



Dear Parents/Carers,

Firstly I'd like to thank all the parents who came to 'Read with your Child' on Tuesday. We know that the children love spending the time reading with you at the beginning of the school day.

Over the last 2 weeks we have had a few visitors in talking to the children about their learning. I have been so impressed by the way they have articulated what they are learning and how they know how well they are doing and how they can get better. Their knowledge is going from strength to strength.

On Friday we had a group of children participate in the latest cross country event and I'm sure as always they ran their hardest and best. Thank you to all the parents who support these events. As we go in to the next week and half term we have children attending an internet safety event with children from An Daras schools and performing at songfest. Both of these will be great opportunities to mix with other children from the local area.

The PTA met on Thursday and have started planning some great fundraising events, including a break the rules day and Easter bingo. Please look out for further details of these.

Attendance continues to fluctuate. Well done Years 1 and 5 for another week of 100% and a close Year 3. Have a good weekend  
Best wishes  
Sally Cook

If you require this newsletter in an alternative format, for example large print or dyslexia friendly, please email [secretary@lewannick.net](mailto:secretary@lewannick.net). This also applies if you require it in a different language.

### DATES FOR YOUR DIARY

#### February 2024

Tuesday 6th—Safer Internet Day, Yr 3 at Launceston Town Hall (Details to follow)

Friday 23rd—Sharing Time 2-3pm

Monday 26th—Yr 1/2 Multii Skills Festival St Josephs School (Details to follow)

Tuesday 27th—Songfest 7pm—8:45pm

Wednesday 28th—Yr 3/4 Football Launceston College (Details to follow)

#### March 2024

W/B Monday 4th—KS2 Bikeability (Details to Follow)

Thursday 7th—World Book Day

Friday 15th—Red Nose Day

W/b Monday 18th—Scholastic Book Fair (Details to follow)

#### April 2024

Fri 29th March - Fri 12th April—Easter Holidays

Monday 15th April—INSET DAY

#### Reading Volunteer Required

We are looking for a volunteer to come into school to hear KS1 children read for one afternoon a week. If you are interested please contact Mrs Symmons in the School Office for an application form.



#### Readers of the Week

Hattie, Harry, Rowan B,  
Penny, Thomas F



#### Stars of the Week

Freddie, Lewis  
Kye, Henry, Thomas F  
Isobel, Willow, Evie H

Keyboard lessons have started this term. If you're interested in your child learning the keyboard then please complete the form below.

[https://docs.google.com/forms/d/e/1FAIpQLSen9pHuf-ginGzR\\_7qpy8EyZhdase6YyVwYn\\_awexkl8h19g/viewform](https://docs.google.com/forms/d/e/1FAIpQLSen9pHuf-ginGzR_7qpy8EyZhdase6YyVwYn_awexkl8h19g/viewform)

Children do not need their own keyboard as thanks to the PTA we now have our own keyboards which the children can use.

Lessons cost the following:

10 minute Individual Lesson (£6 per lesson)

20 minute Individual Lesson (£10 per lesson)

Small Group Lesson (£5 per student per lesson)

### Weekly Attendance

Year Group	% Attendance	Year Group	% Attendance
R	94.81%	4	91.27%
1	100%	5	100%
2	93.16%	6	83.95%
3	98.77%	Whole School	94.87%



