

# The Swanmead Pen

Parents' Newsletter – Spring Term 2.3

DATE: Tuesday 5<sup>th</sup> March 2019

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Dear Parents and Carers

So, an interesting few weeks for the school with the announcement of us intending to convert to an Academy. I enjoyed the opportunity last week to talk to the children about this and there was genuine excitement. A large part of my time this week, together with Bridgwater and Taunton College Trust, is completing the application process with us hoping to send this off by the end of the week. More to follow on this, of course.

Children hopefully have been coming home talking about epraise.

This is our new interactive rewards system that we launched with children last week. We're still finding our way with it but I think

it's going to be really popular with both your children and indeed you as parents. Many schools across the country use this system and, wherever it is used well, it really does have impact on children's effort, resilience and attendance to school. As you know, this is one of our big targets as a school. Do get your children to show you how it works and, at some point, we'll introduce parents and carers to their own means of accessing their child's epraise homepage to check on the progress of their children.



You may recall from our Ofsted Inspection last year (Feb 2018) that one of our targets was to 'Improve communication with parents and carers to inform them of their child's progress and how they can support their child to improve.' Parental use of epraise and also our new Parent App, that you were introduced to last week, are the steps we are taking to ensure we address this. Improving parents' knowledge of their children at school is such a key aspect of their success in school. We hope you like these new developments.

Finally, today your child has brought home some information about our **SCOFF Family Race Night on Friday 29<sup>th</sup> March**. I urge as many of you as possible to get involved and support the school on our quest to raise £1000. The event starts at 7.00 p.m. but I encourage as many families and community members to support the event by buying a race horse for £5.00 before the night in order to be a big part of proceedings and for a chance to win a price.

I will write to you later in the month.

**Mark Walker**  
Headteacher

**Check us out and follow us**



[www.swanmeadschool.co.uk](http://www.swanmeadschool.co.uk)  
Twitter - @Swanmead School  
Facebook – Swanmead Community School



<b>Headteacher's Commendations</b>	
<b>Superb Discursive Writing on Hunting</b> Emilee-Jade Phippen Amber Stayne Ruby Charles Lacey Madge Poppy Rich Sean Timson Riley Clifford	<b>Quality Geography Work on Palm Oil</b> Anya Briggs Nancy Pattisson Leyla Tunç
<b>Recognition of Effort Award</b>	
<b>Creating a Myth</b> Sonny Thompson Samuel Sibley Ellie Vaughan-Mitchell Denver Stokes	<b>Understanding Fractions</b> Ryan Muxworthy Jodie Harris Grace Prouse
<b>House Points – Platinum</b> Frances Evers Zoe Neal Evie-May Woodard	<b>House Points – Gold</b> Ellie Vaughan-Mitchell Frances Evers Casey Allen Evie-May Woodard Zoe Neal Sonny Thompson
<b>Numeracy Ninjas</b>	
<b>Numeracy Ninjas - Grand Master Pen Prize (23 x Black Belts)</b> Emma Wheeler Leo Rich Jaike Neale Connor Swain	
<b>Numeracy Ninjas – Grand Master Ruler Prize (18 x Black Belts)</b> Amelia Smith Lilly De'Ath Robert Lock	
<b>Numeracy Ninjas - Grand Master Rubber Prize (13 x Black Belts)</b> Isabel Fowler Summer Stoodley Jack Belobaba	
<b>Numeracy Ninjas – Grand Master Pencil Prize (8 x Black Belts)</b> Toby Ward	
<b>Numeracy Ninjas – Grand Master</b> Maddie Perry Ollie Upshall Katie Bolland Judah Cooke Charlie Newbury Ben Muxworthy Riley Bower Kira Hole	
<b>Numeracy Ninjas – Black Belt</b> Elliott O'Nions	

### **Success Shield Winners**

Congratulations to the following pupils for winning the Success Shield for the first half of the Spring Term for their year group. This award is made each half-term to a pupil in each year group who makes significant progress:

- Year 5: Percy Baker**
- Year 6: Mekenzie Bristow**
- Year 7: Billy Lune**
- Year 8: Kelsey Paul**



### **Alex gains new personal best in the pool!**

Swanmead congratulates Alex Probert who, over the half term break, smashed his distance times. The Year 7 pupil, who joined the well-regarded Burnham-on-Sea Swimming Academy just six weeks ago, swam 1 mile in just 44 minutes. Alex currently trains 3-4 times each week on his swimming and has already competed for the team, helping them win second place at a Gala in Bristol. Well done Alex, keep us informed of your progress and success.



