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Create, Aspire and Excel  
to 'Live life in all its fullness' (John 10:10)

## Message from the Principal

I do hope that all our families and friends in the community are looking forward to a happy family break over the Christmas period.

This week we will be enjoying a Christmas lunch. On Friday we will be seeing our students and staff in their Christmas or decorated jumpers, raising valuable money for Save the Children. Students will need to wear normal uniform with a jumper in place of their blazer or if they prefer, to keep warm, their blazer over the top.

A reminder that we are collecting for the Chiltern Foodbank, so do please bring items in by Monday afternoon of next week.

There are collection boxes by the main entrance.

Items that are particularly needed include:

Tinned fruit	Custard
Rice pudding	Longlife fruit juice/milk
Cooking oil	Toiletries



The Carol Concert is at St Mary's Church on Thursday 16 December from 6.30pm. I am sure that this will be a delightful event, showcasing some of our talented musicians and performers.

### Covid Update

We continue to be impressed at how our students are taking responsibility for the safety of our community by wearing their masks. If your child/ren is between 12-15 years of age then a vaccination is possible using this link:

<https://www.nhs.uk/conditions/coronavirus-covid-19/coronavirus-vaccination/book-coronavirus-vaccination/>

Thank you to our parents for keeping us informed if there is a positive lateral flow test in your family. A reminder the email to use in these circumstances is:

[covidalert@chacademy.co.uk](mailto:covidalert@chacademy.co.uk)











Thank you for helping local people in a crisis



**Please donate to our local foodbank  
this Christmas.**

Here are some examples of what can be brought in.



**Items required are:**

Tinned Rice Pudding

Custard Powder

Tinned Custard

Tinned Fruit

Tinned Hot Dogs

Cooking Oil

Tinned Salmon

Shampoo

Toothpaste

Long-life Fruit Juice

Christmas Puddings

Christmas Cake

Pickles

Christmas Crackers

Sponge puddings

Tea, Coffee

Jam

Washing up Liquid



**Please place in the crates in the school foyer.  
On Friday 10 December or Monday 13 December**



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

**47%**  
of parents  
said they thought their children spent too much time in front of screens



# What parents need to know about SCREEN ADDICTION

## SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

## IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

## CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.



## APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

## LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



National Online Safety

## Top Tips for Parents



### LIMIT SCREEN TIME



In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

### LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

### MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.



### ENCOURAGE ALTERNATIVE ACTIVITIES



It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.

### LEAD BY EXAMPLE



Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.



#### Sources

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