

Digital Free Zones

In a recent survey in the UK about the use of the internet and digital devices, people have admitted to smart phone anxiety and highlighted how we are now getting too dependent on mobile phone devices. 1 in 8 of us sleep within a metre of our mobile phones and 1 in 5 young people have confessed to waking up in the middle of the night to check messages on social media. It is recommended to parents that bedrooms should be digital free zones and so should the dinner table.

A local group of year 6 students were interviewed last week and asked, "How would you feel if Snapchat and YouTube didn't exist for 2 days?" The response was: devastated, wouldn't be able to cope and angry. They were then asked "How would you feel if no one commented on your photos on Instagram?" They came back with: embarrassed, I would remove the photo and put another one online quickly, sad and upset. This is really worrying from two aspects both in terms of their self-esteem and also how dependent young people are on apps and the internet.

Once again we would like to highlight to parents how important time limits are.

Please try to remember the 3 D's at home:

- **bedrooms should be digital free zones**
- **digital sunset (come away from technology before bed time)**
- **parents need to be strong digital role models.**



FOMS Easter Egg Hunt


Tuesday 27th March 3-30-5pm

£5.00 per child



Reply booking slip with full details in pupil book bags today.

Please return reply slips with correct money in a sealed envelope to the FOMS box at the school office by Thursday 22nd March.



Dates for your Diary

2018

No Woodwind Lessons		Monday March 12th
Instead the lessons will take place on		Tuesday March 13th
Year 5 Swimming wk4	9am	Friday March 16th
Stanwick Class—Hazard Alley Visit	morning only	Friday March 16th
Woodwind Music Recital & Achievement Assembly	2.45pm	Friday March 16th
Last Udance this term	8am	Wednesday March 21st
Last GLK this term	3.40pm	Wednesday March 21st
Last Hotshots this term	8am	Friday March 23rd
Year 5 Swimming wk5 -last one	9am	Friday March 23rd
Class Photographs		Tuesday March 27th
FOMS Easter Egg Hunt	3.30-5pm	Tuesday March 27th
Easter Service at Holy Cross Church	10.30am	Wednesday March 28th
Close for Easter Holidays	3.30pm	Wednesday March 28th
Training Day		Thursday March 29th
School Re-opens		Monday April 16th
Year 4 Swimming begins (5 weeks)	9am	Friday April 20th
Band re-starts	8.15am	Monday April 23rd
Bikeability (Year 5)	Week beginning	Monday April 30th
Life Education Bus		Monday April 30th
School Closed for May Day Bank Holiday		Monday May 6th
Close for Whitsun Holidays	3.30pm	Friday May 25th
School Re-opens	8.55am	Monday June 4th

Full term dates for 2017-2018 and 2018-2019 can be found on the school website.