



Newsletter



@Colburn

Friday 12th April 2024

Dates for your diary

Tuesday 16th April	Year 5/6 Tag Rugby
Wednesday 17th April	Year 3 Roman Day Murton Park
Thursday 18th April	Year 5 Bowlees Educational Farm
Friday 19th April	Year 2 Tri-Golf
Friday 19th April	Bottle & Chocolate Tombola @ 3.30 School Hall

Attendance



1st Place - Class 3 - 100%



2nd Place - Class 5 - 99.52%

3rd Place - Class 2 - 97.73%

Please continue to promote good attendance.

We are trying to ensure all children are in and ready to learn before we close the gates at 9:00am.



Whole School Attendance 96.65%



Please follow our Facebook page

<https://www.facebook.com/people/Colburn-Community-Primary-School/61553372007060/>

facebook

Safeguarding spotlight on:



UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



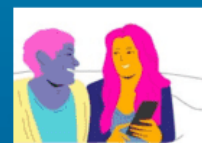
Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Forest School

Year 4: Monday 15th April

Year 3: Thursday 18th April

Please make sure children wear appropriate clothing.



HEAD LICE

Please could we ask all Parents/Carers to check their children's hair thoroughly and treat as necessary.

Further advice can be found on <https://www.nhs.uk/conditions/head-lice-and-nits/>



Polite Notice

During drop off and pick up time, can parents and children please use the path to walk in and out of the site.

Can we please encourage children not to walk or run in between the parked cars.

Thank you for support.



This Weeks House Points



Purple
Amethysts
Points

116

Red
Rubies
Points

148

Green
Emeralds
Points

177

Blue
Sapphires
Points

174

Yellow
Diamonds
Points

138



Merit Points

400 merits: Eden C

500 merits: Marnie-Lea T

900 merits: Harley Mc

1300 merits: Mickey G, Leah M

'I have begun the term with a positive attitude'

Y6. Jess F

Y5. Mark D

Y4. Lewis S

Y3. Danny T

Y2. Iris W

Y1. Ralph CC

FS2. Kase W

Tombola Friday 19th April



Any types of bottles : drinks: household, toiletries: food: condiments:

PLEASE DROP INTO SCHOOL OFFICE A.S.A.P

BOTTLE DONATIONS

URGENTLY NEEDED

FOR

BOTTLE RAFFLE





**DAISY
CHAIN**
Autism & Neurodiversity



**Autism
Central**
For parents and carers



Autism Central and Home-Start Drop-In

Do you have an autistic child (with or without diagnosis) and need support?

Autism Central and Home-Start coffee mornings are an opportunity for families and carers of autistic people to connect with each other and get advice and support from Autism Central and Home-Start staff.

This group is suitable for you if you have a family member who is diagnosed/going through the diagnostic process/has been identified as having a need relating to autism, ADHD, sensory processing difficulties, anxiety and social communication differences.

Autism Central offers high-quality and easily accessible support, education and training alongside a dedicated website.

Tuesday 16th April 10am-12pm

Tuesday 14th May 10am-12pm

Tuesday 18th June 10am-12pm

Tuesday 9th July 10am-12pm

**Coverdale Suite, IPS Innovate, Colburn Business Park, Chartermark
Way, Catterick Garrison,
DL9 4QJ**

