

Dear Parents,

We hope you all had a good half-term break. It was good to see the children refreshed and ready for the new half-term of learning.

We have held our parents evenings this week and have been pleased to meet with so many parents to share the progress your children are making. If you didn't manage to make an appointment, please contact the school office so that we can arrange a time to meet with you.

As I write this, our Year 5 children are out on their trip to West Stow—we hope they enjoy the first-hand exploration of Anglo-Saxon houses. We look forward to hearing all about it on their return.

Best Wishes,

Mrs Keefe

World Book Day—7th March

Dress up as your favourite book character on 7th March, as part of our activities to mark World Book Day!

You should also have received a letter about the activities taking place next week which are all book-related.

Our Parents Do Day will also be book-themed and we are inviting parents to come and share a book and a biscuit in the hall with your child at the following times:

Year 4: 9—9.30am

Year 3: 9.45—10.15am

Year 5: 10.30—11am

Year 6: 11.15—11.45am

We very much hope you will join us.

London Zoo Visits

London Zoo want as many people as possible to enjoy a brilliant day out and to benefit from seeing and finding out about the amazing animals which live at the zoo.

To help families who might find the cost or other challenges a barrier to visiting, their Universal Credit tickets provide entry at a reduced price for as little as £3 per person.

You must book in advance, to avoid disappointment.

To find out more about it, click on the link [here](#).

Diary Dates

Parents Do Day	7th March
World Book Day	7th March
Year 4 Human Body Workshops	13th March
Year 3/4 Animals and Fossils Talk	14th March
Science Week	11th—15th March
HT6 Class Assembly	13th March
MD5 Class Assembly	20th March
Year 5 Anglo-Saxon Day	22nd March
Year 4 Residential Group 1	18th—20th March
Year 4 Residential Group 2	25th—27th March
Year 3 Coffee Morning	26th March
End of Term	Thursday, 28th March
Easter Holiday	29th March—14th April
Training Day—School Closed	Monday, 15th April
Summer Term Starts	Tuesday, 16th April

HAC Bracelets

Dear Parents,

On the 4th March through to the 8th March, there will be a bracelet selling stall in the hall at breaktimes. These bracelets consist of loom band bracelets and crocheted (plaited brackeleets). Included with the price will be a free Haribo sweet. If your child would wish to buy a bracelet, the price for a loom bracelet is 50p and a crochet bracelet is 80p.

Just a reminder it will be on the 4th March through to the 8th March. The bracelet stand is called H.A.C. Bracelets.

We are donating the money raised for our school's play equipment.

By Harry T, Ayla, and Charlotte S

Attendance

Our school attendance is currently 95.7% which is good!

Please remember to let us know if your child is unwell. If you need to request absence for an exceptional circumstance, you should complete the form for this. The form is available from the school office—or can be found on our website, under policies.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety
#WakeUpWednesday

REGISTER YOUR INTEREST FOR OUR PARENTING COURSES

Scan for
more info!

Cambridgeshire **Child and Family Centres**

- Incredible Years course (5-11yrs)
- Group Triple P Teens (Teen to 16yrs)
- Stepping Stones (additional needs up to 12yrs)

For more info on the course content and to register your interest, scan the QR code or contact us on the below email/number.



CALL US: 01480 372700

EMAIL US:

CHILDANDFAMILYCENTRE.HUNTS@CAMBRIDGESHIRE.GOV.UK

Your Education Inclusion Family Advisor

Charlotte Dean

Appointments in school

Individual Appointments for Priory Junior School

Appointments available on the following dates, from 9am.

Thursday 11th January 2024

Friday 16th February 2024



Thursday 21st March 2024

To make an appointment, please ask at the school office.

Education Inclusion Family Advisor's offer you an opportunity to ask for information, advice and support on any issue affecting your family life in a relaxed environment. These areas include:

- Challenging behaviour
- Routines
- Supporting emotions and wellbeing
- School transitions
- Parenting strategies
- Building resilience and confidence
- Any other family challenges you might be facing

For more information speak to your school office or contact us directly on:

 charlotte.dean@cambridgeshire.gov.uk  07917 173791