



Blackawton Primary School Weekly News



Contact us: parent@blackawtonprimary.org.uk
Please talk to us about any issues or make an appointment.

13th March 2020

Weekly Attendance Per Class for 9th to 13th March 2020

Class 1 97.71%, Class 2 96.54%, Class 3 98.57% Class 4 93.57%, Class 5 97.00%

Our Attendance Target is 96%

Team Challenge are the winners again this week with 98.57%

COVID-19

I want to reassure Parents that our position is always that we will follow PHE advice. This is now that people with symptoms (a high temperature and/or a persistent new cough) should "self-isolate".

This is the latest advice.

<https://www.gov.uk/government/publications/covid-19-stay-at-home-guidance/stay-at-home-guidance-for-people-with-confirmed-or-possible-coronavirus-covid-19-infection>

Science Week

All children have been doing extra science this week; on Tuesday 10th March Ollie, from Fab Lab, was in school showing each class different scientific experiments.

"When I entered the hall, my eyes lit up when I saw trays of science things and man wearing a white coat, who was called Ollie."

"It was a Tuesday morning when I walked into the hall to see a man named Ollie standing by a table with lots of science equipment. He has a broad smile on his face and it made me feel excited for what was going to happen with all the mind boggling equipment."



Spring Concert

On Wednesday 25th March @6pm, we are hosting a Spring Music Concert to be held in the Church. We will be inviting our school musicians to play and sing to entertain our audience. We would also like to encourage musicians from the community to showcase their talents and inspire our children. Do you play an instrument or sing? Are you part of an orchestra or local band? We would love you to join in.

If you would be interest in being part of this exciting event please contact Helen in the office on admin@blackawtonprimary.org.uk by Monday 9th March.

Please save the date in your diary and come along and support us, FOBS have kindly offered to do refreshments and children from the Global Citizen's Group will also be supporting to raise funds for each class to sponsor an animal through the World Wildlife Fund.

Save the Date - Community Tree planting with Blackawton School Global Citizens

On Saturday 21st March, the Global Citizen group are organising a tree planting event in Blackawton. We have 420 saplings to plant and may have the offer of more trees so we are going to need as much local support as possible. More information will follow and your invitation to come along and help. This event is being organised in partnership with Sustainable Blackawton.



NITS

Nits have been reported in several classes - please check your child's head regularly to try and keep this under control





SCHOLASTIC

COME TO THE BOOK FAIR AND TAKE THE
BOOK BINGO CHALLENGE

Wednesday 18th March 3.00 - 5.00pm School Hall

Come to our Book Fair on 18th March and use your £1 World Book Day tokens against the cost of a book.

The Fair also raises money for school to buy books for the library



Community Lunch



After School Clubs - Spring Term 1

Normal After School Club will continue to run on **Mondays and Thursdays from 3.20 to 5.30pm**. If you are interested in other days please let us know and if there is enough interest we may be able to offer another day

Other Clubs

Monday Football with Matt Jefferies **Book direct with him at:**

<https://tekkersmj.class4kids.co.uk/info/8>

Tuesday Music Club with Tiggy Saint, **£20 for half-term**

Wednesday Reading Club with Andrea & Mrs Llewellyn, free.

Global Citizens Year 6 with Mrs Buckle, free.

Gardening Club with Mrs Burris, free.

Thursday Basketball Club with Matt Jefferies **Book direct at:**

<https://tekkersmj.class4kids.co.uk/info/12>

If you think that your child may be entitled to Free School Meals, please contact Devon County Council either by phone on 0345 155 1019 or by visiting their website portal at:

https://oneonline.devon.gov.uk/CCSCitizenPortal_LIVE

SCHOOL LUNCHES



We will be on Week 1 of the Spring Menu next week



Reminder that we are a Nut & Kiwi Free school as we have pupils with severe allergies to both.

Please be mindful of what food you send in to school in lunchboxes etc.



