



# Bryony School Newsletter

## Spring Term - Issue 82 - 5th January 2024

### Infant House Captains

We are very proud to introduce to you our new Infant House Team captains;



- Sapphire** - Rhiley
- Ruby** - Roman
- Emerald** - Beau
- Zircon** - Obarinsola

### School Council News

The children in Year 1 and 2 voted for the School Council members to represent their class.



Year 1 - Penny

Year 2 - Sienna

We are looking forward to joining the Juniors' School Council via Google Meet at their next meeting.

Mrs Dyne

### Online Safety Bulletin

Many children will have received electronic devices and games over the Christmas holidays. With this in mind National Online Safety have a really helpful guide for parents and carers which gives Top Tips on how to manage screentime. For more information and to download your guide, please follow the link below.

<https://nationalcollege.com/guides/managing-screen-time?>

**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 perfect, spend some time in the garden or go for a walk. Even a stroll to the local shop would do the trick. Getting some fresh air and a break from your screen.
- TRY A TIMED TRIAL**: When you're taking a screen break, set a challenge for yourself: if it rains, turn it into a game by jolting yourself at 10min. Can you complete your task before the alarm goes off?
- GO DIGITAL DETOX**: Challenge yourself and your family to take time off from screens. Try it during school holidays. Limiting screen time to do. You could start off with half a day, then build up to all day or even an entire weekend.
- LEAD BY EXAMPLE**: Let your family see you successfully managing your screen time. Try it during school holidays. Limiting screen time to do. You could start off with half a day, then build up to all day or even an entire weekend.
- AGREE TECH-FREE ZONES**: Not everyone has a phone, but some rooms where devices aren't allowed. Anywhere your family gathers together, like the living room, could become a 'no phone zone'.
- HOLD A SCREEN TIME ANNESTHY**: 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**: Stop some of those things you're breaking on your device for. Consider 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 your mobile devices – preferably away from bedrooms. That means less temptation for late-night scrolling.
- SWITCH ON DND**: Research shows that more distractions like message alerts and push notifications can chip away at your concentration levels. Put devices on 'do not disturb' and you're less likely to be distracted.
- TAKE A FAMILY TECH BREAK**: Set aside certain times when the whole family puts their gadgets away and enjoys an activity together. It could be board games, going for a walk or just having a chat.
- SOCIALISE WITHOUT SCREENS**: When you're with friends, try not to be constantly checking phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.
- WIND DOWN PROPERLY**: Try stopping all games, social media and so on just before you go to sleep. Staying up late getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert: **DEVICE BOX** The National College, NOS National Online Safety, #WakeUpWednesday

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.01.2023

### Housepoint Winners

Last terms' House that earned the most house points from September to December was

**Zircon**

Well done you earned 2854 points! As a reward for their achievement the children were all awarded an extra 15 minutes of playtime

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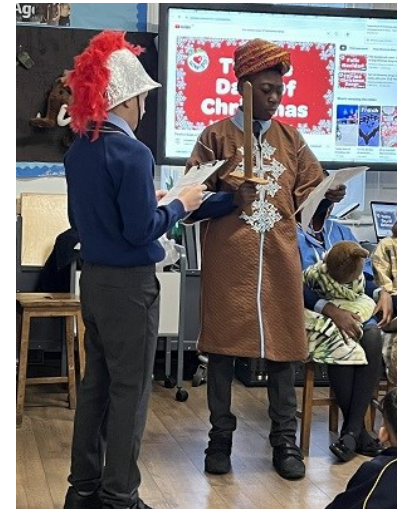
## Dance Show

Over the Christmas holidays **Mireya** was in an amazing Christmas show with her dance school. She did lots of different dances with many different costumes. Well done **Mireya**.



## Epiphany

The juniors had an really interesting assembly led by Mrs Atkins about epiphany with the dramatic assistance from some of the children.



