



MOMENTS MATTER, ATTENDANCE COUNTS.

Moments Matter, Attendance Counts

Here at The Royal School, we are working hard to raise awareness of the importance of attendance at school, and with the appointment of Mrs Dhanda, as the dedicated primary attendance officer, to ensure effective lines of communication and address any attendance-related concerns.

The link between attendance and attainment is clear:

In 2018/19, just 40% of persistently absent children in KS2 achieved expected KS2 standards, compared with 84% of pupils who were regular attenders. But attendance is important for more than just attainment:

Regular school attendance can facilitate positive peer relationships, which is a protective factor for mental health and wellbeing.

Recognising how important your child's attendance is, we have begun to send out emails and letters sharing your child's absence figure, if you have not yet received a letter or email, they will arrive in the next few days. Going forward we will communicate with you regularly and praise those where attendance figures show continued improvement. Alongside this we will continue to announce the class/classes with the best attendance in our weekly assemblies and newsletters, reward whole class attendance with stickers and the class trophy on a weekly basis. Pupils achieving 100% attendance will receive certificates at the end of each academic term to celebrate their achievements.

We know there are occasions when children are ill and are unable to attend school, in these cases please check the schools' attendance policy [CLICK HERE](#) and follow guidance from NHS when to keep children off school, [CLICK HERE](#)

If you notice any discrepancies in your child's attendance figure, please make initial contact with your child's class teacher. Let's work together to ensure that every pupil has the opportunity for consistent attendance, fostering a positive and enriching educational experience.

Have a wonderful weekend.

Mrs Kathy Jefferson
Primary Head Teacher



National Storytelling Week



Peter Chand visiting the children this week.

ASSEMBLY

This Monday, we were fortunate to host Peter Chand for our assemblies, marking National Storytelling Week.

As one of Europe's foremost storytellers, Peter captivated our pupils effortlessly. The children were spellbound as he shared captivating stories from various corners of the world, along with narratives that hit closer to home.

Peter emphasised the significance of storytelling, urging our pupils to extend the joy by recounting his tales to their families. Kindly encourage your child to share a cherished tale or riddle they experienced during this enriching week.

Diary

- Tuesday 6th February Internet Safety Day
- Tuesday 6th February Y4 Wolverhampton Music Service Orchestral Performance at The Halls, Wolverhampton
- Wednesday 7th February Dance Festival Yr 4- Yr 6
- Thursday 8th February YR 4 Junior PCSO Programme
- Thursday 8th February Year 5 & Year 6 Performing Arts
- Friday 9th February – HALF TERM COMMENCES returning to school on Monday 19th February 2024

Sporting Fixtures

- Wednesday 7th February YR 6 Rugby v Hallfield (A)

Housepoints

Balmoral	1830
Sandringham	1505
Buckingham	1605
Windsor	1590

Year 5-6 Netball v Old Hall

On Wednesday, Year 5 and 6 netball teams played games against Old Hall School. They were challenging matches and the effort and improvement shown by our players was amazing!

Year 6 drew 9-9

Year 5 lost 8-2

Players of the match: Anniyah Year 6 and Sara Year 5

Well done to all and thank you to our Year 13 sports leaders who did a great job coaching!





Ameilia 4CC for her amazing Viking Alphabet know as Runes



Arlo 1KN for his brilliant rocket for his cornerstone's homework



Aiza, Isabella (1ER) Kukunda (1KN) Samyra (1ER) for their creative writing



Saransh, Hannah & Natalie (2GB) for their determination in Maths and English



Millie, Gabriel & Trish (2GB) for their artistic talents in their Beat, Band & Boogie homework.

Attendance Week Commencing Monday 29th January 2024

Week Beginning 29th January 2024																					
6SH	4LD	5KG	3KH	4CC	6EP	RAR	3KM	2GB	1KN	2AT	2HD	3RC	4HE	5RK	RAG	6LS	IAC	1ER	5ED	RSD	
100%	99%	98%	98%	97%	97%	96%	96%	96%	95%	95%	94%	94%	94%	94%	93%	93%	91%	91%	90%	83%	



Donations Required

We are seeking your generous contributions for our Community Food Project. Donations can be dropped off at Reception, or in Year 5 & Year 6 classrooms.

WC 29 th January 2024	Pasta, rice, tinned potatoes/Smash, cereal, baked beans, spaghetti, pasta sauce
WC 5 th February 2024	Tinned meat/meals (eg curry or chilli), canned fish, pasta sauce, tinned sweetcorn, tinned carrots/peas
WC 19 th February 2024	Jam, honey, tinned puddings, tinned custard, biscuits, chocolate and other treats.
WC 25 th February 2024	Tea, coffee, UHT milk, sugar, squash, juice (non-refrigerated).

Safer Internet Day 2024

On Tuesday, 6th February we will be joining schools and youth organisations across the UK in celebrating Safer Internet Day 2024. Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers and more, to help to create a better internet.

This year the campaign will be focusing on change online, this includes covering:

- Young people's perspective on new and emerging technology
- Using the internet to make change for the better
- The changes young people want to see online
- The things that can influence and change the way young people think, feel and act



Using the internet safely and positively is a key message that we promote at The Royal Primary School and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year. We would be delighted if you could join us in celebrating the day by continuing the conversation at home.

To help you with this, the UK Safer Internet Centre have created some free activities and information for parents and carers which are available at:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/top-tips-for-parents-and-carers>.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2024/sid-films-2024>

Whether you have five minutes to start a conversation or hours to spare, there are top tips, quizzes and films which you can use at home with your child.

If you have any concerns or questions about keeping your child safe online, why not book onto one of our upcoming ICT parent workshops.

Monday 19th February 2024 [CLICK HERE TO BOOK](#)

Monday 15th April 2024 [CLICK HERE TO BOOK](#)

Thumb lightly touches tip of nose as hand moves slightly downwards across to other side

Lucky

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

WHAT ARE THE RISKS?

'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.

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.

KEEP SCROLLING

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.

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.

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.

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.



The National College

NOS National Online Safety®
#WakeUpWednesday



In response to the increasing number of measles cases across the Black Country, MMR vaccination clinics are available this weekend and during half term for school aged children and adults who have missed a dose.

The clinics will be staffed by healthcare professionals from the NHS and Vaccination UK who specialise in childhood vaccinations and follow all necessary safety protocols. Children will need to be accompanied by a parent or guardian at the clinics. Where possible, please pre-book an appointment slot by calling 01902 200077 but walk ins will also be accepted. Porcine free vaccinations are available on request (please book ahead).

The next clinics in Wolverhampton are:

Saturday 3rd February 9.30am - 2.30pm. Whitmore Reans Family Hub, Lansdowne Road, Wolverhampton, WV1 4AL

Monday 12th February 9am - 2pm. Bilston Market, Pinfold Street, Bilston, WV14 0DN

Wednesday 14th February 9am - 3.30pm. Low Hill Health Hub, First Avenue, Low Hill, Wolverhampton WV10 9SX

More details can be found on the Black Country ICB website, including information on other clinics across the Black Country.

Kind Regards

Chloe Bourne
School Nurse
Phoenix School Nurse Team

