



SCHOOL NEWS

Our Motto:
Believe & Achieve

Our Mission Statement:
Through Jesus we love, learn and grow

Prayer

Lord,
We give thanks for those involved in the PTA show this weekend and for all those who volunteer their time to help in school. Their contribution helps make the experience of our pupils all the more enriched and positive. We pray also for all people who give their most precious gift of time to serving you and to serving others.
Amen

☆☆☆ SHINING STARS ☆☆☆

Nursery	Maisie	
Reception	Leon	Elijah
Year One	Leo	
Year Two	Bobby	Isla-Jai
Year Three	Henry	Freddie
Year Four	Katie	Aria
Year Five	Millie	Ted
Year Six	Theo W	Thomas

WINNING HOUSE THIS WEEK

LOSTOCK

Please click to find out
more about our school

[Facebook](#)

'I can do all things
through Christ who
strengthens me.'

Phil 4:13

Nursery

Following on from reading 'Shark in the Park', Little Explorers enjoyed a trip to the little park to see what they could find. They took the telescopes they had made and were lucky enough to spot 12 sharks!



Carabao Cup Final Tickets

Silent Auction

Get your bids in for two tickets to the Carabao Cup Final. This highlight of the sporting calendar will be held at Wembley Stadium on Sunday 25th February.

These are category 1 tickets with a face value of over £100 each and can be allocated in either the Liverpool or Chelsea stand. The winning bid will be announced during the interval of the final performance of the PTA show on **Saturday 3rd February**. Happy Bidding!



Chinese New Year

The school kitchen is preparing a special menu to celebrate Chinese New Year. This will take place on Thursday 8th February. Your child is welcome to stay for this special lunch and can just order it on the day.



Head Lice

We have had a few cases of head lice reported recently in school. Please remember to check you child's head regularly and use the appropriate treatment. Thank you

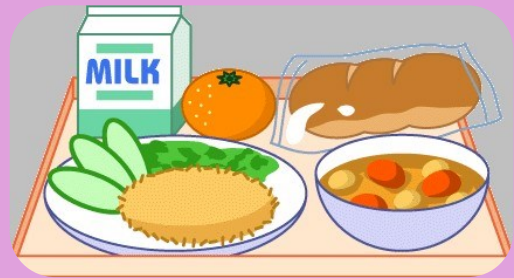


School Dinner Payments

Please remember to pay any school dinner arrears as soon as possible.

School dinner payments should ideally be made on a weekly basis.

It is possible to upload a credit amount onto school money to avoid having to remember to log on and pay each week. If you click on the amount in the green box you can change the amount you would like to pay. Payments will automatically be deducted from this credit, making school dinner payments easier to manage.



Car Park

Once again, we must remind parents that they must not park in the staff car park—the only exception being those who require disabled access.

This is always problematic at the best of times but whilst the building work continues, could actually be dangerous. Please park and walk.



Lunchtime Welfare Vacancy

We have a vacancy for a lunch time welfare assistant, starting in **September 2024**.

If you would like to join our friendly team, please phone or call into the school office for more information. Thank you



Upcoming Dates

Friday 2nd February	7.30pm	PTA Show
Saturday 3rd February	7.30pm	PTA Show
Monday 5th February	All Day	Y5 Viking Day
Wednesday 7th February	All Day	Maths in Motion 2 (x3 Y6 pupils)
Thursday 8th February	All Day	Y1, Y3 & Y5 Mini First Aid
Friday 9th February	3.20pm	School Closes for Half Term
Monday 19th February	1.30-3.20pm	Y4 Swimming Begins
Tuesday 20th February	9.10am	Open the Book
Wednesday 21st February	3.20-4.15pm	Choir Recommences
Friday 23rd February	All Day	Break the Rules Day

Letters Home

YR—Bikeability Balance Festival

Whole School—Fundraising for Leukaemia UK

Y5/6 Cross Country Run Competition (Bishop Rawstone Academy)

Sports and Social Clubs

Monday	Guitar Lessons KS2	Lunchtimes
Tuesday	Tri-Golf KS2	3.20-4.20pm
Wednesday	Spanish Club—All years	8.00-8.50am
Wednesday	HI 5 Netball Club Y5/6	3.20-4.00pm
Thursday	Tri-Golf EYFS & KS1	3.20-4.20pm
Friday	Brass Club	3.20-4.15pm

fun activities

Jellybeans

Jellybeans sessions for under 4s

songs

10am to 11am

stories

in the school hall at
Eccleston St. Mary's CE Primary School

Every Thursday

Children must be
accompanied by an adult

£2
per family

Refreshments
will be
served

Please share this information
with other families in the village.

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.

KEEP SCROLLING

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.



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.

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.



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.



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