What's On				
When	What	Who	Where	Cost
16th & 17th March	Parents evenings	Class 1	In Class 1 from 3.40 to 6.00pm	
18th March	Book Fair	Everyone	School Hall, 3.00 - 5.00pm	
21st March	Community Tree Planting Event	Children & Parents	Field in Blackawton	
25th March	Spring Concert	Pupils & Local Community	Blackawton Church	
27th March	Bake Sale	Class 4	School Hall @3.15pm	
27th March	Last Day of Spring Term			
28th March - 13th April	Easter Holidays			
14th April	First Day of Summer Term			
15th April	SATS Meeting	Parents of Years 6 & 2	School Hall	
26th April	Big Brunch & Fun Run	Everyone	In School Hall and Field	Varies according to choices

School Packed Lunches

The School Council met this week to discuss Packed Lunches in light of us going for the Silver Level for the Food for Life Award. The children spent a couple of weeks last term investigating what sort of things children choose to bring in their packed lunch boxes and compared this with guidelines from CHEW (www.cwt-chew.org.uk).

Each week the School Council would like to give some suggestions on Packed Lunches. As a school we are looking to reduce our waste, in particular plastic.

What could go in a Healthy Packed Lunch box

A small pot with a selection of vegetables - tomatoes, carrots, cucumber, pepper, celery, potato salad.

A healthy protein-based sandwich/wrap/roll with salad, a pasta salad, couscous, rice or soup.

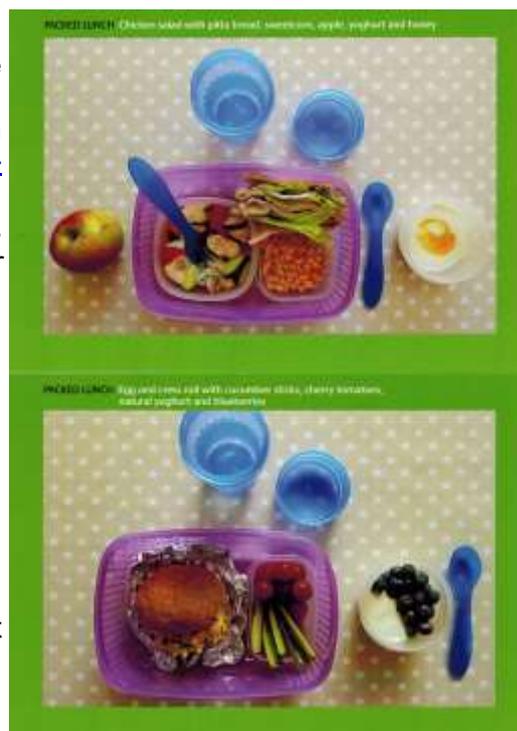
Fruit with natural yoghurt.

Only water - no flavoured water or juice drinks

The School Council would like to recommend, to help reduce waste, that we reduce the amount of plastic coming into school by not having crisps or plastic wrapped food items such as chocolate bars, cheese strings and pepperami.

Following the Food for Life Peter Melchett Award, we have noticed a 10% rise in the uptake of the School Lunches. School lunches are free for all children in Reception and Years 1 and 2. A school lunch for children in Years 3-6 is £2.45.

Healthy Packed Lunch suggestions



The Signpost

Gaming and Children's Behaviour



The following article is taken from 'Psychology Today: This is Your Child's Brain on Video Games'. The full article can be read here: <https://www.psychologytoday.com/gb/blog/mental-wealth/201609/is-your-childs-brain-video-games>

On the eve of his big sister Liz's high school graduation, nine-year-old Aiden sits with his parents and relatives at a celebration dinner, bored by their "adult" conversation, he can't wait to get back to his video game! Before dinner, Mom had (annoyingly) called him away to join the family, and then she got mad when he spent a few minutes getting to the next level and saving his game. So many people in the house make him restless; he squirms uncomfortably and drums his fingers on the table, waiting to be excused.

