

Dear Parents / Carers,

Happy New Year to all our families!

It's been great to hear about the children's enjoyable holidays over the Christmas break and to see them settling back into the routines of learning so well.

It is a cold start to the term and children will be playing outside, and going out for PE lessons too. Please make sure they have a waterproof, warm coat for play times. A pair of jogging bottoms for outdoor PE will also be helpful during these winter months.

Yesterday, our Year 5 children enjoyed a VR session in school—where they went to space. They were very enthusiastic about the sessions, describing them as fantastic.

This term, we have quite a few visitors coming to school. One of these, the Breck Foundation, will be holding a parents workshop on the evening of 11th February. The Breck Foundation are an organisation set up in memory of young boy called Breck. They work with families and schools focused on the area of online safety and visited our school two years ago. They were so, so good that we have asked them to come back again. Please do put the 11th February in your diary—to attend the workshop for parents. It will be online and more information will be sent home in the very near future.

Best Wishes,

Mrs Keefe

### Staffing

After a career spanning 30 years at Priory Junior School, Mrs Wager will be retiring at the end of January. During her time at our school, she has supported countless children with their learning, and has been fully involved in school life—from lunchtimes, to supporting Friends of Priory and also serving as a school governor for many years too.

A huge thank-you to her for her dedication and enthusiasm. I am sure you will all join with me in wishing her the very best for the future.

### Adverse Weather Conditions

Please be aware that in the unlikely event that we needed to close the school due to adverse weather conditions, we would inform parents by:

- A text message and email from Pupil Asset
- Informing Radio Cambridgeshire

### Diary Dates

Year 5 Earth and Space Visitor	15th January
Choir Young Voices to O2 Arena	22nd January
Year 6 Bikeability	27th—30th January
Chinese New Year Lunch	29th January
SH5 Class Assembly	5th February
Year 3 Flag Fen Trip	10th February
Safer Internet Day:	11th February
Breck Foundation Workshops	
Parents Evening Workshop with Breck Foundation	11th February
Half-Term	18th—22nd February
Year 6 Measurement Programme	25th February
Parents Evenings	25th and 26th February

### Christingle Assembly

Our final assembly of last term was a beautiful occasion. Narrated by the children, we sang carols and lit the Christingles. There was a lovely moment of 'Wow!' when we dimmed the lights and enjoyed the sight of the Christingles.



### Safety with Devices

If Santa brought new devices, you may find the interactive guide at Internet Matters helpful in setting up parental controls. Click on the image below.

<https://www.internetmatters.org/parental-controls/>



# Education Inclusion Family Advisor Newsletter

We start January 2025 saying farewell to your link EIFA Charlotte Dean as she moves on to her exciting new venture. In the meantime until we have a link EIFA for your school please use the email address below, or the link/QR code if you would like to request support from a member of the team:

<https://forms.office.com/e/B5c8PGZG64>



## Back to school emotions

Now the children are back in school, remember that after a long day children may feel overwhelmed or exhausted due to the effort they put into following rules, focusing on their studies, and managing social interactions. This can lead to a build-up of emotions that are often held in during the school day.

Behaviours we may see include emotional outbursts, tantrums, crying, irritability, or being easily upset over minor issues. It is important to note that this is a normal reaction and doesn't indicate anything negative about the child or their behaviour.

To support your child during this time providing a calm and understanding atmosphere can be helpful. Offering them a chance to unwind, creating a calming space at home, choosing a quiet area where they can relax, rest, and engage in activities they enjoy may also help them regulate their emotions. It's important to validate their feelings and let them know that it is okay to express themselves.

## New Workshops for 2025

We are excited to share with you that from January 2025 our workshops are being re-launched with updated content and an extended offer. Keep an eye out for our separate booking form as this will have the links to register. Upcoming dates:

- 14<sup>th</sup> of January 2025 12-1.30pm Supporting your child with feelings of worry
- 16<sup>th</sup> of January 2025 12-1pm Digital Safety
- 21<sup>st</sup> of January 2025 12-1pm Supporting your child with Sleep
- 30<sup>th</sup> of January 2025 12-1.30pm Supporting your child with feelings of anger
- 4<sup>th</sup> of February 2025 12-1pm and Introduction to Family Well-being
- 6<sup>th</sup> of February 2025 12-1.30pm Managing behaviours that challenge us
- 11<sup>th</sup> of February 2024 12-1.30pm Managing Sibling Rivalry

**Does** your child have, or potentially have, an additional need or disability? Pinpoint ([www.pinpoint-camb.org.uk](http://www.pinpoint-camb.org.uk)) have lots of information, advice and tips. For Cambridgeshire's Local Offer go to [www.cambridgeshire.gov.uk/residents/children-and-families/local-offer](http://www.cambridgeshire.gov.uk/residents/children-and-families/local-offer)



Cambridgeshire  
County Council



[earlyintervention@cambridgeshire.gov.uk](mailto:earlyintervention@cambridgeshire.gov.uk)

Contact me directly on



# Education Inclusion Family Advisor Team Countywide Online Workshop Offer

The EIFA team would like to present our newly updated workshops on a variety of parenting and family issues.

