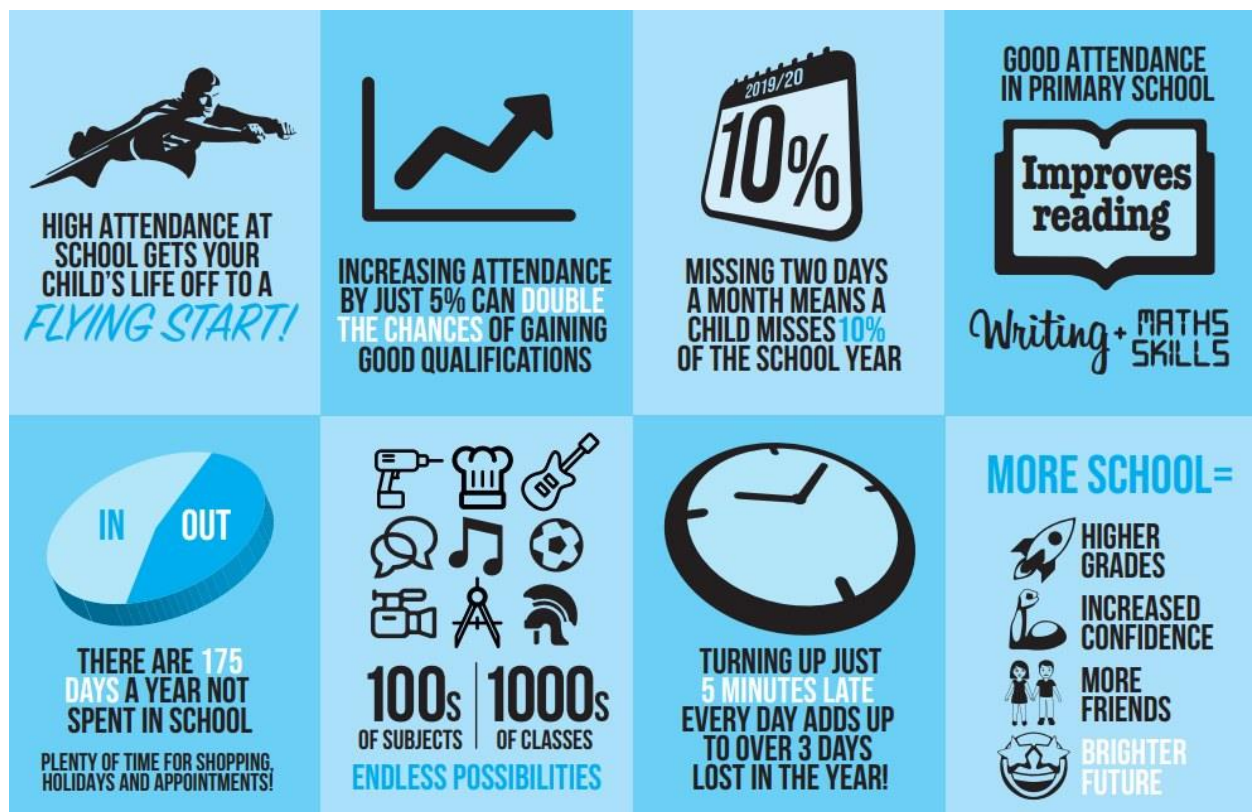




Newsletter for 24th January 2025

Every lesson counts - your child must attend school every single day for the best chance of success!



**"THIS MORNING, HE
WAS WORRIED ABOUT
SCHOOL... BUT LOOK
AT HIM NOW!"**

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



HM Government

Head to the Education Hub to find out more.



**ATTENDANCE
MATTERS**

Top Attendance for the Week

1st Place – Turquoise 100%

2nd Place – Emerald 97.1%

3rd Place – Copper 96.3%

Courage

Resilience

Gratitude

Perseverance

Aspiration

Kindness

Headteacher's Message



Dear Families,

We are really looking forward to our inspirational workshop with Chris Tawiah on Friday 31st January; Chris is a British Basketballer who has won multiple championships and competed in many major European and international competitions. Please support this event by sponsoring your child to complete a Challenge! Sponsorship money will raise funds for vital training, medical and competition costs, as well as helping our school, promoting physical fitness and supporting

other athletes across the country. You can send your child's Fitness Challenge sponsorship money into school before Friday as cash or you can contribute at <https://www.crowdfunder.co.uk/p/manor-park-primary-academyfundraiser>. There are rewards available for every child: everyone gets a sticker for participating in the challenge; **Bronze reward is an Official Victory Wristband if your child raises between £15 and £29.99; Silver reward is a signed A4 Poster and Official Victory Wristband if your child raises between £30 and £49.99; Gold reward is a photo with Chris Tawiah presented in a signed keepsake wallet plus all the other rewards if your child raises £50+!**

