



Allanson Street News

24th January 2025

Our value this month is:

Integrity



Reminders

Please make sure your child is wearing the correct school uniform. Complete guidance can be found on the school website. If you have any questions regarding uniform, please speak to your child's class teacher.

Remember that we have plenty of pre-loved uniform in our Unicycle centre. If you'd like to access this service, please contact Mrs Browne or Mrs Tyrer via Class Dojos.



Dates for your diary

- 7th February – Number Day! Dress up as a Rockstar, Robot or favourite number!
- 14th February – Y4 Chester trip

COUGHS & SNEEZES SPREAD DISEASES



COVER UP!

Coughs and sneezes spread diseases!

To help stop the spread of germs:

- Cover your mouth and nose with a tissue when you cough or sneeze.
- Throw used tissues in the rubbish bin.
- If you don't have a tissue, cough or sneeze into your elbow, not your hands.

Remember to immediately wash your hands after blowing your nose, coughing, or sneezing.



This Week's Highlights

In **Nursery** we have been learning about birds that we may see in the garden during Winter. We learned some of the names of the birds and as we looked at photographs of different birds, we used lots of words to describe them. We have spent some time "bird spotting" in our Forest school before making some bird feeders to help feed the birds that stay in our country during Winter.

In **Reception**, we have been reading the book Jonty Gentoo for our Drawing Club lessons. We have been practising re-telling the story and writing sentences or captions for different parts of the story. We began our new Art topic of collaging this week and we all collaged our own penguin. We also learned about recycling and how we can reuse different materials for other purposes.

In **Year 1** we have been working on developing arguments to start a debate about whether or not our polar bear should become a rainbow bear. We have been working on our numbers from 10-20 in maths and estimating and comparing them. We looked in more detail at the Arctic and Antarctic in Geography and in science we looked at mammals and birds.

In **Year 2** we have worked really hard to write persuasive emails to Benny about why he should have a balanced diet using our science knowledge. We did a great job including lots of requirements from our success criteria! We have also loved using view finders in art to really focus in on one of Alma Thomas' pieces of art and recreate her style.

In **Year 3** we have been busy practicing our sewing skills in DT! We have been recapping the running stitch from Y2, and learning a new stitch – the over-stitch. In English, we have been writing some brilliant winter poetry, based on our senses.

In **Year 4** we have enjoyed beginning to practise printing techniques in art and in music this week we developed our ability to read notation and use this to play our own instruments! In Maths we have continued to develop our multiplication skills and can now multiply two and three digit numbers by a single digit.

In **Year 5** we have enjoyed continuing to explore our novel Cosmic! We have looked at the protagonist Liam and how him being mistaken for an adult has got him into trouble. In Maths, we have been learning how to find equivalent fractions and convert mixed numbers to improper fractions. In Science, we have set up an investigation overtime to see how water and salt can be separated using evaporation.

In **Year 6**, we have been showcasing our drama skills during English, re-enacting the fight scene between Benvolio, Mercutio, Romeo and Tybalt, and using some Shakespearean insults. In science, we have learnt the acronym MRS GREN and labelled a diagram of a plant to show our understanding of this. In music, we have re-capped our knowledge of musical elements and musical notation.

This Week's Value Stars!!

Nursery: Otis, Esmee W, Nicolas & Daniella	Reception: Jason, Zofia, Leo H-R, Queen-Joy
Year 1: Sophie L, Matilda S, Liam, Grace T	Year 4: Joeshan S, Olivia S, Taiwo, Charlie M
Year 2: Sophie D, Ethan T, Charlie F, Hugo B	Year 5: Aria, Riley, Ozan, Zoey
Year 3: Lily-Mae B, Aisha, Harvey, Jaxson	Year 6: Phoebe H, Paige E, Madison A, Ingrid S

Weekly Winners



The top Oxford Reading Buddy this week:

Students	eBooks completed	Logins	Badges earned
Kimberley S Year 5	5	2	7



The Times Tables Rockstars winners are:

17th January - 23 January 2025					
Year 4	220	Year 3	158	Year 5	2



This week's tournament:

24th January - 30 January 2025

All Girls 0 All Boys 0

Attendance



Early Years – N am 91.4% N pm 93.7%

RKL 87.9% RMC 94.5%

KS1 –

Y1PT 93%

Y1TE 87%

Y2GW 97.7%

Y2LB 93%

LKS2 –

Y3EH 95.7%

Y3LC 95.5%

Y4MC 97.6%

Y4MM 93.3%

UKS2 –

Y5EK 98%

Y5NO 91.4%

Y6JM 89.7%

Y6LA 97%

(This week's winners are highlighted in yellow)



This Week's Learning at Home

Word of the Week:

Nursery – care

Reception – recycling

Year 1 – mammal

Year 2 – ignite

Year 3 – civilisation

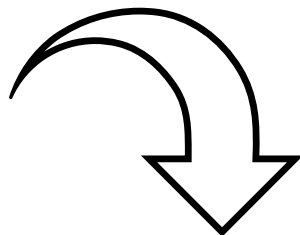
Year 4 – myriad

Year 5 – evaporation

Year 6 – rhythm

Over time, more and more fitness apps have been finding their way into circulation. Usually free to download – at least initially – these apps claim to offer helpful advice and assistance in routine management to those looking to lead a healthier lifestyle.

While these platforms can be useful, they do present several safety concerns. These issues become more significant when we consider that children and young people can use these apps to stay active – whether out of concern for their own health or for reasons of body image. Our free guide breaks down the risks of health and fitness apps and offers expert advice on how to address these concerns to safeguard younger users.



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

WHAT ARE THE RISKS?

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.

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at 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.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is 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 incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, 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 interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally 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.

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 capping 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 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.



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



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