



Crawford Village
Primary School & Nursery

THE CRAWFORD CHRONICLE

Friday 31st January 2025

Class Attendances

24 th January 2025			31 st January 2025		
C1	C2	C3	C1	C2	C3
96.2%	86.1%	94.5%	96.9%	94.6%	96.8%

School
Target
96%

A note from Class 1...

We have loved welcoming our children back and hearing what a magical time they have all had over the Christmas break. The weather has influenced our topic this half term, which has been lovely to be led by the children's interests. They are enjoying all things polar-related. This has then led to us transforming our conservatory into 'Frozen Land' which has been put together and handmade by the children which makes it even more meaningful.

The children have not only learnt some amazing facts about Antarctica and the Arctic, they have also brought out their inner Elsa, Anna, Sven and Olaf and acted scenes from Frozen, daily!

Last week, we invited our wonderful parents in for another Stay and Play session which had a great turn out so thank you to all the families that were able to join us.

We are coming to the end of our Polar topic and moving on to exploring China's colourful culture, starting with Lunar New Year. We are planning some very exciting cultural experiences for the children which we know they will love. So, watch this space for lots of music, dancing, cooking and crafting!



Coming up @ Crawford...

Diary Dates

Mon	Lunchtime - School Choir
Tues	Lunchtime - Self-love Club After School - Eco Club
Wed	Lunchtime - Spanish After School - Craft Club
Thurs	Lunchtime - Brass After School - Table Tennis
Fri	Lunchtime - Micro:bit Club / Chicken Club
Mon	Lunchtime - School Choir
Tues	Lunchtime - Self-love Club After School - Eco Club
Wed	Lunchtime - Spanish After School - Craft Club
Thurs	Lunchtime - Brass After School - Table Tennis
Fri	Lunchtime - Micro:bit Club / Chicken Club

Next week:

2nd February 2025
National Hedgehog Day

4th February 2025
C3 Swimming

5th February 2025
KS2 Tag Rugby

7th February 2025
Young Voices
NSPCC Number Day

Later in the half-term:

10th February 2025
Online Safety Week

11th February 2025
Safer Internet Day
C3 Swimming (Final Session)

13th February 2025
Valentines Disco

14th February 2025
School closes for half-term

Dear Parents

I hope everyone is keeping well! We have been really busy in school as usual with lots of amazing work and some wonderful activities taking place. A highlight was the wonderful Y5/6 trip to Burnley where the children met the pupils from their linking school. The children loved it and we got so many fabulous comments from the organisers about how kind and polite our children are (think we knew this already but a compliment is never lost!)

We had a fantastic turnout from our Reception parents for the Mastering Number project earlier in the week. Thank you to all who attended – I hope you found it useful. There are lots of other events in the diary as we approach half term: sporting fixtures, Number day, Safer Internet week, Ancient Egyptian Day ... please keep your eyes peeled for our diary dates section on the newsletter as the term gets busier!

January seems to have stretched out forever but at least we're getting closer and closer to spring – the days certainly seem to be drawing out again so hopefully, some warmer weather is on the horizon!

Hope you all have a fabulous weekend!

Best wishes

Mrs Eaton

Mrs Eaton's Column

Award Winners



Pride Award

C2 Oliver L C2 Darcey E
C3 Charlie-Rai C3 Stanley



Star of the Week

C1 Nyla C1 Eliza
C2 Teddy C2 Eddie
C3 Finley C C3 Dash



Super Writers

C2 Martha C2 Peter
C3 Olivia L C3 Harriet
Y3/4 Alaina Y3/4 Robyn

Housepoints

RAVENS



1st

OWLS



2nd

EAGLES



3rd

PHOENIX



4th

Find us on social media...



Crawford Village Primary School



@crawford_school

Don't forget to log on to your child's Seesaw account. You will find work that they do in school, photographs and videos that are not uploaded to social media and you can upload photos from home. Please ask if you are having any problems logging on and we will help if we can.

Do not forget to check out our school website! You will find details of upcoming events, term dates, important key documents and policies plus lots of information and photographs showcasing what we have been doing in school.



SHARES MULTI-SPORTS ACTIVITY CLUB



**ST FRANCIS OF ASSISI
Primary School
Blakehall, Digmoor,
Skelmersdale.**

**Monday 17th February until
Friday 21st February
9:00 am-4:30 pm
£15 Per day/£65 per week
SHARES School**



**Ages 5-11
Nut Free Site**
Activities Include:
Basketball
Football
Dodgeball
Tennis
Hockey
Dance
Arts & Crafts
Water Sports
Games
Painting

**£20 Per day/£90 per week
non SHARES School**

**Bookings will only be taken
online on our website
www.shareslancashire.co.uk
under 'Multi Sport Activity
Club bookings'**

Follow us on Facebook
@Shareslancashire and Twitter
@shares_lancs
for further information

Delivered by highly qualified and
experienced staff that are DBS
checked and recruited to DFE Safer
Recruitment Standards

Half Term Soccer School



18th to 20th February

Football fun with FA Qualified Coaches
£39 for three days

Tuesday to Thursday, 10.30am – 3.30pm

Packed Lunch - £4.50 per day

**Sandwich/Hot Dog/Burger + Fruit Shoot
+ Crisps + Chocolate Bar**



Fun and Safe Environment
Certificates and medals for Everyone
FA Qualified & Experienced CRB Coaches
Suitable for All Levels of Ability
Boys and Girls aged 5–12 Most Welcome
Childrens University Registered—6 credits

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JMO-Sports-Park



**What's Happening
In The World
This Week?**

For this week's story,
we are visiting...

