

THE HAMLET HERALD



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

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HEAD OF SCHOOL'S NOTE

I'm not sure if the message got out to all, but I encouraged teachers to spread the word about a special online assembly presented by The Duchess of Cambridge this week. The assembly focuses on mental wellbeing among children with the theme of 'spread a little kindness'. It can be viewed by following this link to the Oak National Academy website:

<https://classroom.thenational.academy/assemblies/>

The Duchess encourages the children to explore ways in which they can show kindness and recognise the benefits of kindness to others.

As a school community, we've been on the receiving end of some very generous acts of kindness during lock down. These have included donations of plants which have brightened-up the school site, many offers of time to help with activities, such as library book swapping and maintaining the trees along Turney Road, as well as sending in delicious sweet treats to keep us all going! Thank you – your kindness and positive messages of support have certainly made a difference to the DHJS Team.

Y4 to Y5 CLASS RE-ORGANISATION QUESTIONNAIRE

A reminder to our current Y4 parents and carers to submit your child's friend requests by the end of this weekend. Teachers will be working on the class lists next week and will not be able to make amends following the deadline. Please follow this link:

<https://forms.gle/ypjhAG6SkzncFmEK9>

SOUTHWARK MUSIC HUB



There has been so much for the children to get involved with via a wealth of online opportunities. We were delighted to spot one of our Hamleteers taking part in the Southwark Music Service 'Play Together' opportunity. Follow this link and see if you can spot Jenny in Y3!

<https://www.youtube.com/watch?v=r-C3Gf54ROk>

There will be another musical activity to get involved in shortly. Keep an eye in your GC music classrooms and Miss Campbell will post the details there for you. We would love to see some of you in the next performance.



The Mayor's Fund for London has joined forces with Southwark and Lambeth Councils to host an exciting and extended programme of holiday food and activity this summer. The programme runs from 22nd July to 2nd September. Its aim is to ensure that children and young people (aged 4-19 years), their families and/or carers are able to access a regular source of free nutritious meals over the summer, whether at a local club or at home. You will also be able to join an array of fun and engaging community activities including sports, theatre, arts and crafts and cooking, which can still be accessed remotely due to lock down. For more information, and to receive an online programme, please follow this link:

www.summeroffoodandfun.org.uk

ONLINE SAFETY

There's a good chance that our children's device usage is still higher than pre-lock down. With the online world more accessible than ever and the ability to watch almost anything on demand, it can be easy for children, if allowed, to check their phone, swipe tablets, or fire-up their games console for large parts of the day. You might, therefore, be interested to see the information of the next page: 'A guide on how not to be a SCREEN ZOMBIE' from the National Online Safety organisation. We think it is certainly worth a read...

COVID-19 POST-LOCKDOWN HIGHWAY SCHEME

Southwark Council have recently issued details of a wave of measures to be introduced across Southwark within the next few weeks. They will allow safe active travel, including satisfactory social distancing, as people emerge from lock down and resume their normal daily activities. Areas where there are schools are a particular focus, specifically around the DHJS/DVIS junction. Details of the first measures for Dulwich Village can be found via this link:

<http://modern.gov.southwark.gov.uk/documents/s89209/APPENDIX%203%20-%20DULWICH%20VILLAGE.pdf>

In summary, these measures consist of the closure to motor traffic of the Dulwich Village/Calton Avenue/Court Lane junction using planters. Pedestrians/cyclists/mobility scooters will still have full access.

As a school, we continue to be active participants within our local Safer Routes to School committee, commenting on proposals and putting forward our suggestions.

A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie'.

TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, limiting your screen time will keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



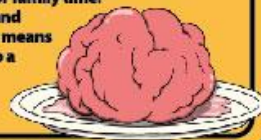
DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Peta Badh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



National Online Safety®

#WakeUpWednesday