

# HILTINGBURY HIGHLIGHTS

Issue 14  
5th January 2024

## Headteacher's message

Dear Parents and Carers,

Welcome back everyone and wishing you all a Happy New Year!

Coming back into school on the 2nd January came as a bit of a shock for all staff, so to warm everyone up we had a fun game of benchball. It turns out that we have some very competitive members of our team and equally some very good defence players; Mrs Spence and Mr Bidgood! Hugo wasn't very impressed as he wasn't allowed to join in!



Despite the early return we had a very productive day developing our understanding of memory and how children learn. We used a model devised by Tom Sherrington which also helped us reflect on the barriers that some children have when learning and remembering. This topic will continue to be part of our professional development and we will use this understanding when planning our new curriculum too.

Our first landscape workshop Wednesday afternoon this week was a great success in beginning to develop our school grounds with the aim of achieving greater outdoor opportunities for everyone to use across the school day. There will be a second follow up workshop and I will share this new date with everyone soon in the hopes you will again be able to join us.

Mrs Thomas has asked me to remind everyone that the library continues to open every Friday after school until 4pm for families to visit and Mrs Thomas is very keen to help with any book choice.

We have been so proud of how well the children have all settled in this week and wish you all a very well deserved restful weekend.

*Zoe Loosemore*



**Could you be eligible for Free School Meals for your child? Has there been a change in your personal circumstances?**

Hampshire County Council provide the [criteria for you to review and a simple form for completion](#) to see if you are eligible. Please contact a member of the office team if you need any support with this or have any questions



## Dates for your diary

**8th January** - Y3 Author visit in school

**15th January** - Y6 Nursing team in school Measurement programme

Closing date for Y3 admissions

**22nd January** - Y6 Fire visit in school

**23rd January** - Maths Parent Information evening 5pm

**30th January** - Parent coffee morning 9am in school

**31st January** - Y4 Mandir temple trip

# Weekly Year group highlights

## Year 3

[Link to our Weekly Highlights & Gallery](#)



## Year 4

[Link to our Weekly Highlights & Gallery](#)

## Year 5

[Link to our Weekly Highlights & Gallery](#)

## Year 6

[Link to our Weekly Highlights & Gallery](#)

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## Highlight Wellbeing

Now that the sparkly lights of Christmas have been packed away for another year, the darkness of January is more apparent. Dark mornings and evenings can feel oppressive and dismal. However, it can be comforting to acknowledge that this is all part of the natural order of renewal and growth as we travel through the changing year together. Talk to your child about the comfort and calm of darkness; we need darkness to sleep - this is when children's physical growth happens, and our brains process our experiences. A seed hidden deep in the darkness of the earth is full of the promise of the spring to come. The secret mystery of the chrysalis holds the promise of a renewed life just waiting for the right time to begin to emerge.

Talk to your child about the ongoing changes they notice around school, as we are going through a period of physical transformation with the building works. Also there have been some exciting talks this week about landscaping plans for our outside areas. The upheaval and the necessary flexibility are all part of the process of our school development plans. A chrysalis stage!

Meanwhile, find comfort in keeping the dark evenings cosy and calm. And if you feel like it - keep a string of fairy lights out! Draped across a shelf or a house plant, they can certainly take the edge off of these winter months!

## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday