

William Penn Newsletter 17th February 2022

Half Term and INSET Days

As we end another challenging half term today, we would like to wish you a restful week. Please be reminded that tomorrow, February 18th, and the Monday after half term, February 28th, are both INSET days.

Healthy Snacks in School

Please be reminded that sweets and chocolate bars are not permitted as snacks at break time. We recommend fruit and plain food items such as breadsticks. Nuts must not be brought on to the school site under any circumstances.



Screen Time and Children's Behaviour – Alina Health Article

In multiple studies, excessive screen time has been linked to school problems, anger, aggression, frustration, depression and other emotional problems. Over-stimulation causes kids to have poor focus and depletes their mental energy, which often leads to explosive behaviour. Behavioural issues can also arise from:

- *less time for human interaction with family and friends and nature*
- *less time engaging in other activities which are more relaxing, like art and crafts, reading and might help cope with frustrations from other issues*
- *less time for fun, such as at the playground with friends*
- *sleep disruption, which can cause mood disturbance and cognitive issues*
- *lack of physical activity, which can also impact mood*

Please click on the link below to read the full article.

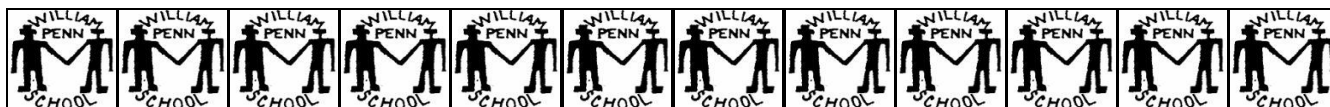
<https://www.allinahealth.org/healthyschool/prevent/post-screen-time-anger-frustration-in-kids - :~:text=In%20multiple%20studies%2C%20excessive%20screen,often%20leads%20to%20explosive%20behavior.>

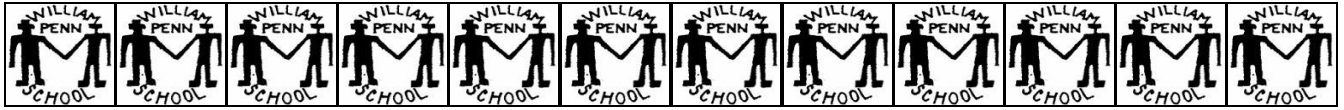
Pupil Premium Eligibility Reminder

If your child is eligible for Pupil Premium, you could access financial, and other forms of support. This includes some school clubs, holiday food assistance and access to holiday club facilities.

The main, but not the only, way to qualify for Pupil Premium is by being eligible and claiming Free School Meals.

Any child that is currently receiving free school meals is eligible for pupil premium funding. It's incredibly important that parents make the school aware that their child is eligible for this as it will automatically allow the school to receive extra funding that will go towards enhancing their child's education. A child's family circumstances are taken into account when determining whether or not they qualify for free school meals. To be eligible, they must be receiving one or more of the following benefits:





- Income support
- Income-based Jobseeker's Allowance
- Income-based Employment and Support Allowance
- Support as a result of the Immigration and Asylum Act 1999
- Pension Credit
- Child Tax Credit
- Working Tax Credit
- Universal Credit (if a household is earning less than £7,400 per year)

It's also worth noting that if a child receives these benefits directly, rather than a parent or guardian, they are also entitled to free school meals. This can be the case if the child is in care or some form of guardianship programme.

For further information, please use the following link to West Sussex County Council Free School Meals pages:

<https://www.westsussex.gov.uk/education-children-and-families/schools-and-colleges/free-school-meals/>

Safeguarding/Health and Safety/Wellbeing Update



Online Safety

Recently, and as part of Online Safety Week, the pupils have been refreshing their knowledge of how to keep safe online. The NSPCC is a good source of information for parents. Please use the link below to give you up to date information about how to keep your children safe online.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/-guides>

Pupil Achievements Outside of School

If you have any pupil achievements that you would like mentioned in the newsletter, please e-mail the office: office@williampenn.co.uk