Finally, he is allowed to escape the dinner table, and he settles into a corner of the living room to play his Nintendo DS. For the next hour or so, he is completely oblivious to the company in the house. Although he's already played much longer than his mother likes, she lets him continue, knowing these family situations are a little overwhelming for him. And besides, the game keeps him occupied. *What's the harm?* she thinks. *It's just for today.*

However, in the meantime, a perfect storm is brewing. As the play continues, Aiden's brain and psyche become overstimulated and excited — *on fire!* His nervous system shifts into high gear and settles there while he attempts to master different situations, strategizing, surviving, accumulating weapons, and defending his turf. His heart rate increases from 80 to over 100 beats per minute, and his blood pressure rises from a normal 90/60 to 140/90 — he's ready to do battle, except that he's just sitting on the couch, not moving much more than his eyes and thumbs. The DS screen virtually locks his eyes into position and sends signal after signal: "It's bright daylight out, nowhere near time for bed!" Levels of the feel-good chemical **dopamine** rise in his brain, sustaining his interest, keeping him focused on the task at hand, and elevating his mood. The intense visual stimulation and activity flood his brain, which adapts to the heightened level of stimulation by shutting off other parts it considers nonessential.

The visual-motor areas of his brain light up. Blood flows away from his gut, kidneys, liver, and bladder and toward his limbs and heart — he's ready to fight or escape! The reward pathways in his brain also light up and are reinforced by the flood of dopamine. He is so absorbed in the game, he doesn't notice when his little sister, Arianna, comes over until she puts her hand on the screen to get his attention.

"DooOOON'T!!" he shouts and roughly shoves her out of the way. Arianna falls backward, bursts into tears, and runs to their mother, who silently curses herself for letting Aiden play this long.

"All right, that's it. Time to start getting ready for bed. Get your pyjamas on and you can have a snack before you go to bed," she says, pulling the DS out of Aiden's hands and turning it off in one fell swoop. Aiden looks at his mother with rage. *How dare she ruin his game because of his stupid sister!*

"Fine!" he shouts, runs up the stairs, and slams his bedroom door. His primitive brain is fully engaged now, turning him into an enraged animal ready to fight off all challengers. He rips all the sheets off his bed and throws his lamp on the floor, providing a satisfactory crash and shatter. Thinking about how wronged he's been and filled with visions of **revenge**, he kicks the wall a few times and then pounds on his bedroom door, putting a big hole in it.

Downstairs, his relatives sit in quiet shock and murmur to each other how they've never seen him act like this. Dad runs up the stairs to contain his son. Calmly, his dad holds him in a bear hug from behind, waiting for the rage to subside.

As the dopamine in his brain and the adrenaline in his body begin to ebb, his rage loses its focus. Now, the pent-up energy takes on a disorganised form. Aiden feels like he can't think straight or get himself together. While he spaces out, his dad helps him put his pyjamas on and they go back downstairs. Stress **hormones** remain high, however, making it difficult for him to relax or think clearly. He seems a little confused. His relatives look at him with a mixture of concern and love, but they also wonder why his parents let him "get away with it". His mother intuitively knows that direct eye contact will overstimulate him again, so she approaches him slowly from the side, and rubs his back gently.

When his favourite aunt looks him in the face sympathetically, he immediately distrusts her intentions. Eye-to-eye interaction is interpreted by his primitive-mode brain as a challenge, and he starts getting revved up again. His mother intervenes, and takes him up to his room. She lowers the light, settles him into bed, and starts to read him a soothing story. His nervous system attempts to regulate itself back to normal, but it seems to still be held hostage by his hyped-up emotions. That night, after he does finally fall to sleep, Aiden awakens repeatedly with **panic attacks** — his heart races and blood pounds in his ears. He's scared of the dark, and worried that his angry outburst has upset and alienated his parents. His mother, meanwhile, confiscates the DS and decides to take it with her to work on Monday.

The following morning, the fight in Aiden has subsided, but the aftermath leaves him in a fog, listless, weepy, and exhausted. He experiences an increased craving for sweets while cortisol, the stress hormone, drives his blood sugar up and down erratically. It will take weeks before his body, brain, and mind return to some sense of balance.