Please ensure you book onto each workshop individually by clicking on the link or scanning the QR code and completing the registration form.

Supporting Your Child with Feelings of Worry	Tuesday, 14 January 2025, 12:00-13:30	Book onto this workshop at: <a href="https://shorturl.at/75sQl">https://shorturl.at/75sQl</a> or	
Digital Safety	Thursday, 16 January 2025, 12:00-13:00	Book onto this workshop at: <a href="https://shorturl.at/J7tT9">https://shorturl.at/J7tT9</a> or	
Supporting Your Child with Sleep	Tuesday, 21 January 2025, 12:00-13:00	Book onto this workshop at: <a href="https://shorturl.at/S2Tcx">https://shorturl.at/S2Tcx</a> or	
Supporting Your Child with Feelings of Anger	Thursday, 30 January 2025, 12:00-13:30	Book onto this workshop at: <a href="https://shorturl.at/moV7o">https://shorturl.at/moV7o</a> or	
Introduction to Family Wellbeing	Tuesday, 4 February 2025, 12:00-13:00	Book onto this workshop at: <a href="https://shorturl.at/TGbQ9">https://shorturl.at/TGbQ9</a> or	
Responding to Behaviours that Challenge Us.	Thursday, 6 February 2025, 12:00-13:30	Book onto this workshop at: <a href="https://shorturl.at/zbSrv">https://shorturl.at/zbSrv</a> or	
Managing Sibling Rivalry	Tuesday, 11 February 2025, 12:00-13:30	Book onto this workshop at: <a href="https://shorturl.at/uf62T">https://shorturl.at/uf62T</a> or	

If you have any questions about our workshops, or the EIFA service in general, please contact [earlyintervention@cambridgeshire.gov.uk](mailto:earlyintervention@cambridgeshire.gov.uk)



# 10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen time. This guide will help you to develop an age-appropriate family agreement to suit your household.

## 1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

## 2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

## 3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

## 4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

## 5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

## 6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

## 7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

## 8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

## 9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

## 10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant at iCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: [nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices](https://nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices)



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Starts Back Date – Monday 13<sup>th</sup> January 2025

£4.50 per session – 11 week block of development

Times/ages: 5.15-6.15pm = ages 5-9 & Girls only ages 9-15 & 6.30-7.30pm = ages 11-16 & Goal Keeping = ages 9-14

UEFA B coaches – Youth Award Level 3 – Enhanced DBS – Safeguarding  
BFAS (Basic First Aid for Sport)  
Contact: Mark – 07419764033 – [mark@4cornercoaching.co.uk](mailto:mark@4cornercoaching.co.uk)  
[www.4cornercoaching.co.uk](http://www.4cornercoaching.co.uk)

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Next Week's Lunch Menu:



## Week Two Menu - Final

Served weeks commencing:  
11/11/24, 02/12/24, 13/01/25, 03/02/25



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>MAIN MEAL</b>	Beef Burger Potato Wedges Salad & Coleslaw	BBQ Chicken Rice Peas & Broccoli	Roast Turkey Roast Potatoes Peas & Carrots Gravy	Chicken Wrap Potato Wedges Salad/Sweetcorn	Fish Fingers Chips Baked Beans/ Garden Peas
<b>VEGETARIAN</b>	Cheese & Tomato Pinwheel Potato Wedges Salad & Coleslaw	Vegetable Curry Rice Peas & Broccoli	Vegetarian Sausage Roast Potatoes Peas & Carrots Gravy	Cheese Pizza Potato Wedges Salad/Sweetcorn	Vegetable Wrap Chips Baked Beans/ Garden Peas
<b>JACKET POTATO PASTA DISH</b>	Pasta with Optional Homemade Tomato Sauce and/or Cheese	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Pasta with Optional Homemade Tomato Sauce and/or Cheese	Jacket Potato with Cheese, Baked Beans or Tuna Mayo	Pasta with Optional Homemade Tomato Sauce and/or Cheese
<b>SANDWICH/ BAGUETTE</b>	Sandwich with Tuna Mayo, Egg Mayo, Cheese or Ham	Baguette with Tuna Mayo, Egg Mayo, Cheese or Ham	Bap with Tuna Mayo, Egg Mayo, Cheese or Ham	Bagel with Tuna Mayo, Egg Mayo, Cheese or Ham	Wrap with Tuna Mayo, Egg Mayo, Cheese or Ham
<b>DESSERTS</b>	Jam Sponge Custard	Sultana Oat Cookie Fruit Slices	Pineapple Cake Custard	Chocolate Brownie	Fresh Fruit Friday





**AVAILABLE DAILY:**

- Choice of Freshly Baked Wholemeal Bread,
- Seasonal Salad Bar, Water, Seasonal Fresh Fruit,
- Fruit Yoghurt and Fruit Jelly.