

# Parent Bulletin

## 24th - 28th January

### Week 2

Lordswood Girls' School  
www.lordswoodgirls.co.uk  
0121 429 2838



### Upcoming dates

Date	Event
Monday 24th January	Year 11 Mock Examination Resits
Thursday 27th January	Year 9 Immunisations
Thursday 3rd February	Year 9 Parents' Evening
Monday 7th February	PSHE Day
Tuesday 15th February	Year 9 Options Deadline

### Masks

In line with government guidance. Students are no longer required to wear masks in classrooms.

The requirement to wear masks in communal areas remains in place until Thursday 27th January

Students are welcome to continue to wear masks if they wish to do so.

### Warn and Inform

There have been additional cases of COVID within the school community this week. Please find corresponding 'warn and inform' letters via the following link:

[Letters To Parents/Carers – Lordswood Girls' School](#)

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## COVID testing

Although COVID restrictions are slowly lifting, coronavirus remains a significant element of life in school. I would just like to request that students continue to undertake lateral flow testing twice a week (ideally Monday morning and Thursday morning before attending school).

Please can I remind everyone that LFD are only designed to be used for individuals who are not exhibiting any COVID symptoms. If children are reporting any symptoms then a PCR test should be booked.

Please can you continue to report all LFD test results via the NHS website so that local health teams can accurately monitor infection rates in the local area.

## Parent View Survey

Parents and Carers of students in Year 8, 10 and 11 have been sent a link to complete a short survey in order for us to gather your views on a range of school related areas to help us ensure we are providing the best provision for our students.

If you haven't completed the survey yet, please click on the relevant link below.

We would appreciate you taking the time to fill in this survey at your earliest convenience.

Year 8 survey link <https://forms.gle/RcRhjnJVSk3EujP9>

Year 10 survey link <https://forms.gle/TGe3t454caGPsyPZ7>

Year 11 survey link - <https://forms.gle/AmCPWX2U3n6AkekL8>

The survey for Parents and Carers of students in Year 7 and 9 will be sent out in due course.

## Year 7 students in school until 3.30pm Thursday 17th February

All Year 7 students will be watching a digital production of William Shakespeare's 'A Midsummer Night's Dream' on Thursday 17th February 2022. Students are studying the introduction to Shakespeare in their drama lessons and this an excellent opportunity to see a play on the stage. Students will miss period 5 lessons on this day and will need to stay in school until 3.30pm. Please can you arrange to collect them at this later time on this day.

## Attendance Reminder

Please note that 24 hours notice should be provided to the School for all appointments, unless the appointment is an urgent one made on the morning of an absence. Urgent appointments should be advised to the School as soon as possible. All sickness absences should be either rung in or reported via the website on 'Edulink' each day of the absence unless it is agreed with the Attendance Officer that daily calls are not required.

## Year 9 Option information

More information has been made available regarding the Year 9 options choices. Please see *Your LGS > Students > Year 9 Options* on the school website. Students will be sent a form to complete to gather information about their initial choices within the next few days. These will not be their final choices.

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## **Forgotten items brought in for students**

Over the last few weeks, there have been a wide range of "forgotten" items that have been brought into school. Please be aware that it is not sustainable for staff to be expected to deliver these items to students and it is not encouraging students to become the independent young people that we aspire for them to become. Staff will only be able to pass items on in extenuating circumstances. Thank you.

## **Water bottles**

Could you please ensure your daughter brings a refillable water bottle to school with them to ensure they are hydrated throughout the day.

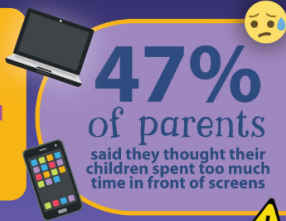
## **Safeguarding update**

A downside of COVID was the increased dependency upon computer screens. Nationally this has led to an increase in 'Screen Addiction'. If you think this might be an issue please read the information below for tips and advice.

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



# What parents need to know about SCREEN ADDICTION



## HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

## LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



## CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

## APPS CAN BE ADDICTIVE

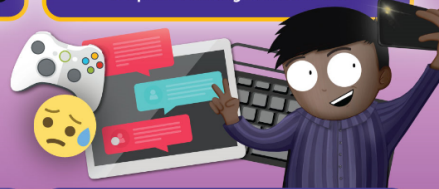
Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



**National Online Safety**



## Top Tips for Parents



### LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

### LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

### LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

**52%** of children aged 3-4 go online for nearly **9hrs** a week

**82%** of children aged 5-7 go online for nearly **9.5hrs** a week

**93%** of children aged 8-11 go online for nearly **13.5hrs** a week

**99%** of children aged 12-15 go online for nearly **20.5hrs** a week

**STATISTICS**

Children and Parents: Media Use and Attitudes Report 2018

### ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

### MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

SOURCES: <https://www.independent.co.uk>, Children and Parents: Media Use and Attitudes Report 2018; <http://www.ofcom.gov.uk>, <http://uk.businessinsider.com> how-app-developers-keep-us-addicted-to-our-smartphones; Journal of Youth Studies; <https://www.merco.co.uk/tech/one-five-kids-losing-sleep-9603986>; University of Leeds; <https://medhealth.leeds.ac.uk/news/article/7296/lack-of-sleep-damaging-for-children>

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

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