



KING'S ACADEMY COLLEGE PARK



WORLD
**BOOK
DAY**

7 MARCH 2024



Save the date!
World Book Day
7 March 2024



SPONSORED BY
**NATIONAL
BOOK
tokens**



Attendance News

Our school target for attendance is 96%

The last week of half term was a particularly bad one for attendance and no year groups met the target!

The following classes, however met the target:
Squirrels, Foxes, Koala, Giraffe and Zebra
4HT, 5KM and 5AC
Well done!

UPCOMING EVENTS

Tuesday 20th February	Year 4 Circus Skills Workshop
Thursday 22nd February	Year R Drama Workshop
Friday 23rd February	Year 6 Library Visit (6NC)
Thursday 29th February	Meet the Author: Michael Mann Years 5 & 6
Thursday 29th February - Friday 1st March	Year 2 Stubbington Residential
Friday 1st March	Year 6 Library Visit (6TB)
Monday 4th March & Wednesday 6th March	Parents' Evenings
Thursday 7th March	World Book Day

"THIS MORNING, HE HAD A RUNNY NOSE... BUT LOOK AT HIM NOW!"

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government

Head to the NHS website to find out more.



Follow
-US-



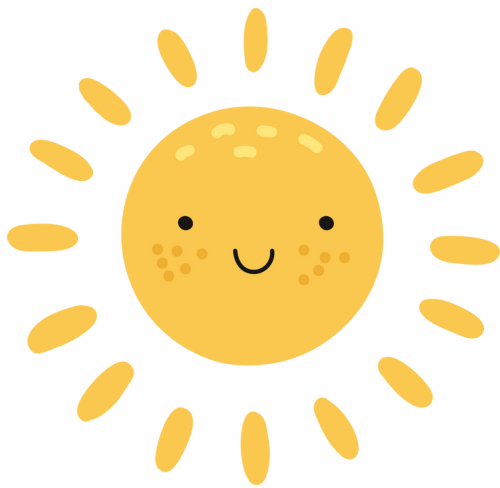
Message from Mrs Carlyle

Dear Parents and carers,

Welcome back to the new half term. This half term always brings a sense of seasonal change, lighter evenings and the gardens coming back to life. The children have enjoyed being out on the playground today and not having to wear coats.

We have 'World Book' day fast approaching and the children are already discussing outfits for the day. Mrs Gaston is busy creating activities and events so that we can celebrate in style.

Enjoy the week ahead.



Next week we will be celebrating **International Women's Day** in our assemblies.

The theme for this years International Women's Day is 'Inspire Inclusion' and we will be celebrating by attending live interviews with female engineers and seeing if we can think like an engineer and do some problem solving!

We are constantly working on improving our website so that it contains all the information you need!

Our Year Group Pages are currently being updated to include termly homework, weekly spellings and the Autumn Term newsletter.

Click [here](#) to select your year group's page!



WEBSITE UPDATES

Worried about your child's wellbeing?

Whatever your child is struggling with, they can access **free** and **safe** mental wellbeing support, today.



kooth.com

LGBTQ+

LGBTQ+ History Month

February marks LGBTQ+ History Month and this month's newsletter from the LGBTQ+ Youth Services team focuses on what this means and why it is celebrated. It also takes a look at what online events are going ahead to celebrate; and a reminder of the DfE consultation currently going on.



Peer Support for Parents and Carers

Are you currently supporting a child or young person experiencing self-harm?

Your wellbeing is just as important, and we know this is a difficult subject to talk about. Solent Mind are running online Peer Groups Tuesdays at 12.30pm-1.30pm each fortnight, or Wednesdays 6pm-7pm each fortnight until the end of March 2024, along with bespoke individual 1:1 sessions for advice, guidance and support.

If you are interested in accessing either the groups, 1:1s, or both, please complete a self-referral via our Support Hub at selfharmsupporthubhants.org.uk.

We will also be running self-harm awareness sessions looking at how you can support your child or young person, please see below dates for remaining sessions available until the end of the year which can also be booked through the hub.

February

Tuesday 13, 6-7pm

Tuesday 27, 6-7pm

March

Tuesday 12, 1-2pm

Tuesday 26, 6-7pm



February 5th - 11th was Children's Mental Health week. Place2Be have activities and resources you can complete with your child at home and Portsmouth Education Partnership have a number of resources to support familie and young people which are detailed in this week's newsletter. You can find out what we do as a school to support with children's mental health on our website.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'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.

WHAT ARE THE RISKS?

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.

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