



Monday Memo Newsletter

27th January 2025



A huge congratulations to our Stars of the Week, Good Workers and Value winners for last week.



	Star of the Week	Good Work	'Community Champion'
Reception	Amelia W	Zackary W & Florence L	Elsie M
Year 1	River K	Mason N & Louie H	Leonardo L
Year 2	Eliza T	Grace D & Sophia G	Aiden McA
Year 3	Charlotte R	Layla C & Annie M	Henry S
Year 4	Leo McA	Lola-Grace McL & Willow H	Imogen B
Year 5	Josh McD	Arya B & Connie H	Esme K
Year 6	Madeleine W	Harvie B & Jorja C-L	Ruby B

Attendance

w/b 20/01/25

Reception 97%

Year 1 97%

Year 2 98%

Year 3 96%

Year 4 97%

Year 5 96%

Year 6 99%

Whole School Overall 97%

Target 97%

House Points

The winning team at the end of each half term wins a reward afternoon.

w/b 20/01/25 results are:

Pendle: 324

Bowland: 361

Longridge: 318

Parlick: 306

Worship Values

Our worship value this half term is Community.

In the weekly Celebration Assembly, we will celebrate 1 pupil from each class who has shown the term's value.

This term we will celebrate our 'Community Champion'.



Diary Dates

Tuesday 28th January

Reception Vision Screening

Wednesday 29th January

Year 3 Class Worship 09:05am

Friday 31st January 2:45-3:10pm

Oral language workshop for parents

Invited to arrive for a brew from 2:30pm

Monday 3rd February

Year 4 History Festival

Tuesday 4th February

Year 3/4 Tennis

Thursday 6th &

Friday 7th February

Word Guerrilla Poetry workshops - all classes

Tuesday 11th February

Key Stage 2 Cross Country

Safer Internet Day

Friday 14th February

School closes 3:20pm from school

Parish News & Events

Warm Space (coffee and bacon butties) Tuesdays 09:00am-11:30am

Supported by members of our Children's Chaplain from 10:00-10:30am



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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.

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.

REVIEW THE APP FIRST

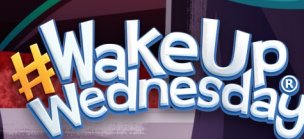
Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're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

USE PARENTAL CONTROLS

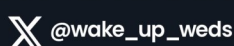
As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social 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.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.01.2025

St Paul's Amateur Dramatic Ensemble
Present

Howard
as the Ugly Sister

Sam
as Cinderella

Bob
as the Ugly Sister

Cinderella

And The Velvet Slipper

THU 30 JAN & SAT 1 FEB

Performances: Thu 7.30pm, Sat 2pm & 7.30pm

St Paul's Church Hall, Church Ln,
Farington Moss, Leyland PR26 6RD

Tickets: £5.00

TICKETS FROM: THE CAST, THE
CHURCH, LOSTOCK ALE, EMAIL
FMOSSSTPAUL@GMAIL.COM

A Pantomime by Peter Nuttall

Ray
as the King

Paul
as the Prince