

Message from the Senior Management Team

Dear Parents,

You may be aware of a recent report issued by the **Royal College of Paediatrics and Child Health** entitled *'The Health Impacts of Screen Time: A Guide for Clinicians and Parents'*. The report, as the name suggests, investigated claims that blue-light screen time is harmful to children. The report, however, concluded that:

'Evidence that time in front of a screen has a negative effect on children is "contested" and that the "evidence of harm is often overstated."

While it is pleasing to know that our children may not be as much at risk from 'blue-light' screen time as we might imagine, we would urge parents to interpret this message with an element of caution. 'No evidence of harm' is not the same as 'no harm' and many clinicians argue that evidence of harm may present itself in years to come, when trials over a longer period have taken place. Many childcare professionals (teachers at Meadowbrook included!) will claim that too much blue-light screen time (or late-night screen time) DOES have a visible, negative impact on our children in class the next day. Teachers are likely to be able to tell which children in their class have had an excessive level of screen time in the prior day or two, evidenced in poor concentration, tiredness, lack of focus on one task, reduced quality of work and possibly increased impulsivity.

The report concluded that it was the responsibility of parents to ascertain

the appropriate amount of screen time for their child and to find a system that works for their family and their unique situation. Based on the evidence in their findings, they felt they could not suggest more specific guidelines for parents. Parents are urged however, to take active regulatory measures to supervise their child's health and wellbeing, and to balance 'tech-time' with other forms of play. With Online Safety and the safe use of technology increasingly featuring in Ofsted regulations, our awareness of the time children spend on devices, and what they are doing on them, must be **carefully** and **constantly** monitored by us all.

Don't Forget!

UP Twilight Delight

Friday 7pm-9pm
£5

Please note that your permission slips state 6pm-8pm but 7-9pm is the correct time.

Reception Library Trip

Wednesday, 30th January
1.45pm-2.30pm

Smart winter uniform please, including smart black school shoes.

FoMM Coffee Morning

Thursday, 24th January

After drop-off, in the Atrium. Serena will be present to answer any questions you have.

If you have yet to collect your school calendar, please speak to Joy in the office, who is holding it for you.



During our whole school assembly this morning, staff discussed our school break-in over the weekend. Children had an opportunity to ask questions about the incident and discuss their thoughts and feelings. Children were reassured that they were safe on the premises and that the laptops would soon be replaced!

If your child has queries or concerns about this matter, please direct them to their class teacher.

Snack & Swimming



Could parents please remember to provide their child with a mid-morning snack on swimming days, as some of the children are finding it hard to get through to lunchtime after their swim session. This is particularly relevant for the children who have hot lunch at school now, as they do not have a lunchbox to dip into.

Many Thanks

On Wednesday, 30th January, Reception class will take the mini-bus to Whitegrove Library, located on the far side of



Tesco carpark. *Barbara and Wendy will take the class for a reading session with a librarian, then will have free exploration to choose and read their own books. Children will return to school for the usual pick-up time. Should you have any questions, please ask Barbara.*

Would Lower Primary parents please be kind enough to pick up their child from the LP side door every day from now on. We are using the Atrium for after school clubs more frequently and both children and adults are finding it confusing!

Thank you for your cooperation.

Barbara & Sarah