

Miers Court Matters

UPCOMING EVENTS

NSPCC—
Number day
Dress down
day 07.02.24

14.02.25—
PTFA Valen-
tines Disco

14.02.25—
Last Day of
term

Note from Mrs Fordyce

The end of another exciting week of learning at Miers Court Primary School. It has been great to hear and see what the children have been learning. We are definitely all working on our handwriting and presentation and it is great to see the progress that some of the children have made with this... Well done !!

This week brought a visit from our CEO Mr McColgan and he very much enjoyed walking around the school, visiting classes and talking to the children about their learning and the introduction of our school values.

We hope you have a lovely weekend and look forward to seeing you in school, bright and early on Monday ready for another exciting week of learning !

Thank you

Attendance – Well done Flamingo Class (year 4) for achieving 98.1%, NHummingbird Class (year 1) for achieving 97.3% and Macaw Class (year 4) for achieving 97.1%. These classes are this week's top attend-

Celebration

Congratulations to Finley, Charis, melea, Ruby, Josh, Charlotte, Caysen, Hugo, sienna, Logan and Callum in year 1, Marley in year 3, Aaliyah, Belle, Ethan S, Freya B, and Archie for earning 25 Dojo points

**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**



Book Talk

Year R Book Talk



This term Year R have been learning about the role of police officers and as part of our Drawing Club our focus has been the story 'Supertato Veggies Assemble' by Sue Hendra. The children love reading about the antics of Evil Pea and what's more, he escaped jail and came to Miers Court, causing chaos!

It all started with a mess in the cloakroom- children investigated and looked for clues, called the police and received a video from Kent Police asking us to help capture him. They designed and made a trap, which was unfortunately unsuccessful... so we set up a camera and adapted the trap... but we were unsuccessful again!! The children then came up with the great idea to use something sticky.... And it worked!

This morning we arrived at school to find Evil Pea stuck on the sticky tape, covered in a net. Mrs Deo called the police who arrived within 20 minutes in a police van to make the arrest.

Chief inspector Searle and his colleagues took the opportunity to teach the children more about the role of police officers, and the children had the chance to get in the van, try on the hats and equipment and even use the lights and siren!

It has been an amazing week and we are very grateful to our visitors for their time and effort. The children have loved it, and it all stemmed from a story!



Quote of the week

"A problem is only a problem when viewed as a problem"

Robin Sharma

Safeguarding Corner

As a reminder, our Designated Safeguarding Lead is Mrs L Fordyce. Our Deputy Designated Safeguarding Leads are; Ms Munns, Miss Collings, Mrs Doherty, Miss Bradley and Mrs Kavanagh. If you have any safeguarding concerns, do not hesitate to get in contact.

THAT Staff Worn by all THAT Staff (unless wearing a purple safeguarding lanyard).	Visitor (DBS) This visitor is DBS checked and may walk about the site unaccompanied.	Visitor (No DBS) This visitor must be escorted by staff if moving around the site.	Trained Designated Safeguarding Lead Talk to them if you have any safeguarding concerns.
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What Our Lanyards Mean
Core Values: Inclusivity, Dignity, Respect & Ambition

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

- LACK OF PERSONALISATION**
Many apps take a one-size-fits-all approach leading to concerns for the varying ages and abilities of children in the year class. For example, will have different physical needs to a child of 10. This can create unrealistic expectations and set activities which may be too advanced for younger children or too simple for more able.
- DATA AND PRIVACY CONCERNS**
Fitness and wellbeing apps tend to collect a lot of personal information from their users, including names, locations, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may well not date to sleep periods. We advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.
- NOT DEVELOPED BY EXPERTS**
Some fitness and wellbeing apps are developed by people in the field, but a concerning number of them aren't. As such, these platforms may create inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activity or might include age-inappropriate content which would clearly cause harm to these users.
- ADDITIONAL COSTS**
While many fitness apps are free to download, the in-app content to quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can encourage users to spend money on the service - in cost which can be too much for some.
- REDUCED INTERACTION WITH OTHERS**
Physical wellbeing apps can remove the social and interactive elements which physical activities offer - for instance, meeting people at fitness classes, all the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.
- DEPENDENCY ON THE APP**
While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that - without being used, fitness classes and exercises - children would start to lose their natural ability to be active. Young people may also become obsessed with tracking their activities, health and eating habits. This can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