#### School Menu

Next week is week 3

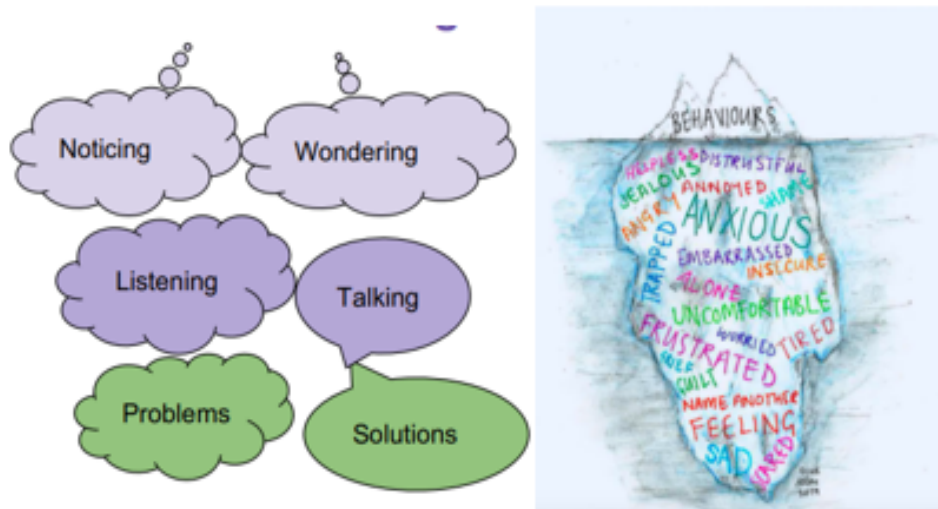


## SEN Corner

Welcome to the February SEN corner. This month I would like to share some information on Emotional Coaching. Staff have carried out training on this with our Educational Psychology team.

Emotion coaching is about helping children to become more aware of their emotions and to manage their own feelings particularly if they are dysregulated. Here are some of the strategies we use and that can be used at home.

### A quick guide to emotional coaching



There are four steps to emotional coaching.

- 1. Notice the child's feelings and empathise with them.**
- 2. Label and validate the feeling the child is experiencing right at that moment.**

'I can see that you get angry when that happens. I would feel angry if it happened to me too. It is ok to feel angry'
- 3. Set Limits (if needed)**

Emotional coaching is not about ignoring the fact that some behaviours are not acceptable. After steps 1 and 2 you should be clear which behaviours are not acceptable.

'I understand you are feeling really sad today, but one of our golden rules is kindness, so hitting your friend is not an ok thing to do.'
- 4. Problem solving**

When the child is calm, help the child to consider what they should do when they feel those strong feelings again.

# 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.



ARGYLE  
COMMUNITY  
TRUST

BOOK  
NOW!

# FEBRUARY HALF TERM ROADSHOWS

EAST CORNWALL/NORTH DEVON FEBRUARY 2024 | 9.30AM-3.30PM (UNLESS STATED)  
BOYS & GIRLS ALL ABILITIES AGED 5-15

## MONDAY 12TH

St Joseph School, Launceston  
St Joseph School, Launceston (Mini Pilgrims)  
Lanivet Community Hub

## TUESDAY 13TH

Dobwalls Football Club  
St Teath Football Club  
Mount Kelly College Tavistock - Main Campus

## WEDNESDAY 14TH

Tregadillett Primary School  
Holsworthy YFC

## THURSDAY 15TH

Saltmill 3G, Saltash

## FRIDAY 16TH

Polperro Football Club  
Bude Football Club



SCAN ME

Book now **01752 522202**  
[www.officialsoccerschools.co.uk/argyle/courses.html](http://www.officialsoccerschools.co.uk/argyle/courses.html)

[www.argylecommunitytrust.co.uk](http://www.argylecommunitytrust.co.uk)

Respect

Happiness

Creativity

Friendship

Perseverance

# Half Term Holiday Camps



## Softball

For school years 1 to 4  
Tuesday 13th February  
10am to 3pm  
£15



## Hardball

For school years 5 to 8  
Wednesday 14th February  
10am to 3pm  
£20



## U13 Indoor Comp

Thursday 15th February  
10am to 3pm  
Team of 6  
£30



## At Cornwall Cricket Centre

Truro College Campus  
Truro  
TR1 3XX



*To book scan the QR Code or use the link in the text*

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## Your local Link into Learning

# Callington Link into Learning has moved to Callington Library

We invite you to come and have a cup  
of tea and a chat with us to find out  
more about the free courses on offer

**Friday, 23 February, 10:00-12:00**

Our centres provide a friendly and supportive environment  
to improve your English, maths, and digital skills.  
Gain confidence, meet new people and enjoy learning.  
Whatever stage you are at, we can get you started.

**Callington Library, Coronation Road, Callington, PL17 7DR**

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It's easy to apply online today  
[www.cornwall.gov.uk/adultlearning](http://www.cornwall.gov.uk/adultlearning)  
Call **0300 1231 117** Local charges apply