This week, Year 5 were excellent ambassadors for the school during their visit to the Space Centre. I was delighted to hear all of the fascinating facts they had learnt during their time there! The trip supported their learning in science this term and their computing lessons in school have also helped them to understand how data is transmitted through space, from Mars to Earth.

Our School Council also met with me this week to share ideas on what makes our school a great place to learn; they shared what their favourite lessons are and what they enjoy about after school clubs, as well as gathering their peers' suggestions on what playground equipment they would like school to buy. I'm looking forward to working more with them throughout the year.

Next week is a busy one again. We have firefighter workshops, MoneySense workshops, NSPCC workshops, our Year 5/6 Residential, and a giant cheque presentation from Titan Consortium, as well as the usual curriculum learning!

Have a lovely weekend,

Christine Chapman

Star of the Week



Congratulations to our Stars of the Week - this week's focus is 'Aspiration.'

Nursery Anaya

Indigo Mohammed K

Gold Dev

Copper Ibrahim

Aqua Salaar

Turquoise Jomilojo

Crimson Tasnim

Cerise Omar

Ochre Hawwa

Bronze Jonas

Ruby Raheem

Topaz Amiyah

Teal Alisha T

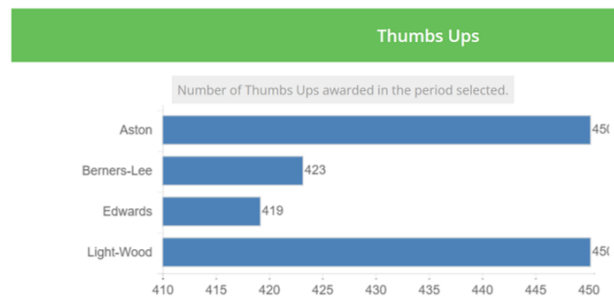
Emerald Abubakar



— AND —
THE WINNERS
are...

House Points are now collected using Marvellous Me. **You can see you child's individual house points by clicking on the 'thumbs up' button.** However many 'thumbs up' they've had, this is the number of house points they have received in school!

This week's winners overall are BOTH Aston and Lightwood!



Safeguarding and Wellbeing Update - Health and Fitness



At The National College, our **WakeUpWednesday** guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit thenationalcollege.com.

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

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.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Fitness apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children. It's not ideal for everyone, as all have different physical needs to a child or it may cause unwanted expectations and self-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 could harm children more 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 centres, or the game or reward system of other such activities. Research has found that young people generally dislike the impact 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 names, locations, notes of health, details of their physical health and more. It's worth knowing in case that some of these apps may use this data in their past. We'd advise that any apps you use should be developed around the central 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 personalised plans) by signing up to a subscription or paying for extra features. This can be quite costly, as it's a cost which can easily 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 seen frequently enough and sometimes – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their activity, 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 exercising regularly. Fitness activities with family and friends, rather than always exercising alone. Encourage the fun that can come from exercising, and then offer them safety advice on an app to monitor their progress. Remind them of the importance of staying active, as well as the benefits of going to 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 to 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, encouraging 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 review 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 their child's particular needs and decide if you're comfortable with them using it. Ensure that any other concerning 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.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various safeguarding policies and carried out research for the Australian Government's eSafety Commissioner and is a frequent speaker at conferences and events.

#WakeUpWednesday The National College

Source: See full reference list on guide page at: <https://thenationalcollege.com/guides/wellbeing-fitness-apps>

[@wake_up_weds](https://twitter.com/wake_up_weds)
[/www.thenationalcollege](https://www.facebook.com/thenationalcollege)
[@wake.up.wednesday](https://www.instagram.com/wake.up.wednesday)
[@wake.up.weds](https://www.tiktok.com/@wake.up.weds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 22.03.2023

Dates for your Diary



Parent Fitness Class - Tuesdays 9.00am Main Hall

Year 5 and 6 Residential Scout Adventures - 28th to 30th January

School Term Dates for Next Year - 2024/25

Please see the calendar below showing all of the school term dates, bank holidays and teacher training days for the next academic year.



