



Newsletter

19th January 2024

Sporting Superstars!

Yesterday, a team of girls from Year 3 and 4 represented Friezland at an Oldham Athletic Football tournament at Kicksonic in Oldham. The girls were praised by the coach for their brilliant effort, determination and sense of fun! Although they didn't quite win a match, they never stopped running and gave it their all. They got to meet Chaddy the Owl and all came home with the special prize of a book about female footballers. Many thanks to our PE coach Laura Barlow who accompanied the team and to the parents who provided transport.

Upcoming sporting competitions include Year 3 & 4 Archery next week, Year 5 & 6 Athletics in February and Year 1 & 2 Gymnastics in March. We also have our annual visit from Freddy Fit on 14th February, when all the classes will have a fun sporting session with our visiting expert!



The Big Garden Birdwatch



The Big Garden Birdwatch is the world's largest garden wildlife survey. Every year, hundreds of thousands of nature lovers alike take part, helping to build a picture of how garden birds are faring. If you'd like to take part with your children, you simply have to spend an hour watching the birds on your patch between 26th and 28th January and submit your results. For information and all the resources, click [here](#). Class 1 & 2 will be taking part in the School's Big Birdwatch over the coming weeks.

Revision Books Order



Would you like to order some revision books to support your child's learning at home? Information letters have been emailed out and can be found on our website [here](#). Orders are open on Eduspot until 2nd February.

Have your say on how Oldham is developed in the future

Oldham Council has launched a consultation giving you the opportunity to have your say on how Oldham should develop in the future. The council is preparing a new Local Plan – a document which will guide and manage growth and developments, such as housing, the local economy and community facilities, up to 2039. You can comment on a range of topics including housing, town centers, transport and climate change via the online consultation portal, Big Oldham Conversation – other ways to have your say are detailed on the [website](#). Deadline: Wednesday 21 February 2024.

New Badges?



When children and staff join the Friezland family, they become a member of one of our Teams: Alderman (red), Wharmton (blue), Noonsun (yellow) or Alphin (green). We give everyone a badge and love to see our pupils wearing their team badges with pride! The children earn team points, from all members of staff, for meeting our Friezland Expectations and they work together to try to earn their non-uniform day at the end of each half term!



The children also work towards their Learning Award badges: they each have an award chart in which they collect stamps or stickers for their learning efforts. When the chart is full, they receive a certificate and badge in our Friday Celebration Assemblies. The Learning Award badges progress as follows:

BRONZE
SILVER
GOLD
RUBY
SAPPHIRE
EMERALD
DIAMOND
SPECIAL AWARD

If you need to replace a lost or damaged badge, please bring in 50p and Miss Hill will give you a new one.

Smart Phones and Smart Watches

Research tells us that one in three 8-year-olds in Britain own a smartphone and that proportion rises to more than 90% by the time children reach 12. This makes it all the more valuable for young people to know how to use such devices safely. We regularly cover e-safety learning as part of our curriculum and the children will have in depth lessons again as part of our upcoming 'Health Me: E-Safety' week. Take a look at the parent's guide attached below, which pulls together some simple but solid smartphone safety tips. As part of our safeguarding and e-safety procedures, we must inform you that pupils are not permitted to wear smart watches in school. If children in Class 4 have a phone which they need to bring to school, a permission form must be signed and returned, their phones must be switched off as they enter school grounds, and phones must be handed in to staff, to put into the lock box, as soon as children enter school.

DATES FOR THE DIARY

February

1st Class 3 trip to Bolton Museum (info sent out/pay on eduspot)
5th Healthy Me Week: E-Safety (includes visitor workshops)
7th Young Voices – KS2 choir concert
13th The Friezland Flip! (sponsor forms coming soon)
14th Freddy Fit visit – whole school

16th Last day of term

26th First day of spring 2 term

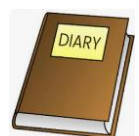
March

7th World Book Day (details coming soon)

14th Parent's Evening 1

19th Parent's Evening 2

28th Outdoor Learning Day / Last Day of term



SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The
National
College



National
Online
Safety

#WakeUpWednesday



Saddleworth Netball



Friday Development Sessions

Join Us

If you want a team sport for girls where they will learn to win on the court and through fun, friendship and fitness. Building self confidence and self esteem along the way then SNC is the place for you and your girl.

Development Classes

Join us on a Friday 4:15 to 5:30PM where Year 3 up to Year 7 can come along with no experience and just join in and have some fun. You'll learn ball skills and the rules of the court and then progress onto teams.



Visit our Website

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Any City, ST 12345

www.saddleworthnetball.club