



St Luke's C E First School

24th January
2025

Dates for your Diary

February

Wednesday 12th –
Lions Adopt a Chef
2nd session

Friday 14th – Break
up for Half Term

Monday 24th –
School Re-opens
for Spring 2

March

Thursday 6th –
World Book Day

Tuesday 11th &
Tuesday 19th –
Lions Class
Stepping Out
Pedestrian
Training

Tuesday 18th –
Parents' Evening

Wednesday 19th –
Parents' Evening

Friday 21st – Lions
Class Bikeability
Training

Friday 28th –
Mothering Sunday
Event



HOPE



TRUST



JUSTICE



FORGIVENESS



HUMILITY



RESILIENCE

This week...

A busy week, involving 3 trips out of school! Our Lions class have enjoyed their 3rd swimming lesson, Elephants have been out to Trinity High School for a fun morning of athletics and a small group of pupils have been out at Arrow Vale High School for a sport event this morning! We love ensuring our children have these wider experiences, and each time we take pupils out of school, they always do us proud!

On Monday 27th January, we will welcome Mrs Emma Bird to our staff team as our new School Administrator. Mrs Cox will be supporting Mrs Bird and completing a handover. I am extremely grateful to Mrs Cox for her support over the past two weeks and now that Mrs Bird will be in post here at St Luke's, I am pleased she will finally be able to start to fully enjoy her retirement!

Work with Me Sessions

A reminder of our spring term 'work with me' dates. We invite parents/carers into the classroom from 2.15pm – 3.15pm on the dates below to work alongside your child. On this occasion, we will also be allocating some time for the children to share their work books with you so you can see first hand the excellent work they are producing.

Giraffes: Wednesday 5th February

Elephants: Wednesday 12th February

Tigers: Tuesday 11th February

Lions: Tuesday 4th February

Attendance:

Our attendance to date is **95.07%**



Bears	Giraffes	Elephants	Tigers	Lions	Whole School
94.67%	95.0%	96.54%	100%	92.41%	95.69%

Bears Work with Me Sessions

Mrs Larsen will soon be sharing the Bears 'work with me' sessions. We are aiming to offer three sessions in the coming weeks. These will be shared with you via Class Dojo.

Academisation

A reminder that we have now had confirmation that our academy conversion will take place on **1st February** and therefore, from this date, we will officially be part of the Endeavour Schools Trust. More information will be shared soon.

Year 2 Indoor Athletics Event

On Wednesday, our Elephants class enjoyed a wonderful morning at Trinity High School learning and practicing their athletics skills. Mr Parker has shared that the children did really well and represented our school brilliantly – he loved the enthusiasm for each activity and the resilience that everybody showed through the activities. Well done Elephants!



SEN Sport Event

Also this week, a small group of SEN pupils have been on a visit to Arrow Vale High School for a morning of sport – Mrs Broughton has told me everyone did brilliantly well, and they all came back to school with a medal!



Reminder - Cupcakes Catering

We have been informed by our school caterers that they are increasing the price of school lunches to £2.45 from 1st March 2025. We have been fortunate that our school meal prices have not increased since we joined Cupcakes almost 2 years ago, but unfortunately, due to rising costs, they have needed to make this decision. This price increase will not affect those who are in receipt of free school meals.

We will be hearing from Cupcakes soon with information regarding our new lunch menu. This new menu, which will launch from February, will also include a Halal option for all chicken dishes.

Pharmacy First Service

Schools have been asked to share the following information with parents and carers:

What is Pharmacy First?

This service enables children and adults to get quick access to healthcare advice as they can walk in to a pharmacy and access the service (some pharmacies also offer the service remotely as a video consultation). The person will then be offered a consultation with a pharmacist in a private consultation room. This service takes away the potential delay of having to wait for a GP appointment and may help ensure children get well and back to school as quickly as possible, as well as supporting parents/carers to also get better sooner if they are unwell.

The service supports primary school aged children in the below age groups who need help with:

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Sore throats (aged 5 years and over)

The service also supports older children and adults (so is applicable to you as parents/carers) in the below age groups who need help with:

- Earache (aged 1 to 17 years)
- Impetigo (aged 1 year and over)
- Infected insect bites (aged 1 year and over)
- Sore throats (aged 5 years and over)
- Shingles (aged 18 years and over)
- Sinusitis (aged 12 years and over)
- Urinary tract infections (UTIs) in women (aged 16 to 64 years)

The pharmacist will provide advice and, if clinically necessary, offer an NHS medicine to treat the condition (these medicines are supplied free of charge to children under 16 years, with the normal NHS prescription charge rules applying to people aged 16 or over). The pharmacy will then send an electronic message to the person's GP surgery so their health record can be updated.

Should the pharmacist be unable to help, they will direct the person to their GP surgery or other health professional as appropriate. A summary of the service is available as an animation and more information can also be found at nhs.uk/thinkpharmacyfirst



St Luke's VIPs!

This week's VIPs are: Taro (Bears), Tilly (Giraffes), Ethan (Elephants), Isreal (Tigers) and Nelson (Lions).

Collective Worship

In collective worship this week, we have continued to focus on our half termly theme of 'GOSPEL'. We have focused on 'S is for sacrifice' and the children have listened to the story of Jesus healing the leper.

In our Celebration Worship we have said "congratulations" to children impressing their teachers by showing our school values. I was delighted to hand out values certificates to Shayan (Bears), Hadi (Giraffes), Kristos (Elephants), Eleanor (Tigers) and Lara (Lions).

Lunchtime award winners: Lara (Lions) and Denis (Tigers)

OPAL Golden Welly Winner: Debora (Lions)

Giraffes and Elephants classes have received attendance certificate of the week for attendance over 95% - well done! **And a huge well done to Tigers for 100% attendance this week – that is amazing!!**

St Luke's Stars of the Week

Each week in our celebration assembly, the teachers will be choosing a pupil to recognise for their excellent work and attitude to learning. Please see Class Dojo for pictures of our 'St Luke's Stars of the Week'. We are very proud of everyone for their hard work and achievements.



Bears: Harley for always persevering during all areas of her learning. She always brings a smile with her whenever she joins in with her learning and demonstrates such enthusiasm!

Giraffes: Haaniya for writing a brilliant recount of Beegu and Yasmine for logical problem solving in maths.

Elephants: Shakir for excellent Art work creating his self portrait.

Tigers: Grace D for her incredible work using personification to give emotions and feelings to a wandering cloud!

Lions: Shanaya for excellent ball control and ability to work as part of a team when problem solving in PE.

Please continue to send in certificates and awards from outside of school achievements so we can share them with the whole school community during our celebration worship.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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