- EXERCISE AND SOCIALISE**
Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by exercising with others rather than using tracking on an app to monitor their regime. Remind them of the importance of staying active, as well as the benefits of being so with company.
- PROMOTE POSITIVE BODY IMAGE**
While we want children to be active and healthy, we must also ensure that they don't become fixated on how they look and begin to take things too far. During childhood and adolescence, the body is still growing and changing. It's really important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.
- REVIEW THE APP FIRST**
Before allowing someone under 18 to install a fitness and wellbeing app, check the app rating, read its reviews and scroll through its data policy, to ensure its suitability for your age users. You should also try it yourself, at least if it's appropriate for the user's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-complaining features - such as location tracking - are disabled.
- USE PARENTAL CONTROLS**
As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but - most commonly - these will relate to screen time limits, disabling or enabling in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert
Dr Chloe Rutherford 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 texting behaviour of young people in the UK, USA and Australia.

Source: See full reference list on guide page at: <https://thenationalcollege.com/guides/welbeing-fitness-apps>

Wake Up Wednesday The National College

#wake_up_weds @wake.up.weds

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Valentines PTFA school disco

After a roaring success previously, the PTFA team have the fabulous Joe Banana coming to entertain us and will have the tuck shop too. Details of what will be on sale at the disco will be available to you nearer the time.

Tickets are available to purchase via Arbor and cost is £5 per child.

Timings of the discos are as follows:

Year R, 1 and 2—4:00pm—5:00pm

Year 3 and 4—5:15pm—6:15pm

Year 5 and 6—6:30pm—7:30pm

This allows us 15 minutes between each session to get you in and out

Tickets are still available on your Arbor account until 7th February



02 Young Voices Choir



On Tuesday 21st January, 31 children from the choir attended the Young Voices concert at the O2 Arena. They were a part of the 8587 strong children's choir and they were utterly fantastic. We all had a fabulous time and the children sang, danced and behaved brilliantly. We are so proud of them; they were a credit to the school.



Recycle your Christmas sweet tubs!



Bring your clean, empty plastic sweet tubs into school and we will arrange for them to be recycled.

All proceeds from the recycled plastic tubs will be donated to [Macmillan Cancer Support](#)

Last date for collection is Friday 14th February 2025.



Free School Meals



We are asking that all parents in receipt of any benefits listed below visit: <https://pps.lgfl.org.uk/> to make an online application. If eligible your child would continue to receive Free school meals as they move into Year 3 up to Year 6 providing there are no changes to this government funded scheme

- **Universal Credit**—if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)
- **Income Support**
- **Income-based Jobseeker’s allowance**
- **Income-related Employment and support allowance**
- **Support under Part VI of the Immigration and Asylum Act 1999**
- **The guarantee element of Pension Credit**
- **Child tax Credit (providing your not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)**
- **Working Tax Credit run-on**—paid for 4 weeks after you stop qualifying for Working Tax Credit.

In addition to Free School meals all eligible children will attract pupil premium funding, which is worth £1345 a year per pupil payable directly to our school. These funds can then be used to support children’s ongoing learning and potentially support with trips and visits. Thank you for your continued support and if you have any questions please don’t hesitate to contact us.

<https://pps.lgfl.org.uk/>



Battery Recycling – This week we have **64** batteries!! Fantastic total, thank you. We submit our total to the Duracell website each week.

We also collect empty, clean bread wrappers and used ink cartridges (domestic only, please), which we give to Gillingham Street Angels, who receive a small amount of money for them. This money is used to help fund the projects that they run, for example, the soup kitchen and food bank.

Dates for your diary

07.02.25—NSPCC Number dress down day

14.02.25—PTFA Valentines School Disco

14.02.25—Last Day of term

24.02.25— Children back to school

Stay connected

Phone: 01634 388943

Email: office@mcps.school

School website: <http://mierscourt-that.org.uk>

Facebook: www.facebook.com/mierscourthat/

Instagram: www.instagram.com/mierscourthat/