Mrs Foot

## Pantomime



**Magdalena** appeared in a pantomime over Christmas at The Malthouse Theatre in Canterbury. It was amazing as she was in several scenes with different dances and costume changes. Well done **Magdalena!**



## Archery

**Jayden** has recently achieved a medal and certificate at a kids club for winning an archery game.

Well done **Jayden!**



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## Reminders

### School Uniform

New uniform is available at **Schooltime** .  
87-89 High St, Chatham ME4 4EE. You can also visit their website:

<https://schooltime.co.uk>

### Equipment

Please ensure your child comes to school with the correct equipment needed for the day including full pencil case (this includes glue stick and scissors), water bottle and reading books. Please NAME everything!

FoBS have a small number of glue sticks available for 50p each. You may purchase these from the school office.

### Academic Diary

Our academic diary is on our website. Please follow the link: <https://www.bryonyschool.org.uk/calendar-of-events/>

### Morning and After School Care

If you require morning or after school care please complete the ParentMail form, in advance.

## Diary Dates

### January

**Thursday 11th** - Reception, Year 1 & Year 2 Visit from The Dogs Trust

**Thursday 11th** - Year 6 Swimming, Medway Park

**Thursday 18th** - MYG Swimming, Medway Park

**Friday 19th** - Young Voices Concert at the O2

**Wednesday 24th** - KS1 Road Safety Walk

**Wednesday 24th** - Year 3 & 4 Road Safety Sequencing

**Thursday 25th** - Year 6 Swimming, Medway Park

**Thursday 25th** - Year 5 & 6 PSG Sports Hall Athletics, Medway Park

**Thursday 26th** - Year 5 & 6 PSG Sports Hall Athletics Festival

**Monday 29th** - Year 6 Visit from The Magistrates

## Junior Clubs

Day of the Week	Lunchtime/ After School	Type of Club	How to Sign Up	Teacher
Monday	Lunchtime	Library	See Mrs Foot/ Mrs Ware	Mrs Foot/ Mrs Ware
Monday & Thursday	Lunchtime	Young Voices (up until concert)	See Mr Johnson	Mr Johnson
Tuesday	Lunchtime	Construction Club	Mrs Foot	Mrs Foot
Tuesday	After School	Archery Years 3 to 6	Via Parentmail	Mrs Atkins
Wednesday	Lunchtime	Crochet and Knitting Club	FULLY BOOKED	Mrs Atkins/ Ms Jug
Thursday	Lunchtime	Homework	See Mrs Foot	Mrs Foot
Thursday	Lunchtime	Italian (starting end Jan)	See Ms Jug	Ms Jug
Friday	Lunchtime	Choir (starting end Jan)	See Mrs Foot	Mrs Foot

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Congratulations and best wishes to:-

**Penny**

who celebrates her birthdays this weekend!

**HAPPY BIRTHDAY HAPPY BIRTHDAY HAPPY BIRTHDAY**



Practising your spellings will always help you when you have your spelling tests...

- Year 1:** 1st - **Shawn**  
2nd - **Rhianna**  
3rd -
- Year 2 :** 1st - **Obarinsola**  
2nd - **Hollie**  
3rd -
- Year 3 :** 1st - **Evelyn**  
2nd - **Jayden**  
3rd -
- Year 4 :** 1st - **David**  
2nd - **Sylvia**  
3rd - **Alicia**
- Year 5 :** 1st - **Kesi**  
2nd - **Tyler**  
3rd - **Sienna**
- Year 6 :** 1st - **Naila**  
2nd - **Jedidiah**  
3rd -

Well done to all the children for using the **SpellingShed** program to practise your spellings.

The more you practise the better you will become!

- Year 1:** 1st - **Shawn**  
2nd - **George**  
3rd - **Rhianna**
- Year 2 :** 1st - **Obarinsola**  
2nd - **Hollie**  
3rd -
- Year 3 :** 1st - **Evelyn**  
2nd - **Meera**  
3rd -
- Year 4 :** 1st - **Sylvia**  
2nd - **David**  
3rd - **Alicia**
- Year 5 :** 1st - **Olivia**  
2nd - **Kesi**  
3rd - **Tylert**
- Year 6 :** 1st - **Naila**  
2nd -  
3rd -

Its great to see so many logging in to **MathShed**. Can we get a full house next week. Well done to all of you!