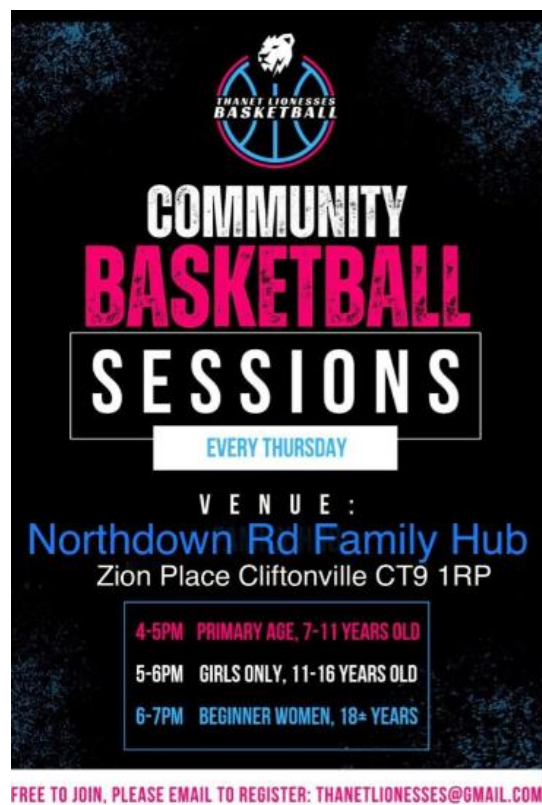




Dear Parent/Carer,

This week in our Health Habits Key stage two assembly we heard from another member of our staff who works with the 'Thanet Lionesses Basketball club'. This is a great opportunity to learn a new sport and one that may become a life long passion as it has for so many other basketball players. It is free to join and would be a perfect way to get some exercise whilst also making new friends. Let us know if your child gives it a go!



In Key Stage 1 the children had an assembly on the '**Junior Park Run**' (Key Stage 2 will also be having an assembly on this soon). Did you know that you can go along to **Hartsdown Park** every **Sunday at 9am** to join the run for free. What a great way to get rid of some of the boundless energy children have! Take a look at the website for more information on how to join: [home | Margate junior parkrun | Margate junior parkrun](#)

As part of our Healthy Habits project, we want to raise awareness around the impact we now know screens are having on children's health and wellbeing. We recommend taking a look at the website [Smartphone Free Childhood](#). In particular if you have a child in Year 4 and above and are considering getting a smartphone to watch this video with your child: [YouTube](#). Children have also watched this in their class assembly in years 4 – 6 and is a lovely child friendly video on why it is best to delay having a smartphone till after the age of 16.

One really good alternative that is gaining popularity is the good old-fashioned landline!



Parents are getting together to install landlines and let their children ring each other to chat. Great for increasing skills in communication, independence and a safe way to stay in touch without the risks of smartphones.

Watch this space for more ideas and facts about the impact of screens and smartphones in the coming weeks.

Mrs Frith (Assistant Head)