Meanwhile, his mother reaffirms her commitment "to get rid of those damn video games."

Does this sound familiar? If so, please take a few minutes to read the full article which includes an explanation of how video games stimulate a state of hyper-arousal which is overwhelming for children.

And remember that games have PEGI age ratings for a reason! If you are unsure about the content of a game your child plays, you can find a full guide to it on www.common sense media.org

<i>Canadian Pediatric Society and Canadian Sleep Foundation 2017</i>				
Age	Average Screen Use	Doctor Recommendations for Screens	Dr. Recs for Sleep	Dr. Recs for Physical Activity
0-2 years	2.5 hours/day	No screens, especially no TV, tablets, phones.	14 hours/day & night.	No restraints > 1 hour; 3 hours of movement.
3-5 years	4.5 hours/day	No more than 1-hour total screens/day.	12 hours/night.	No restraints > 1 hour; 3 hours of movement.
6-12 years	7.5 hours/day	No more than 2-hours total screens/day.	11 hours/night.	3 hours of movement with 1 hour vigorous.
13-18 years	9.5 hours/day	No more than 2-hours total screens/day.	10 hours/night.	2 hours of movement with 1 hour vigorous.

Sarah Simnett

BLACKAWTON PRIMARY SCHOOL
FUN RUN & BIG BRUNCH
SUNDAY 26TH APRIL

10AM | Fun Run | MEET SCHOOL FIELD | CROSS COUNTRY & TRACK EVENTS TO CATER FOR ALL AGES

10.30AM | Big Brunch | SCHOOL HALL | SUNDAY PAPERS | LIVE MUSIC | LONDON MARATHON SCREENING | LOCALLY SOURCED FOOD AND BEVERAGES

PROCEEDS TO BLACKAWTON PRIMARY SCHOOL | BRING YOUR FRIENDS & FAMILY



Saturday Story Club



Dartmouth Library
First Saturday of the Month
11-11.30am

Join our lovely volunteer storyteller Sharon and her puppets for a monthly story and craft session donations welcome

Devon Libraries is part of Libraries Unlimited devonlibraries.org.uk

Libraries Unlimited is a registered charity. Every penny raised goes directly towards library services that help make a difference to people's lives and communities. To donate, please visit librariesunlimited.org.uk

Registered charity number: 117682

Dartmouth YFC Presents

£7 per person

6 people per team



20/03/2020

Blackawton Village Hall



Doors open at 7pm,

Quiz starting at 7.30pm

Quiz & Soup Evening

Bar | Refreshments | Raffle

For more information and to book a team please contact
Amy - 07758139636 or Louisa 07398871329



Science Play at Dartmouth Library



Join us for some scientific fun exploring this year's
BRITISH SCIENCE WEEK theme: Diversity.

We'll be looking at things that float (and don't), painting ice,
mapping our own body clock with hormones and testing
our senses. Activities suitable for ages 3-8

Dartmouth Library
Saturday 14th March

2-3.30pm

£2.50 per child, please book in advance

Devon Libraries is part of Libraries Unlimited devonlibraries.org.uk

Libraries Unlimited is a registered charity. Every penny raised goes directly towards library services that help make a difference to people's lives and communities. To donate, please visit librariesunlimited.org.uk

Registered charity number: 117682

Defibrillator & cardiac arrest response training & refresher session



A reminder to everyone that our defibrillator is located on the front
wall of the village shop.

Our annual community awareness and training session, including
training in correct CPR technique and use of the defibrillator, will be
held at

11am-1pm on Saturday 14th March in the Village Hall.

The session which will be lead by local trainer Katie Finn from Kidz
First Aid and is FREE and open to all - including those who came last
year and would like a refresher!

Tea, coffee and biscuits will be available.

It would help us to know if you plan to attend (to make sure we
have enough biscuits!). Please contact Peter Hathaway:

p.hathaway@live.co.uk