



Good morning everyone,

We have been extremely busy at Terrington this week! EYFS have been enjoying exploring animals and their habitats as well as showing fantastic progression with their phonics!

KS1 loved their computing lesson where they focused on instructions using shortcuts to share how to build a model for their partners to follow. In KS2, we welcomed Swinton Brass band where the children began their learning of brass instruments. They loved working as a group to create new sounds. Amazing work everyone!

As we look ahead this half term, our celebration worship will be held on Friday 6th February at 3pm to celebrate all the fantastic work the children have done this half term. Parents and the local community are welcome to join in the celebration. If your child is receiving a certificate for the assembly, a note will be in your child's planner the Friday before.

We are also pleased to share we raised a whopping £103.11 for the Royal British Legion. A huge thank you to everyone who donated and for our older children who took a lead role in organising and distributing the collection.

Have a great weekend everyone!

Thanks,
Miss Tordoff
Head of School



Thank you for your support

To Terrington & Foston CE School.

Thank you for supporting the Royal British Legion Poppy Appeal

Your collection total £103.11

District total £1782.97



ROYAL BRITISH LEGION

Dates for your diary - Terrington

Celebration Worship	Friday 6 th February 3pm
Break up for half term	Friday 13 th February
Students return to school	Monday 23 rd February
Parents Evening	Tuesday 17 th March
Parents Evening	Thursday 19 th March

What should I do if I am worried about a child?

How to report your safety concerns

If you believe that a child is in immediate danger from significant harm, dial 999 to report it to the Police.

How do I make a referral?

Referrals can be made via the universal referral form or following an Early Help Assessment. Both can be located on North Yorkshire Safeguarding Children Partnership website:

<https://www.safeguardingchildren.co.uk/professionals/forms-and-tools/>

Urgent referrals can be made via telephone to the Customer Resolution Centre on 0300 131 2 131.

or alternatively call the NSPCC Helpline: 0808 800 5000 or email: help@NSPCC.org.uk



Miss Skilling - EYFS and Year 1 & 2

This week in Early Years we have started to learn about Picasso and have made some artwork inspired by him. In KS1, we have started to write letters to Lazlo based on our book 'The Dark'.



Miss Faulkner - Year 3,4,& 6

This week in KS2, we have been really enjoying our new DT topic of pneumatics! The children have been exploring how we will make our own moving monsters using pneumatic system.

Parent News -

Arbor Update

As we move more modules over to the Arbor system, it is imperative that parents/carers are regularly accessing their accounts. If you need any help logging in or with any of the elements we currently use, please speak to Mrs Featherstone in the office.

Footwear

Please can KS2 children have a change of footwear in school suitable to wear over at the meadow. We try to get the children over there as much as possible and at this time of year it is very wet and muddy.

Developing Healthy Sleep Patterns

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping — **potentially affecting their mood, concentration and immune system.**

If your child still struggles with sleeping [The Sleep Charity](#) is a great website, by incorporating The Sleep Council, they provide advice and support to empower the nation to sleep better. The website has lots of information to help with **children's sleep problems, bedtime routines, bedroom environment, relaxation, diet and sleep, night terrors and nightmares, melatonin, children with SEND** and many more. The charity also offer a **commissioned sleep support service** where they understand how difficult life can be when a child has a sleep issue. Their aim is to support families to get a better night's sleep by offering workshops, clinics and written materials. They use a behavioural approach to sleep and work in partnership with families, they know that you are the expert on your child.

In some areas, their services are bought in by local clinical commissioning groups or funded by grants so that families can access one to one support from trained practitioners. To find out if there is a sleep service in your area, please contact info@thesleepcharity.org.uk.

Does your child have screentime before bedtime?

Is their phone or device kept in their room overnight?

Please see the information sheet on next page around **managing screen time, but try and think about removing tablets, phones or consoles before going straight to sleep to help encourage a good nights sleep and have these devices in a different place to the bedroom for charging to reduce the temptation for late night scrolling or gaming.**



Feeling the squeeze
from rising costs?

You're not alone.

North Yorkshire Council can help point you in the right direction if you're struggling, whether that's emergency support with everyday living costs, benefits, food or energy bills.

There's information about money management, advice for families and free adult learning courses too.

Find out more at northyorks.gov.uk/NYcostofliving



Terrington Church of
England VA Primary School



Age Restrictions for Social Media Platforms

Why are there age restrictions on social media platforms?
Many social media platforms have an age restriction of 13 years or over. This is because you have to be at least 13 years old to give consent for your personal data to be collected and processed.

What is the minimum age for UK account holders on these social media platforms?

