

THE HAMLET HERALD



'Outstanding learning, within a glittering curriculum, where everyone matters'

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HEAD OF SCHOOL'S NOTE

A huge 'well done' to our Y6 cohort and their team of teachers and support staff: what a week! They approached their SATs tests calmly, maturely and with confidence, giving 100%. We could not have asked any more from them.

We are very proud of them all.

As a well-deserved treat, we were able to take them all to the Ritzy in Brixton this morning to watch Coco. I think the surprise was well-received, including the popcorn, kindly paid for by the PTA!

Next week, we have quite a few 'firsts' for the Hamlet. We are incredibly excited about our joint venture with our DVIS friends. I do hope you will come and join us for our International Afternoon, where you will be able to experience a wealth of sights, sounds and tastes as you travel the world. Don't forget your Passports!

We are also hosting our very first Dance Festival. I am very proud of the many events we organise throughout the year which bring together other local schools to share their work. All of the DHJS team are committed to inter-school collaboration and appreciate the positives for pupils and staff alike when we come together. We learn so much from each other. Our Dance Festival will involve Hamleteers from across the school, as well as pupils from our sister school The Belham.

Y3 PARENT AND CARER MATHS CAFE

Don't forget to book your place at our next Parent and Carer Café which will take place on **Monday 21st May** from 8:45-9:30am in our Burbage classroom. We do have a few spaces left. This is for our Y3 parents and carers, focusing

on our maths mastery curriculum and ideas to support your child at home. Contact the office to reserve your spot.



KEY DATES

Monday 21st May

Y3 Parent & Carer Café(Maths Focus) **8:45-9:30am** Burbage
Y4 India Day

Tuesday 22nd May

Various Choir members performing at the Southwark 'Big Sing', Clore Ballroom, Festival Hall, South Bank. Open performance, all welcome, **1:30pm**

Wednesday 23rd May

3K class assembly – parents welcome. **9:10am**, Turney Hall

Thursday 24th May

'The Weekly Mile' – gates open **8:15-8:30am** Griffin Field
Y6 Carnival Day
International Afternoon – joint event with DVIS, Village and Francis playgrounds, **3:25-5:00pm**.

Friday 25th May

DHJS (inaugural) Dance Festival
PTA Cake Sale, **3:25pm**, Village Playground
Break up for half-term, usual pick-up of **3:25pm**

PTA CAKE SALE & SUMMER FAIR

We are holding our final cake sale of the year next Friday, 3:25pm in Village Playground. Please bring your home made or shop bought cakes to the school office on that morning. Thank you in advance for your generous support.

Our Summer Fair is fast approaching! Please put Saturday 16th June 12-3pm in your diary. The theme this year is 'Carnival'. We will be communicating the finer details shortly, including how you can get involved by donating items – a great opportunity for a half-term clear out!

WEEKLY HOUSE POINTS

| Topaz Water | Ruby Fire | Garnet Earth | Sapphire Air |
|-------------|-----------|--------------|--------------|
| | | | |
| 68 | 70 | 73 | 81 |

DULWICH FESTIVAL

Our talented 'Double Seconds' ensemble wowed a packed audience last night at the Dulwich Festival Youth Gala Concert. They performed their two pieces - Shape of You and Havana – with confidence and charisma. We were very proud of them all. Many thanks to Miss Campbell for organising, and for sorting the logistics of moving the pans!

Our sister school, The Belham, is opening up its doors for a second weekend to host its first Art Exhibition. The Belhamites own work will be on display, sitting alongside some excellent pieces from local artists – including our very own Miss Pink! Do go along and have a look. It will take place on Saturday 19th May and Sunday 20th May between 11:00 and 4pm.

We were so proud to learn that Louie in 4A had won 'Highly Commended' in the 8-11 category of the Children's Art Competition with his theme of 'Chinese Dragon'. Keep an eye out for Louie's fantastic work as it will soon be on display in either the Art Stationers, or R Woodfalls.



ONLINE SAFETY

With half-term around the corner, you may be thinking about the activities your children will be engaging with, and indeed for many, screen time on their devices will certainly feature. Are you concerned about how much time your child spends on the internet, and perhaps social media?

We have included a really useful guide on the next page detailing 'What parents need to know about Screen Addiction' and a few top tips to get you started.

We are committed to delivering an Online Safety themed assembly to the whole school once every half-term. On Monday, in advance of the holiday, we will be thinking about screen time versus alternative activity time, and consider other options that are available/accessible to our children. We will also be speaking about how we talk about our peers/friends via our devices and the consequences of making poor communication choices. It would be fantastic if you could continue these conversations at home.

A VERY 'ROYAL' LUNCH!

We were treated to a 'wedding street party' themed lunch yesterday, courtesy of our catering provider Chartwells. The menu included: Megan's Margarita Pizza Finger, Harry's Ham or Cheese Sandwich Finger, Bride's Biscuit with ice cream or fruit, amongst a selection of other fun finger foods. Fabrice and his team created a lovely atmosphere for the children.

One of our favourite quotes was from **Josiah in 4A:**
'I wish we could have this every day!'



PERSONAL SAFETY AND POSSESSIONS

We have been checking bikes/scooters this week in the light of some thefts from both the front and rear of school a week or so ago. We are amazed to still see so many items unsecured. Please can we urge you to check that your child has a chain to lock their bike/scooter. We don't want to encourage any further thefts.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47%
of parents
said they thought their children spent too much time in front of screens



What parents need to know about SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.



APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



National Online Safety

Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.



LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.



ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.



LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.



REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.



Sources

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