

## Welcome to the Greengates weekly Newsletter

Each week we will update you on what has been going on in the Academy and give you the information you need to keep up to date with upcoming events.

**Our attendance target is: 96% This weeks attendance is: 91.2%**

Please make sure your child attends everyday so they don't miss out on any learning, if you need any advice or support with Attendance please speak to Mrs Binns, Mrs Tempest-Michell or Mrs Farmer, we are here to help.

## This weeks class attendance

Nursery	Reception	Y1	Y2	Y3	Y4	Y5	Y6
76.74%	95%	90.67%	96.67%	86.71%	90.11%	93.36%	90.67%

### Follow Us on:

X - **@DeltaGreengates**  
 Website - [www.ggpa.org.uk](http://www.ggpa.org.uk)



**Week 18 Newsletter: 26.01.24**

## Upcoming Key Dates

### Stars of the Week

**Nursery:** Albie

**Reception:** Dolly

**Year 1:** Journie & Ava

**Year 2:** Freddie & Alicja

**Year 3:** Tobi & Isabelle

**Year 4:** Frankie, Dexter & Anabia

**Year 5:** Freddy & David

**Year 6:** Ethan & Emmanuel

Each week we have a Star of the Week Assembly. Each child receives a certificate and is praised for their achievement that week.

We also reward good attendance to the class of the week.

<b>Friday 2nd February</b>	NSPCC Number Day
<b>w/c 5th February</b>	Children's Mental Health Week
<b>Tuesday 6th, Thursday 8th February</b>	Parents Evening Meetings, <b>Online booking goes live on Thursday 25th January a link will be sent</b>
<b>Friday 9th February</b>	Yoga for all — All children in school will be invited to attend a Yoga session in school to tie in with children's mental health week.
<b>Friday 9th February</b>	End of Half Term

### Attendance Winners

#### Weekly Winners

Year 2

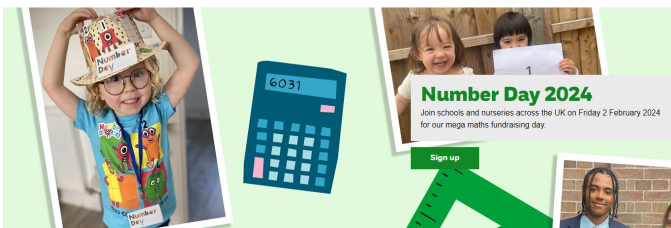
96.67%

# Read all about us...



## Bradford Cathedral Choir Workshops

On Monday, pupils in school were visited by two members of the Bradford Cathedral Choir. Children enthusiastically joined in with the singing and put their vocal skills to the test.



## NSPCC Numbers Day Friday 2nd February 2024

We are really looking forward to taking part in the NSPCC Numbers Day next week with the theme being Dress up for Digits. Wear an item of clothing with a number on it and make a £1 donation so we can raise money for a wonderful charity. This can be a favourite sports top or cap, or even a onesie. Or why not get more creative and design a unique t-shirt, hat or even become a human-sized calculator or dice!

Throughout the day, the children will be taking part in fun-filled Maths challenges and games. As part of our Number day, the HSBC will be coming in to deliver exciting Maths workshops to each class. The children will learn life and budgeting skills from saving pocket money, planning Birthday parties and Sporting events to Household budgeting.

### 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 trick. It's 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 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 missive 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**  
Mindy Ahmed designs and delivers the UK's only specialist postgraduate mental health programme. They also provide training and support to education professionals and local authorities – helping school leaders understand the signs and symptoms of mental health issues, the latest research, and the mental health of pupils and personal a professional.

**DEVICE BOX**  
The National College  
National Online Safety  
#WakeUpWednesday

@nationalonline\_safety | /NationalOnlineSafety | @nationalonline\_safety | @national\_online\_safety

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## Delta Spelling

### Challenge

KS2 pupils in school are currently involved with a spelling competition running between all Delta schools. Year 3 and Year 4's have been this week with Year 5 and Year 6 next week. Try log on at home to earn yourselves extra points for your class.