### **Parents' Evening Letters**

Letters for Year 7 Parents' Evening go out this week. It has been a year or so since we formally saw parents in this year group so I strongly encourage parents to come along and find out how your child is progressing.

**Year 7 Parents' Evening**  
**Tuesday 19<sup>th</sup> March**  
**4.00 p.m. – 7.00 p.m.**

Letters for Year 5 Parents' Evening will follow after the Easter break in preparation for your event.

**Year 5 Parents' Evening**  
**Tuesday 14<sup>th</sup> May**  
**4.00 p.m. – 7.00 p.m.**



Swanmead Community of Families and Friends

invite the School Community to a

# Family Race Night



Licensed Bar Refreshments

Date: Friday 29<sup>th</sup> March 2019  
Time: 7.00 p.m.  
Venue: Swanmead School Hall  
Admission: Free  
Tote: 50p to win betting stake



Raising money for the pupils of Swanmead



## Family Race Night



Dear Parents, Carers and Members of the Swanmead School Community,

You are invited to attend our SCOFF Race Night on **Friday 29<sup>th</sup> March**. The event will take place in the Swanmead School Hall and starts at 7.00 p.m. A Licenced Bar will be available to purchase drinks and snacks.

There will be 8 races with 8 runners in each race. For the first 7 races members of the school community have the option to own and name a race horse for the price of £5.00. The final race of the evening will be an Auction Race where people present on the evening have a chance to bid for the horses. The winning owners for each race will receive a cash return of £20.00.

We would also like each race to be sponsored by a local business or organisation. The name of the local race sponsor will appear on the race card given out to each punter who attends the event. It will cost £20.00 to sponsor the race. Please indicate on the tear off slip below if you wish to sponsor a race or own a racehorse.

Race 1 – The.....Hurdle

NUMBER	HORSE NAME	HORSE OWNER
Horse 1		
Horse 2		
Horse 3		
Horse 4		
Horse 5		
Horse 6		
Horse 7		
Horse 8		

£20.00 to sponsor the race

£5.00 to own a horse

Thank you for giving it some consideration.

The SCOFF Team

**Please hand in to Swanmead School Office – Many thanks for your support!!**

Name..... Phone Number .....

I would like to own a horse  Name of Horse.....

I would like to sponsor a race  Name of organisation.....

I enclose a total of £

# Online Safety Newsletter: February 2019

## Is screen time affecting your child's sleep?

**"88% said screen time had a negative impact on their sleep"**

(Source: Royal College of Paediatrics and Child Health.)

The Royal College of Paediatrics and Child Health (RHCP) have recently published a guide which reviews the existing research on screen time usage by children. As a result of this research they have published a number of recommendations. One of those recommendations is around screen use before bed time.

### **"Does screen use interfere with sleep?"**

Even quite modest sleep deprivation can interfere with mental and physical health, educational success and family relations. It is important, therefore, that screens do not interfere with a good bedtime routine, either for children or adults, and **we would adopt the expert recommendation that screens are avoided for an hour before the planned bedtime.**

(Source: January 2019, Page 7, [https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch\\_screen\\_time\\_guide\\_-\\_final.pdf](https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_guide_-_final.pdf))

### **"Protect sleep"**

**Most experts advise that children are not exposed to screens for an hour before bed**, so that their brains have time to wind down for sleep without the stimulation from the light of the screen (and the content being viewed). Some manufacturers have introduced 'night-modes' which emit less blue light, but there is no evidence that these are effective so we do not think that this makes screen use before bed 'OK'."