Manor Park Calendar 2024/25

August 2024								September 2024								October 2024								November 2024							
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
31					1	2	3	4	35						1	40		1	2	3	4	5	6	44					1	2	3
32	5	6	7	8	9	10	11	36	2	3	4	5	6	7	8	41	7	8	9	10	11	12	13	45	4	5	6	7	8	9	10
33	12	13	14	15	16	17	18	37	9	10	11	12	13	14	15	42	14	15	16	17	18	19	20	46	11	12	13	14	15	16	17
34	19	20	21	22	23	24	25	38	16	17	18	19	20	21	22	43	21	22	23	24	25	26	27	47	18	19	20	21	22	23	24
35	26	27	28	29	30	31		39	23	24	25	26	27	28	29	44	28	29	30	31				48	25	26	27	28	29	30	
								40	30																						

December 2024								January 2025								February 2025								March 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
48							1	1			1	2	3	4	5	5						1	2	9						1	2
49	2	3	4	5	6	7	8	2	6	7	8	9	10	11	12	6	3	4	5	6	7	8	9	10	3	4	5	6	7	8	9
50	9	10	11	12	13	14	15	3	13	14	15	16	17	18	19	7	10	11	12	13	14	15	16	11	10	11	12	13	14	15	16
51	16	17	18	19	20	21	22	4	20	21	22	23	24	25	26	8	17	18	19	20	21	22	23	12	17	18	19	20	21	22	23
52	23	24	25	26	27	28	29	5	27	28	29	30	31			9	24	25	26	27	28			13	24	25	26	27	28	29	30
1	30	31																						14	31						

April 2025								May 2025								June 2025								July 2025							
Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su	Wk	Mo	Tu	We	Th	Fr	Sa	Su
14		1	2	3	4	5	6	18				1	2	3	4	22						1	27		1	2	3	4	5	6	
15	7	8	9	10	11	12	13	19	5	6	7	8	9	10	11	23	2	3	4	5	6	7	8	28	7	8	9	10	11	12	13
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18	28	29	30					22	26	27	28	29	30	31		26	23	24	25	26	27	28	29	31	28	29	30	31			
																	27	30													

Bank holidays 2024/25

26 August '24 August Bank Holiday 26 December '24 Boxing Day 18 April '25 Good Friday 5 May '25 Early May Bank Holiday
25 December '24 Christmas Day 1 January '25 New Year's Day 21 April '25 Easter Monday 26 May '25 Spring Bank Holiday

Teacher Training Days

2 September 2024 3 September 2024 29 November 2024 31 March 2025 21 July 2025



Apply for free school meals



[Apply for free school meals - GOV.UK \(www.gov.uk\)](http://www.gov.uk)