13	16
Facebook	Vimeo
Instagram	Tumblr
Snapchat	
TikTok	
X (formerly Twitter)	
Pinterest	
Twitch	
Reddit	
Messenger	
Discord	
Skype	
YouTube	
WhatsApp	



The above age restrictions are based on the age required by the individual platform. This may differ from the age ratings suggested on app stores such as Google Play or App Store.

Age Appropriate Content

It has come to our attention that some children have been talking about programmes and films that are recommended for older children. In a private setting, such as at home, age ratings are advisory guidelines and parents are not breaking the law by allowing their child to watch a film that is rated above their child's age, however, we ask that parents think carefully about the impact this may have on their child and that they also speak to their child about talking to other children about what they are watching.

We live in a world where the internet is accessible to most children and any child if parental restrictions are not in place can google, look up on you tube or other platforms the name of the film/programme and see content that is not appropriate. This is also one of the reasons age restrictions are given to apps, as once you give your child access to a device that has the internet on, they have access to a world of content that is out of your control. If you are ever unsure of the appropriateness of a film/programme, a good website for advice which we have shared before is <https://www.common sense media.org/> which will give you a more detailed breakdown of what you can expect to see or the BBFC which will break down episodes giving you an age rating for each episode.

bbfc View what's right for you

Find films, shows, age ratings and more



Season 3

- 12 Chapter One: The Vanishing of Will Byers
Episode 1 48m 15s
- 12 Chapter Two: The Weirdo on Maple Street
Episode 2 54m 24s
- 15 Chapter Three: Holly, Jolly
Episode 3 51m 32s

Parents' Guide to Stranger Things: Season 5

TV | Netflix | Drama | 2025

Common Sense

Parents Say

Common Sense Media Review

By Joyce Slaton, based on child development research. How do we rate?

age 14+ ★★★★★
Final go-round has intense violence, product placement.

Why Age 14+?

- Violence & Scariness: Intense monster/slasher-type scares; frequent d... ★★★★★
- Language: Cursing includes "f--k," "s--t," "hell," "a--hole," "dai... ★★★★★
- Products & Purchases: An array of nostalgic products take center stage. ... ★★★★★
- Drinking, Drugs & Smoking: A parent smokes during stressful moments, and t... ★★★★★
- Sex, Romance & Nudity: Teen characters kiss frequently; sexual reference ... ★★★★★

Any Positive Content?

- Positive Messages: Friendship and family are key, and it's important! ... ★★★★★
- Positive Role Models: Some parents are present, responsible, and conc... ★★★★★
- Diverse Representations: Diversity and inclusion increases as the series co... ★★★★★

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 main thing is getting active from at least a brief stretch your screen.
- TRY A TIMED TRIAL**: When you're taking a screen break, taking a timed quality for others, limit it to a set amount of minutes. You could even try setting yourself a timer. Once you've completed your task before the time runs out.
- GO DIGITAL DETOX**: Challenge yourself and your family to take time off from screens, trading 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 stepping off your screen time. You'll be showing them the way, and it's one of the best things you can do for you and your family.
- AGREE TECH-FREE ZONES**: Establish some spots in the house where screens aren't allowed. Agree on your family's tech-free zones together, be it the table or the kitchen. You could even have a 'no phone zone'.
- HOLD A SCREEN TIME AMNESTY**: As a family, agree specific windows when it's OK to use devices. If the phone is always on in between time on screens or getting back together quality moments together.
- MEET OUR EXPERT**: Meet our expert on how to use your phone's parental controls to help you manage your child's screen time. You can find out more about how to use these tools and how they work on our website.
- BE MINDFUL OF TIME**: Stay aware of how long you've been on your device. Counting how much time you spend by periodically checking your phone – the secret makes watching – can save hours!
- PARK PHONES OVERNIGHT**: Set up an overnight charging station for everyone's devices. – preferably away from bedrooms. Don't forget to charge your phone overnight!
- SWITCH ON DND**: Research shows that phone notifications can be a major distraction. Turn on 'do not disturb' until you're less busy.
- TAKE A FAMILY TECH BREAK**: Set aside certain times when everyone turns their phones off. This could be during family time or when you're all 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. You could have a 'no phone' rule when you're all together. Put devices on silent and don't check them unless you're really stuck.
- WIND DOWN PROPERLY**: Turn off screens at least 30 minutes before you go to bed. This helps you get a good night's sleep. If you're in bed for a while and you're still awake, try reading a book or listening to music.

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

@nationalonline_safety | NationalOnlineSafety | @nationalonline_safety | national_online_safety

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