Tanzania



What?

African giant pouched rats have previously been trained to sniff out dangerous things like landmines and even survivors after disasters. But now, they're on a new mission: to fight the illegal wildlife trade.

In Africa, this is a huge problem, worth up to \$23 billion every year! It harms animals like elephants, rhinos and pangolins. People often try to smuggle their body parts, like ivory or rhino horns, hidden in clever ways to sneak through airports and ports.



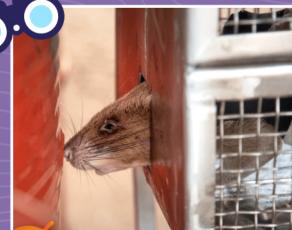
Source: APOPO

In Tanzania, a group called APOPO has trained these rats to smell elephant tusks, rhino horns, and other illegal wildlife products.

What?

Their tiny size and sharp noses make them perfect for finding hidden items in crowded places, like shipping containers.

They're also cheaper and easier to train than dogs, which means they're perfect for countries with fewer resources.



Source: APOPO



What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children; a 10-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a considerable number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin to take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and cyber researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and setting behaviour of young people in the UK, USA and Australia.



REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for your younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or personalised plans) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a real possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits; this can have negative effects on their mental and emotional wellbeing.

Be smart on internet



10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO DEVELOP EMOTIONAL LITERACY

Emotional literacy refers to the ability to recognise, understand and express our feelings effectively. It plays a crucial role in strengthening a child's wellbeing by enhancing their relationships and resilience. However, emotional literacy is not necessarily an innate talent, and its development may present challenges. This guide gives parents and educators practical tips on supporting children to cultivate this essential skill.

1 NAME THE EMOTION

Encourage children to identify and name their emotions. This helps them understand what they're feeling and why. Use simple language and relatable examples to make it easier for them to share their emotions. This builds a foundation for emotional understanding and open communication.

2 MODEL EMOTIONAL EXPRESSION

Demonstrate healthy emotional expression by sharing your feelings openly. When children see adults properly displaying how they're doing and what they're thinking, they learn to do the same. Discuss how you handle emotions in different circumstances, providing a real-life framework for young ones to follow.

3 MINDFULNESS ACTIVITIES

Teach children mindfulness practices to help them stay present and manage their emotions during more challenging moments. Activities like deep breathing, meditation or yoga can reduce stress and enhance emotional regulation. Regular practice can improve focus and emotional stability, which can significantly help children both as they're growing up and throughout their adult life.

4 USE STORYTELLING

Incorporate storytelling to help children understand emotions. Stories can offer relevant scenarios illustrating how the characters experience and manage their feelings. Discuss the emotions depicted in stories and ask children how they might feel in similar situations.

5 PRACTISE EMPATHY

Teach children to consider others' views and emotions – and to explore why they might think or feel this way. Role-playing and discussing various scenarios can enhance their ability to empathise. Understanding others' emotions helps children to develop compassion and improves their social interactions.



6 ENCOURAGE JOURNALING

Suggest keeping a journal to make note of thoughts and emotions, as writing can provide an outlet for self-reflection and emotional processing. Encourage children to write about their daily experiences and feelings, helping them gain insight into their emotional world. Do this alongside them, so they can see and experience how to do it effectively.

7 TEACH PROBLEM-SOLVING

Do what you can to help children develop problem-solving skills to assist in managing emotional challenges. Discuss potential solutions to emotional conflicts and encourage them to think critically about what they (and others) can do to process their feelings in a healthy way. This empowers children to handle emotions positively and build resilience.

8 CREATE A SAFE SPACE

Establish an environment where children feel safe to display their emotions without judgement. Encourage open exchanges and reassure them that all feelings are valid. This supportive atmosphere promotes trust and encourages children to express themselves with confidence.

9 USE VISUAL AIDS

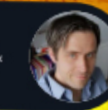
Take advantage of visual aids like emotion charts or mood meters to help children identify and express their feelings. Use these tools regularly in your interactions. They provide a visual representation of emotions, making it easier for children to communicate their emotional state.

10 CELEBRATE EMOTIONAL GROWTH

Acknowledge and celebrate progress in emotional literacy, and praise children for expressing their emotions and handling them effectively. Positive reinforcement is a useful tool that will encourage continued growth and reinforces the importance of emotional literacy – encouraging young people to maintain the good habits and healthy behaviours that you've taught them.

Meet Our Expert

Adam Olllett is Associate Vice-Principal for Personal Development at Pershore Grammar School and works on a secondment one day a week for Minds Ahead, an organisation that supports schools in improving their mental health provision.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>