Dear Parents and Carers,

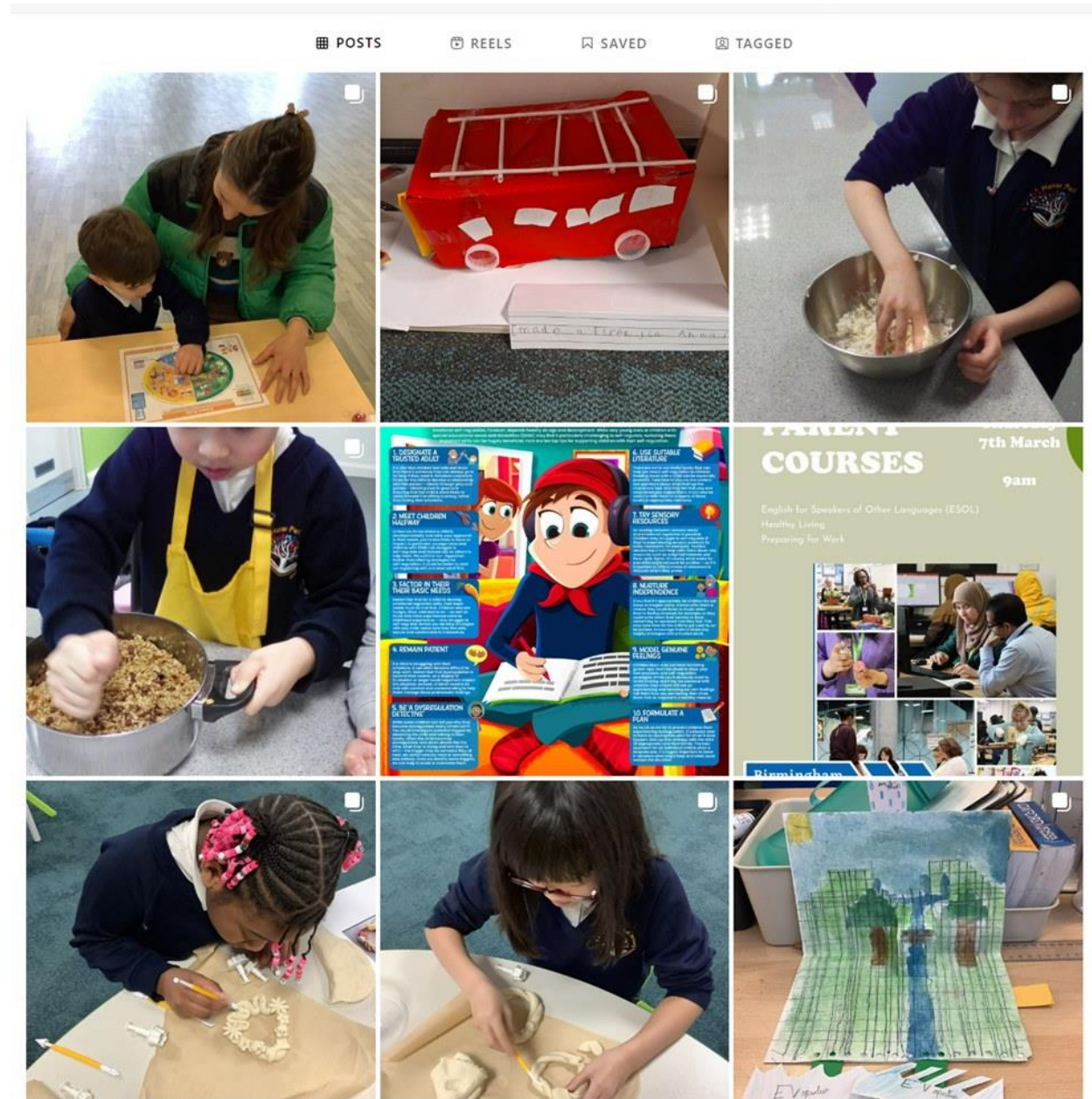
Did you know that by registering your child for free school meals, you're not only ensuring they get a nutritious, hot meal every day but also supporting our school's funding? Every child who is registered for free school meals generates extra funding for the school, which we can invest directly back into your child's education and wellbeing. This funding helps us provide more resources, better learning environments, and additional support for our pupils. While all children in Reception, Year 1, and Year 2 (as well as those under the Mayor's Meals scheme in London) automatically receive free school meals, we only receive extra funding if you officially register your child. Please read the attached letter for information on how to apply.

We are a Nut Free School!



Give us a follow on Instagram!

<https://www.instagram.com/manorparkprimaryacademy/>



If you need to report your child's absence...



Please call 0121 327 1023 to report your child's absence by 9.30am

If you need support with your child's attendance, please contact Jo Green via email at enquiry@manorparkacademy.org or call the school office.



**At Manor Park Primary
Academy everyone
has the right to feel safe.**

**At Manor Park Primary
Academy everyone
has the right to learn.**



**We are your Designated Safeguarding Leads.
We can help you.**



Ms Christine Chapman
Headteacher
DSL



Mrs Saima Mahmood
Teacher
DSL



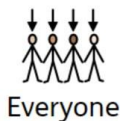
Miss Becky Lewis
**Deputy
Headteacher**
DSL



Mrs Natalie Brindley
SENDCo
DSL



Miss Jo Green
Lead DSL



Everyone



has

a



right

to



feel safe.



Please



talk to



us.