(Source: January 2019, Page 9, [https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch\\_screen\\_time\\_guide\\_-\\_final.pdf](https://www.rcpch.ac.uk/sites/default/files/2018-12/rcpch_screen_time_guide_-_final.pdf))

For more information and to read the RCPCH screen time parent fact sheet, visit: <https://www.rcpch.ac.uk/resources/health-impacts-screen-time-guide-clinicians-parents>

## 5 Tools for Using Your Phone Less

Commonsense Media have created this short video and article showing you some of the tools available on the most popular platforms to help you use your phone less:

<https://www.common sensemedia.org/blog/use-your-phone-less-with-tools-from-apple-google-snapchat-and-more>

## Screen Smart Parent Tour

This is a 10 minute interactive tour for parents of children aged 10 to 14 years. It includes lots of tips and advice to support your child online.

You can also see how other parents responded to the questions. Try it here: <https://www.esafety.gov.au/education-resources/parent/screen-smart-tour>

## Safe passwords

It seems like we need to create passwords for everything nowadays but do you know how to create a good password to keep yourself safe online? Try this online course or download their guide: <https://beconnected.esafety.gov.au/course/view.php?id=80>

## PEGI labels



This label (on physical packaging) warns you that the game does have in-game purchases.

## O2 NSPCC Online Safety Helpline

You can call 0808 800 5002 (Mon – Fri 9am – 7pm) if you or your child have any Online Safety questions. More info available here: <https://www.o2.co.uk/help/nsppc/helpline>

## Do you need to report online harmful content?

This new site, provided by the UK Safer Internet Centre and operated by [SWGfT](https://www.swgft.com/), is a reporting wizard that allows you to find guidance and report online any harmful content so they can investigate for you. This service has been designed to:

- Provide information on community standards
- Give advice on how to report problems
- Mediate where appropriate or explain why content hasn't been removed
- Provide assistance in removing harmful content from platforms

The online tool will guide you through the reporting process and offer appropriate advice. They aim to respond to your enquiry within 72 hours (although it may take longer to fully investigate and resolve the incident). <https://reporthisharmfulcontent.online/>

## Live Me

**"LiveMe is explicitly intended to be used by individuals 17 years of age or older, and those under 18 should have their parents' permission to download and use the app. To report a user under the age of 17, please email [live.me@cmcm.com](mailto:live.me@cmcm.com) with the subject line, "Underage User."** <https://www.liveme.com/safety.html>



### What is LiveMe?

LiveMe is a live streaming video app that lets you watch live streams as well as go live yourself and broadcast your own videos. Users are also able to chat with and follow other broadcasters. Users can buy virtual coins to give to other broadcasters, which they can redeem for real money (once they have reached a certain level).

### How to report inappropriate content

If you come across inappropriate or offensive content, then LiveMe ask you to either send a screenshot to [live.me@cmcm.com](mailto:live.me@cmcm.com) with the subject line, "Inappropriate Content" or you can report inappropriate, offensive and/or harmful content using the Report function within the app. The content will then be reviewed by a moderator.

### Further information

- LiveMe have produced this guide which provides online safety advice for parents: <https://www.liveme.com/pdf/parentsguide.pdf>
- National Online Safety have produced this great online safety guide for parents including top tips: <https://nationalonlinesafety.com/resources/platform-guides/live-me-online-safety-guide-for-parents/>
- Internet Matters: <https://www.internetmatters.org/hub/expert-opinion/live-app-review/>

## **Cardiff 2019**

Year 6 were great fun and fantastic ambassadors for our school when we took them for a three day residential visit to Cardiff before the half term. 65 children made the trip over to the Welsh capital for an action packed residential. Day 1 saw the children taken to Cardiff Castle and, after a guided tour of the impressive inside, all children climbed to the top to enjoy a panoramic view of the city. In the evening, children journeyed to the Odeon Cinema to watch Lego:The Movie 2. Day 2 started in the Welsh valleys and to the mining town of Blaenavon. Whilst there, children went to the well-known 'Big Pit' where they enjoyed a guided tour underground experiencing life as a welsh miner. After returning back to Cardiff, a real highlight of the trip was to visit the Principality Stadium. Children had the opportunity to climb to the very top of the stadium to take in the breath-taking views, as well as taking in the sights from the stadium's most expensive seats and even the Royal Box. After an evening ten-pin bowling on the Tuesday evening, the final stop was to Techniquest Science Park on the final morning.

