

Kindness Respect Ambition

Alban Wood Primary School and Nursery Newsletter

Edition 10 9th February 2024

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A NOTE FROM MRS PINDER

Thank you very much to the Y5 and Y6 families who have been in recently to support and hopefully enjoy their child's class celebration assemblies. At some point in the next few months, every class will host an assembly; it is always very special to share these, enjoy an overview of their recent learning and celebrate their confidence and achievements. Thank you Year 6 and Year 5, for starting the assembly season so positively. These assemblies are most definitely a highlight of my week!

ATTENDANCE 2023-24

Aim: over 96%

Rec- 93.7%

Year 1-93.2%

Year 2-95.6%

Year 3-95.3%

Year 4-96.4%

Year 5-96.9%

Year 6-96.7%

Whole School-95.1%

This week the whole school attendance is 95.1%. Our school attendance target is 96%, so as you can see, we have not hit our target.



DATES FOR THE DIARY

13th Feb - Year 4 Class Assembly - 9:00am

14th Feb - Year 4 Dance Festival at Rickmansworth School

15th Feb - Away Football match against Holy Rood - 3:30pm

19th - 23rd Feb - Half Term

5th Mar - Year 3 Class Assembly - 9:00am

7th Mar - Year 5 Tag Rugby Festival

13th Mar - Year 2 Class Assembly - 9:00am

13th March - SEND Parent Consultation - 3:30 - 6:00pm

20th Mar - Year 1 Class Assembly - 9:00am

22nd Mar - Year 6 Trip to Warner Bros.

25th Mar - Reception Screening

25th and 27th Mar - Parent Consultation - 3:30 - 6:30pm

27th Mar - End of Term for Nursery

28th Mar - End of Term - 1:30pm finish

15th Apr - Children return to school

24th Apr - Churchbury Class Photo

7th May - Year 2 Scooter Skills

10th May - Year 4 Pedestrian Skills

13th - 16th May - Year 6 SATs Week

20th May - Ark Farm to Visit Nursery

21st May - Year 6 Virtual WW2 Workshop

24th May - INSET Day - School Closed to children

27th - 31st May - Half Term Holiday

3rd June - Children return to school

Alban Wood Primary School and Nursery



Holiday List and INSET Days

1 Sept 2023 - 31st Aug 2024

	Closing Date	INSET	Re-Opening
Autumn 2023		Friday 1st September	Monday 4th September
Autumn half term	Friday 20th October		Monday 30th October
Christmas 2023	Wednesday 20th December	Thursday 4th January Friday 5th January	Monday 8th January 2024
Spring half term 2024	Friday 16th February		Monday 26th February
Spring Holiday 2024	Thursday 28th March		Monday 15th April
May Day 2024	Friday 3rd May		Tuesday 7th May
Summer half term 2024	Thursday 23rd May	Friday 24th May	Monday 3rd June
Summer 2024	Friday 19th July	Monday 22nd July	

Congratulations to the Girl's football team for winning 4 - 0 against Holy Rood School.





Alban Wood Primary School and Nursery

Holiday List and INSET Days

1 Sept 2024 - 31st Aug 2025

	Closing Date	INSET	Re-Opening
Autumn 2024		Monday 2nd and Tuesday 3rd September	Wednesday 4th September
Autumn half term	Friday 25th October		Monday 4th November
Christmas 2024	Friday 20th December	Monday 6th January	Tuesday 7th January 2025
Spring half term 2025	Friday 14th February		Monday 24th February
Spring Holiday 2025	Friday 4 April		Tuesday 22nd April
May Day 2025	Friday 2nd May		Tuesday 6th May
Summer half term 2025	Friday 23rd May		Monday 2nd June
Summer 2025	Friday 18th July	21st July 22nd July 23rd July	

Year 5 Distractions Training

On 25th January, Year 5 were lucky enough to have distractions training, where we were able to further our knowledge of road safety. We discussed the dangers of mobile phones and participated in an experiment that tested our concentration with and without a mobile phone. The results were obvious. Don't use a mobile phone while on the roads!



Polite Reminder

Children should not ride their bikes or scooters on the school site. There have been a few accidents where children and adults have been hurt.

Uniform

I would like to thank all our parents who make sure their children arrive at school in the proper school uniform. We are really proud of our school uniform and expect all children to wear it. However, I have noticed increasing numbers of children who are not wearing correct school uniform—mainly this is children forgetting what's allowed and what isn't or neglecting to come to school with a PE kit. Our Uniform Policy can be found on the school website.

