	9	16	23	30
Friday	1	8	15	22	29	6	13	20	27		3	10	17	24	
Saturday	2	9	16	23	30	7	14	21	28		4	11	18	25	
Sunday	3	10	17	24	1	8	15	22	29		5	12	19	26	
	Dec-23					Jan-24					Feb-24				
Monday		4	11	18	25	1	8	15	22	29		5	12	19	26
Tuesday		5	12	19	26	2	9	16	23	30		6	13	20	27
Wednesday		6	13	20	27	3	10	17	24	31		7	14	21	28
Thursday		7	14	21	28	4	11	18	25		1	8	15	22	29
Friday	1	8	15	22	29	5	12	19	26		2	9	16	23	
Saturday	2	9	16	23	30	6	13	20	27		3	10	17	24	
Sunday	3	10	17	24	31	7	14	21	28		4	11	18	25	
	Mar-24					Apr-24					May-24				
Monday		4	11	18	25	1	8	15	22	29		6	13	20	27
Tuesday		5	12	19	26	2	9	16	23	30		7	14	21	28
Wednesday		6	13	20	27	3	10	17	24		1	8	15	22	29
Thursday		7	14	21	28	4	11	18	25		2	9	16	23	30
Friday	1	8	15	22	29	5	12	19	26		3	10	17	24	31
Saturday	2	9	16	23	30	6	13	20	27		4	11	18	25	
Sunday	3	10	17	24	31	7	14	21	28		5	12	19	26	
	Jun-24					Jul-24					Aug-24				
Monday		3	10	17	24	1	8	15	22	29		5	12	19	26
Tuesday		4	11	18	25	2	9	16	23	30		6	13	20	27
Wednesday		5	12	19	26	3	10	17	24	31		7	14	21	28
Thursday		6	13	20	27	4	11	18	25		1	8	15	22	29
Friday		7	14	21	28	5	12	19	26		2	9	16	23	30
Saturday	1	8	15	22	29	6	13	20	27		3	10	17	24	31
Sunday	2	9	16	23	30	7	14	21	28		4	11	18	25	
Key (days):	pupils in school (190)		school holiday (school closed) (56)				staff training day (no pupils) (5)			occasional day (school closed) (2)			Bank Holidays (8) and weekends		

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



NOS National Online Safety®
#WakeUpWednesday

Source: https://www.ofcom.org.uk/_data/assets/pdf_file/0024/234609/childrens-media-use-and-attitudes-report-2022.pdf