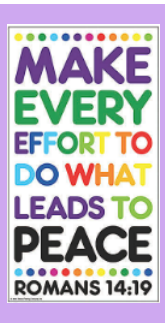
Hapton C.E./Methodist Primary School
Head Teacher: Mrs Amourelle Leyland
Tel: 01282 771657
Hapton C.E/Methodist Primary School

Hapton's Weekly News

13th November 2026



Our Christian Value this half term:

Peace

Thank you to everyone who has supported the Poppy Appeal by purchasing items from our Poppy Shop. Your generosity is greatly appreciated. All proceeds go to the Royal British Legion, which provides vital support to serving members of the Armed Forces, veterans, and their families. Through your support, we have helped contribute to this important and worthwhile cause.

We would also like to extend our thanks to our Head Boy, Head Girl, Deputy Head Boy and Deputy Head Girl for reading prayers during the Remembrance Service held at St Leonard's Church, Padiham, on Wednesday 11th November. The children represented our school wonderfully, showing great respect throughout the service and demonstrating excellent behaviour. We are very proud of them all.

Dates for the diary!

- Monday 16th November - Odd Socks Day. Please send a donation into school with your child, this will be sent to the East Lancashire Downs Syndrome Support Group. Thank you!
- Tuesday 17th November - Parents' Afternoon/Evening. Please call school if you have NOT booked an appointment.
- Tuesday 17th November - NO AFTER SCHOOL CLUB due to Parents' Afternoon/Evening!
- Wednesday 18th November - Photograph day, please see below for more details.

School Photographs!



On Wednesday 18th November, Tempest Photography will be coming into school to take the children's photographs.

Parents who would like their children to have photographs taken with siblings who do not attend Hapton should bring all children to the school office at 8.15am. All other children will have their photographs taken individually and with their siblings in school, once they have been registered.

These photographs make wonderful presents!

Menu

School dinners for week commencing 16th November are:

Monday-Hunter's Chicken. Cheese &Tomato Pasta or Jacket Potato.
Oaty Fruit Crunch&Custard.
Tuesday- Spaghetti Bolognaise, Salmon Fishcakes or Jacket Potato.
Shortbread.
Wednesday- Sausages/Yorkshire pudding, Tomato Pasta or Jacket Potato.
Mousse.
Thursday- Chicken or Quorn Curry, Butter Pie or Jacket Potato.
Mixed Fruit.
Friday- Fish Fingers, Pizza or Sandwich Selection.
Cookie.

Come along and have a browse at the Book Fair!

The Book Fair will be open:

- **Monday 16th November**: 3:15pm - 3:45pm
- **Tuesday 17th November**: During the Parents' Afternoon/Evening
- **Wednesday 18th November**: 3:15pm - 3:45pm
- **Thursday 19th November**: 3:15pm - 3:45pm

We look forward to seeing you there and helping you discover some fantastic books for your child to enjoy! 📖✨



Achievements!

	Star	Star	Value
Class 1	Noah	Aubie	Evangeline
Class 2	Ivy	Tommy	Halle-Faith
Class 3	Sophia Hutchison	Daniel	James
Class 4	Leah	Sonny	Antonia

Attendance winners- Class 1, well done!! 🏆



Congratulations!!

We are absolutely thrilled to congratulate Leo Davies and Daniel Connor on earning their Pen License! 🖊️✨

This fantastic achievement reflects their hard work, dedication, and beautiful handwriting. Keep up the amazing work!

Our spare uniform shop is open to everyone — please feel free to take what you need, whenever you need it. We would also be very grateful for any donations of good-quality uniform to help support other families.



You will also find our food bank at the top of the stairs in the entrance. This is here for all families — please don't hesitate to use it. As a school, we believe in sharing and supporting each other, and there is absolutely no shame in reaching out. Families are welcome to choose up to 6 items each week, or speak to us at the hatch if you need anything more. Brown bags are available to take items home, and if these can be reused, we would really appreciate it.

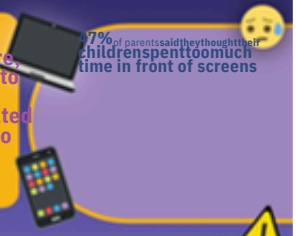


Thank you for being such a supportive and caring community. 💛

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online sa
their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonli
for further guides, hints and tips for adults.

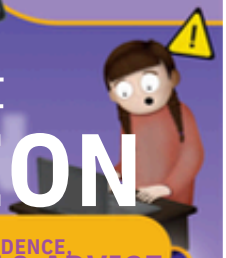


It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identifyand support children and young people who may be developing anaddiction to theirdevices?



7% of parentssaidtheythoughttheir childrenspenttoomuch time in front of screens

What parents need to know about
SCREEN ADDICTION



HEALTH& WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growingconcerns over screen time. There are now helpcentersin the UK which deal with screen addictionfor children and adults showing the seriousnessof device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activitiesinthehome.Itisimportanttodiscuss this with your child as soon as you notice a behaviour change.

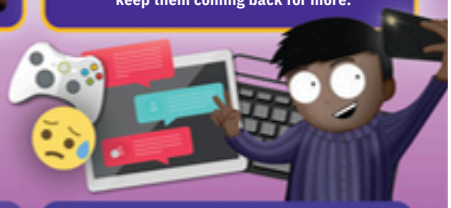


CONFIDENCE SUPPORT & ADVICE

TheChildren'sCommissionerreport'Life in Likes',exploredhowchildrenaged8-11 are usingsocialmediatoday.Itshowedthat childrenareusingtheirdevicestospeak to theironlinefriendsabouttheirproblems and seekacceptanceandsupport,removingface to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety

Top Tips for Parents

LIMIT SCREEN TIME

In today'sdigitalage, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model theirbehavior on their peers, soif their parents areconstantly on their device, they willsee this as acceptable. Trylimiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

Therearemany risks associated withdevices,such as cyberbullying, grooming, sexting, viewing inappropriate contentetc. Less time spenton a screen meansthat a child will be less exposed to these risks.

REMOVE DEVICES FROM THEIR BEDROOM

Settinga rule about removing devices from bedrooms will help your child to get the sleeptheyneed andbe more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

Itmay seem like an obvious solution, but encouraging children to play with theirfriends,read a book,or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

MOBILE-FREE MEAL TIME

Haveyoutried to settle your child bygiving them a tablet atthedinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

STATISTICS

52% of children aged 3-4 go online for nearly 9hrs a week

82% of children aged 5-7 go online for nearly 9.5hrs a week

93% of children aged 8-11 go online for nearly 13.5hrs a week

99% of children aged 12-15 go online for nearly 20.5hrs a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES:
https://www.independent.co.uk, Children and Parents: Media Use and Attitudes Report 2018: https://www.ofcom.org.uk, http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones, Journal of Youth Studies:
https://www.mirror.co.uk/tech/one- ve-kids-losing-sleep-9653986, University of Leeds: https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 12.06.19

"I will lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth." Psalm 121 v 1-2