What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety®

#WakeUpWednesday



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UK Government

STEP2 SKILLS
PREPARE FOR SUCCESS IN HERTS

Learn something new in February

MONDAY

Introduction to PowerPoint

5 hours | £10
Online | 5th Feb.
9.45am-2.45pm

Intro to Additions & Subtractions

5 hours | FREE
South Oxhey | 5th Feb. | 10am-12pm

CV & Cover Letters

2.25 hours | £5
Online | 12th Feb.
9.45am-12pm

Festive Crochet - Valentine's

2 hours | FREE
Watford | 12th Feb.
10am-12pm

Crochet a Little Bit of Kindness

2 hours | £5
Bishop's Stortford
12th Feb. | 1pm-3pm

Jewellery Making For Beginners

5 weeks | £25
Bishop's Stortford
Starts 26th Feb.
12.45pm-2.45pm

Improve your skills in Excel

5 weeks | £25 | Online
Starts 26th Feb.
9.45am-11.45am

Improve your skills in PowerPoint

5 weeks | £25 | Online
Starts 26th Feb.
12.45pm-2.45pm

TUESDAY

CV & Cover Letters

2.25 hours | £5
Online | 6th Feb.
9.45am-12pm

Understanding Fractions

2 hours | FREE
Online | 6th Feb.
11am-1pm

Online Job Search, Applications & Personal Brand

2 hours | £5 | Online
6th Feb. | 1pm-3pm

Understanding your Smart Device

4.5 hours | £10
Stevenage | 13th Feb.
10am-2.30pm

Introduction to Crochet

2 hours | FREE
Waltham Cross
13th Feb. | 11am-1pm

Family Crystal Challenge

2 hours | £5
Waltham Cross
20th Feb. | 10am-12pm

Family Spring Crafts

2 hours | £5
Waltham Cross
20th Feb.
1.15pm-3.15pm

Level 2 Certificate in Team Leading

11 weeks | £25
Online | Starts 27th Feb.
9.45am-12pm

TUESDAY

Amigurumi Crochet (Intermediate Level)

5 weeks | £25 | Online
Starts 27th Feb.
9.45am-11.45am

Digital Skills for Work

5 weeks | £25
Stevenage | Starts 27th Feb.
9.45am-11.45am

Digital Scrapbooking

5 weeks | £25
Stevenage | Starts 27th Feb.
12.45pm-2.45pm

Crochet a Mug Warmer

2 hours | FREE
Waltham Cross
27th Feb. | 11am-1pm

WEDNESDAY

Understanding Percentages

2 hours | FREE
Online | 14th Feb.
6pm-8pm

Building your Budget in Excel

2 hours | FREE
Stevenage | 28th Feb.
10am-12pm

KEY

- Face to Face
- Online
- Accredited

THURSDAY

Understanding Discounts & Deals

2 hours | FREE
Online | 1st Feb.
10am-12pm

Introduction to Excel

4.5 hours | £10
Online | 8th Feb.
10am-2.30pm

Assertiveness & Communication Skills

2 hours | £5 | Online
8th Feb. | 10am-12pm

First Steps to Excel

2 hours | FREE
Online | 8th Feb.
10am-12pm

Interview Skills

2.25 hours | £5
Online | 15th Feb.
9.45am-12pm

Public Speaking & Presentation Skills

4.5 hours | £10
Online | 15th Feb.
10am-2.30pm

Acrylic Painting

2.5 hours | FREE
Waltham Cross | 15th Feb. | 9.30am-12.15pm

Family Crystal Challenge

2 hours | £5
Stevenage | 22nd Feb.
10am-12pm

Gain a recognised qualification with Step2Skills

Visit our website to find out more about accredited English and maths courses.

THURSDAY

Family Spring Crafts

2 hours | £5
Stevenage | 22nd Feb. | 1.15pm-3.15pm

Setting up your own Business

5 weeks | £25 | Online
Starts 29th Feb.
9.45am-11.45am

Find your Career Path

2 weeks | £10
Waltham Cross
Starts 29th Feb.
9.45am-11.45am

Improve your skills in Excel

5 weeks | £25
Waltham Cross
Starts 29th Feb.
12.45pm-2.45pm

FRIDAY

Acrylic Painting

2.5 hours | FREE
Waltham Cross | 2nd Feb. | 9.45am-12.15pm

Public Speaking & Presentation Skills

4.5 hours | £10
Online | 2nd Feb.
10am-2.30pm

Interview Skills

2.25 hours | £5
Online | 9th Feb.
9.45am-12pm

Online Job Search, Applications & Personal Brand

2 hours | £5 | Online
16th Feb. | 1pm-3pm

Assertiveness & Communication Skills

2 hours | £5 | Online
16th Feb. | 10am-12pm

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step2skills.org.uk/courses

or 01992 556194

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