



Newsletter

Friday 24th January 2025

Next Week

Monday	
Tuesday	Y4, 5 & 6 Judo Taster Session
Wednesday	
Thursday	
Friday	

Attendance



1st Place - Class 6 - 96.6%

2nd Place - Class 1 – 95.7%

3rd Place - Class 2 – 95.2%

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:



92.78%



Key dates this half term

Thursday 6th February	Y3 Trip Stump Cross Caverns
Monday 10th February	1p Book Fair
Thursday 13th February	Sports for Champions Athlete in school
Thursday 13th February	Y4 River Bus
Friday 14th February	Valentine's Discos

Forest School

Monday 27th January:

Year 5

Tuesday 28th January:

Year 6

Please make sure children wear their uniform everyday.



Friends of Colburn

If you would like to donate any items towards the Friends of Colburn PTA raffle prizes, please bring them to the school office.

Thank you





House Points Total



Purple
Amethysts
Points

143

Red
Rubies
Points

287

Green
Emeralds
Points

313

Blue
Sapphires
Points

277

Yellow
Diamonds
Points

272



Merit Points



100 merits: Lucas D

400 merits: Finley A

1500 merits: Ethan W

1700 merits: Elliott A



'I know how to be an upstander'



Y6. Brooke E



Y5. Daisy A



Y4. Perrie-Ann F

Y3. Zack K



Y2. Kayden O



Y1. Alayna P

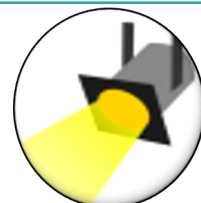


FS2. Brooklyn F





Safeguarding spotlight: Health and Fitness Apps



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.