



Portobello Primary School  
Weekly Newsletter  
24<sup>th</sup> January 2024



### Achievement Assembly

Our achievement assembly this week celebrated children who have shown excellent "concentration" this week. Well done to the following children:

**Reception:** Emily    **Year 1:** Harry    **Year 2:** Franky

**Year 3:** Ellie    **Year 4:** Millie    **Year 5:** Caitlin    **Year 6:** Ayaan

### Celebrating Attendance

Whole school attendance is currently at 96%

Well done to Year 6 for best attendance this week at 98%!

### Date for Diary

- Wed 29<sup>th</sup> Jan - Chinese New Year Menu change
- February half term 24<sup>th</sup> to 28<sup>th</sup>

### Breakfast Club Drop Offs

Can all parents/carers of children in Reception through to Year 4 please ensure children are brought into the school building to be checked into breakfast club each morning.

Children in Year 5 and Year 6 can be dropped off at the main gates, should you be confident your child will go directly to breakfast club and be checked in via Mrs Bradford or Mrs Johnson?

### Rights Respecting

Article 30 - Minority culture, language and religion - Children have the right to use their own language, culture and religion - even if these are not shared by most people in the country where they live



### Small World Play

Investing in children's play is one of the most important things we can do to improve health and well-being. Our children in Key Stage One have access to outdoor play on our playground every playtime and lunchtime. We have already carefully thought about and planned zones for play opportunities for our children. These include drawing, bikes, building, climbing etc. We would like to further develop our provision to stimulate physical activity and encourage communication and language, and regulation for all. Our aim is to provide all our children with positive outdoor experiences.

Can you donate any pre-loved items?

- Any large-scale games - garden large snakes and ladders, jenga etc
- Any dolls, barbies etc
- Any small world toys - vehicles, character figures etc
- Plastic or wooden tea sets
- Colouring pens

Please speak to Miss West, Mrs Humprey or Mrs Lister about any contributions you may have.





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Wed 29<sup>th</sup> January Menu change (jacket potatoes will be available too)



Easyfundraising

Please sign up to support Portobello Primary School for free on #easyfundraising today to increase our chances of winning a £250 donation in their new giveaway! Each new person who joins counts as an entry. It's completely free and this prize would make a big difference to our fundraising, plus once you've signed up you can raise free donations for us when you shop online with over 8,000 retailers. Sign up here: <https://join.easyfundraising.org.uk/portobelloprisich/N7TLLL/c2s/72uMeock/CE997/facebook>



BIG AWARD  
presented by the education





At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

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

### WHAT ARE THE RISKS?

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.

#### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-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 concerning 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.

#### 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 a personalised plan) 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 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.

## 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 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.

#### 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 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.

#### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and 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 sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College®

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

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