Alban Wood Primary School and Nursery Newsletter

Edition 8 12th January 2024

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A NOTE FROM MRS PINDER

Welcome back to the start of a new spring term at Alban Wood Primary School and Nursery. It was lovely to see the children happy, rested and catching up with their friends and teachers this week. We hope you all had an enjoyable festive break and were able to spend time with your family and friends. My staff and I would like to wish all of our parents, carers and children a Happy, Healthy 2024.

ATTENDANCE 2023-24

Aim: over 96%
Rec- 93.4%
Year 1-93.3%
Year 2-95%
Year 3-95%
Year 4-96.6%
Year 5-96.9%
Year 6-96.9%
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.

Equates to:

100%		PERFECTION
4 SCHOOL DAYS of each year	98%	IMPRESSIVE
7 SCHOOL DAYS of each year	96%	GOOD
9 SCHOOL DAYS of each year	95%	NEARLY THERE
11 SCHOOL DAYS of each year	94%	NEEDS TO IMPROVE
20 SCHOOL DAYS of each year	90%	CONCERNS
30 SCHOOL DAYS of each year	85%	SERIOUS CONCERNS

Follow us on social media Facebook: Alban Wood   Twitter:@albanwood

DATES FOR THE DIARY

16th Jan - Football match against Orchard - away - 3:30pm
17th Jan - Peace Day Workshop - Year 6
18th Jan - Year 6 Indoor Athletics at Future Academy - 12:30 - 2:45pm
19th Jan - Panto -9:30 am
23rd Jan - Year 6 - Street Engineering - 11:00 - 11:45pm
23rd Jan - Year 3 - Safer Crossing Places - 9:30 - 10:30am
25th Jan - Year 5 - Distractions on the road workshop - 9:00am
30th Jan - Year 6 Class Assembly - 9:00am
1st Feb - SEN Coffee Morning 9:00am
5th - 9th Feb - Bikeability - Years 5 and 6.
6th Feb - Year 5 Assembly - 9:00am
8th Feb - FAW School Discos
13th Feb - Year 4 Assembly - 9:00am
14th Feb - Year 4 Dance Festival at Rickmansworth School

Spring Term Class Assemblies

30th Jan - Year 6 Class Assembly - 9:00am
6th Feb - Year 5 Class Assembly - 9:00am
13th Feb - Year 4 Class Assembly - 9:00am
5th Mar - Year 3 Class Assembly - 9:00am
13th Mar - Year 2 Class Assembly - 9:00am
20th Mar - Year 1 Class Assembly - 9:00am
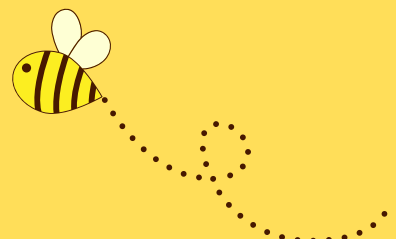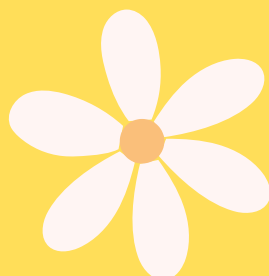
Alban Wood Primary School and Nursery
Holiday List and INSET Days
1 Sept 2023 - 31st Aug 2024

	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	

Clubs

Clubs begin on Monday 22nd January 2024. A letter has been sent out on Wednesday. Please complete and return to school by Tuesday 16th January 2024.

We would like to remind any parents / carers who have a child who will start in Reception class at school in September 2024, that applications will close on Monday 15th January 2024.

Attendance

We take attendance and punctuality very seriously. We aim to have an attendance figure in excess of the national average of 96%. Attendance data is tracked by the Department for Education.
PLEASE DO NOT TAKE YOUR CHILD ON HOLIDAY DURING TERM-TIME.

ATTENDANCE MATTERS
every student, every day

Top Tips for...
MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you *do* want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

DEVICE BOX

The National College

NOS
National Online Safety®
#WakeUpWednesday

@natonlinesafety   /NationalOnlineSafety   @nationalonlinesafety   @national_online_safety

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ONLINE CONTENT
10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.

1 MONITOR VIEWING HABITS
Whilst most apps have moderation tools, inappropriate content can still slip through the net.

2 CHECK ONLINE CONTENT
Understand what's being shared or what seems to be 'trending' at the moment.

3 CHECK AGE-RATINGS
Make sure they are old enough to use the app and meet the recommended age-limit.

4 CHANGE PRIVACY SETTINGS
Make accounts private and set content filters and parental controls where possible.

5 SPEND TIME ON THE APP
Get used to how apps work, what content is available and what your child likes to watch.

6 LET CHILDREN KNOW YOU'RE THERE
Ensure they know that there is support and advice available to them if they need it.

7 ENCOURAGE CRITICAL THINKING
Talk about what people might post online and why some posts could cause distress.

8 LEARN HOW TO REPORT & BLOCK
Always make sure that children know how to use the reporting tools on social media apps.

9 KEEP AN OPEN DIALOGUE
If a child sees distressing material online; listen to their concerns, empathise and offer reassurance.

10 SEEK FURTHER SUPPORT
If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

National Online Safety®
NOS
#WakeUpWednesday