



MARTINS WOOD PRIMARY SCHOOL

NEWSLETTER

26th January 2024



HIGHLIGHTS

- Learning – Around the school
- Dates for your diaries
- Engagement with your child's learning

Year 3– Science

As part of the year 3 topic of Forces and Magnets the children explored push/pull Newton meters. Then they chose the right one that enabled them to measure the forces needed to carry out everyday tasks such as moving a chair or opening a door..



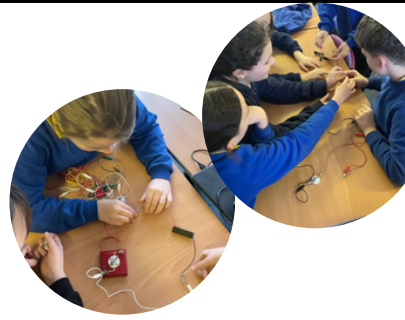
Nursery – Winter Topic

The nursery children enjoyed the cold weather at the end of last week as they were able to go out and investigate the seasonal changes that are going on around them. They enjoyed the frost one child said that it “made the floor slippery and we can draw in it”. They have been using their cutting skills to make snowflakes and were proud to show this to Mrs Figueiredo.



Year 6 – Science

Year 6 have been learning about electricity. In this week's lesson, we generated and investigated different scientific questions such as 'Does the number of cells affect the speed of the motor?' We wrote our scientific enquiries up including a prediction, diagram and conclusion, ensuring we used accurate scientific vocabulary as well as the correct symbols for our circuit components.



Reception – literacy and maths

The reception children have been using 10 frames to practice the conservation of numbers and have been sorting 3D shapes by the number of vertices they have. They have also been challenging themselves by writing the missing graphemes.



Maths – Times Tables Rock Stars

This week we have announced the introduction of a fantastic online resource called 'Times Tables Rock Stars' to help develop your child's knowledge of times tables and division facts (all pupils from Year 2 to Year 6). Times Table Rock Stars is a fun and challenging programme designed to help pupils master the times tables. It is recommended that your child does a little bit of times table practise every night. They will then be coming home with their login details and can be accessed online via the web address <https://play.ttrockstars.com/> or you may also download an App for the iPhone/iPad or Android App through which your child may practice.



Diary Dates

Year 5 CPR - Workshop
Friday 2nd February

Violin Concert (Holly Class)
Friday 2nd February (3pm)

Parents Consultation Evenings
Tuesday 13th and Thursday 15th February

February Half Term
Mon 19th February - Fri 23rd February 2024

Year 6 STEM Center Visit
Friday 2nd February

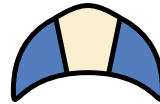
Book Fair
Begins Thursday 29th February

World Book Day
Thursday 7th March

End of Term
Thursday 28th March - 2:00pm



Swimming



It is also exciting to announce that for 6 weeks, commencing the 16th April 2024, we will have a temporary swimming pool built on site to provide every child in Key Stage 2 with swimming lessons. Please read the letter sent via parentmail as it provides you with all the information to ensure that your child receives the best possible experience during this time.

11th –15th March



Thank you again for those of you that have volunteered their time to come in and speak to the children about what you do within STEM. We are currently finalising details for the week so will be getting back to you soon. We are still looking for any more volunteers so if you think you could spare an hour to talk to the children about your work then please email into admin@martinswood.herts.sch.uk.

SMARTPHONE SAFETY TIPS

for young people

7

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 nosey 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

NOS
National
Online
Safety®
#WakeUpWednesday