



Dear Parents/Carers,

In the last few weeks, we have been busy in class thinking about all the wonderful independence pledges that have been sent in. It is wonderful to hear from the children all the activities they are doing at home; we hope it has been a help to you as well!

We now have appointed Healthy Habits Champions who have a lot of exciting ideas that we will be working on next term. They have met with Mr Bewick our Finance Officer to ask him some questions about projects they have in mind.

Next term we have visits and assemblies from a local choir group. Mr James our Nursery Manager and resident Taekwondo expert will also be doing assemblies and workshops for children to try out this martial art.

It has been lovely seeing children filling out their Healthy Habits passport activity bingo. Children who have completed a line can come and claim a special Health Habits sticker from Mrs Frith.

As you are aware part of our Healthy Habits project is to encourage children to reduce the amount of on-screens time. There is a lot of information out there now on the impact screens are having on children's development. Recent research reveals that short 'reel type' videos, while engaging, may have unintended consequences on children's development. These videos are designed to capture attention quickly, which can lead to reduced focus and memory retention in young viewers. Brain studies show that frequent use of such content may alter areas responsible for evaluating risks and rewards, potentially encouraging impulsive behaviour.

The chart below is a helpful guide to age-appropriate screen time with suggestions alternatives.

Age Group	Recommended Daily Screen Time	Healthy Alternatives to Screen Time
👶 0-2 years	Avoid screens (except video calls with relatives/friends)	👶 Sensory play, music, tummy time
👦 2-5 years	Max 1 hour (high-quality content such as CBeebies) avoid YouTube and 'reel' type videos	👦 Drawing, outdoor play, storytelling
👦 6-10 years	1-1.5 hours maximum. (high-quality content such as CBBC) avoid YouTube and 'reel' type videos	👦 Sports, board games, reading
👦 11-13 years	2 hours (avoid social media and reel type videos till over 16)	👦 Drama, crafts, volunteering

We love to hear about all children's outside activities or achievements so please do email into the office on office@cliftonvilleprimary.co.uk if you have anything you would like to share that your child has been up to.

Wishing you a Happy and Healthy half term

Mrs Frith (Assistant head teacher)

