

# Broxbourne CE Primary School Newsletter



Spring Term Issue 3

24th January 2025



## HEADTEACHER UPDATE

I hope this letter finds you in good spirits and enjoying the term. Our Year 5 House Archery Competition continues to thrive in its second week! Our children are developing skill and teamwork, and I encourage you to ask your children about their experiences and achievements thus far. It's wonderful to see their enthusiasm for this new sporting opportunity.

I would also like to extend my heartfelt congratulations to Zach, who has been elected as the new House Captain for Blue Badgers following Isaac's departure last term. We are excited to see the leadership and dedication Zach will bring to his new role, and I am confident he will inspire his peers to do their best.

In addition to our archer's success, our talented choir of 32 children participated in the Young Voices concert on Wednesday night, singing alongside a magnificent assembly of 8,279 voices! What an incredible evening it was! A huge congratulations to each choir member for their hard work and dedication. It truly was a memorable experience for all involved. I would also like to express our gratitude to Mr Turner, Mrs Forrester, and Mrs Waciorski for their support during this extraordinary event. The photographs from the evening capture a glimpse of the excitement and energy that filled the venue. I understand that 52 of our parents and family members joined us, and I hope you enjoyed the performance as much as we did!

Looking ahead, we invite you to join us at St Augustine's Church service next Sunday, 2nd February at 11:00am, where our choir will have the honour of performing. This will be a wonderful opportunity for our school community to come together in support of our school and church community and enjoy spending time together once more.

Thank you for your continued support and encouragement and we wish you all a relaxing and enjoyable weekend.

Best wishes Paul Miller

*Dream, Believe and Achieve with God*

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## **BROXBOURNE GOES TO CHURCH**

We invite all families to worship with us on Sunday 2nd February at 11.00am at St Augustine's Church.



## **HOUSE POINT LEADERS**

This week's winners are.....

**Green Hedgehogs**



**REMINDER:** The House that wins the House Cup for the greatest number of weeks each term will enjoy a non-uniform day in the final week of term. The children should wear an item of clothing in their house colour!

## **SCHOOL FOOTBALL BOOTS**

We keep a supply of football boots and shinpads in the office for anyone who has forgotten theirs, or needs a new pair of boots. If your child has borrowed any school boots, please could you ensure they are taken home and cleaned before returning. Please do not leave for members of staff to clean.



Ruth Rosales presents:



# CLASSICAL SUPERHEROES

HSO'S CONCERTS FOR CHILDREN



A WONDERFUL COLLECTION OF INSPIRING CLASSICAL AND FILM MUSIC FOR YOUNG PEOPLE



Sunday  
2nd February 2025  
2:30pm & 4:15pm  
BEAM, Hertford

Conductor: Jonathan Mann Leader: Emily Groom

Tickets Adults £16 Students/Children £10  
available from [www.beamhertford.co.uk](http://www.beamhertford.co.uk)

# BEAM

Stage Screen Social



## HOLOCAUST MEMORIAL DAY

MONDAY, 27TH JANUARY

Holocaust Memorial Poem

We Remember

By Ava, Grace & Willow—Year 6

*They tried to eliminate them,  
They spread hatred and fear,  
They lied.*

*They treated them like animals-like nothing,  
They caused pain and misery,*

*They killed. But even in the darkness, there is always light,  
Good people fought for justice; for freedom; for hope and for peace.*

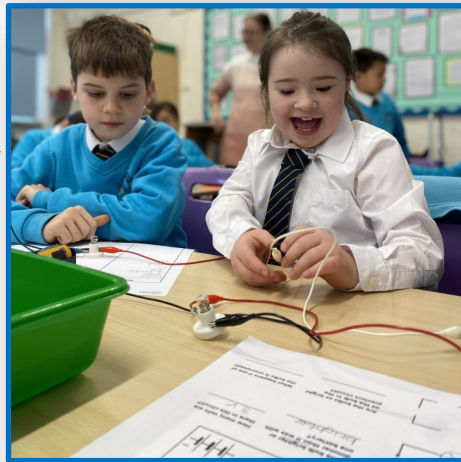
*We light a candle to illuminate the shadows and to remember what has happened.*

*We promise to stand against it ever happening again.*

*We remember.*



# SUPER POWER WORKSHOP FUN!



## OUR HARMONIOUS CHOIR SINGING AT THE O2 ARENA YOUNG VOICES 2025

I am thrilled to share how amazing our choir was on Wednesday! What a fantastic performance from all our talented singers. The energy and enthusiasm were truly infectious, and it was heartwarming to see everyone enjoying the show.

A special thank you goes out to the wonderful staff who accompanied them—Mrs Forrester, Mr Turner and our parent helper Mrs Waciorski. Your support made a significant difference, and we appreciate all that you do.

The children had a marvellous time, and it was such a joy to see parents equally enjoying the experience! Thank you for your continued support of our talented choir.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

# What Parents & Educators Need to Know about HEALTH & FITNESS APPS

## WHAT ARE THE RISKS?

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

### LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

### NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

### REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

### DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

### ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

### DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

## Advice for Parents & Educators

### EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

### REVIEW THE APP FIRST

Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

### PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

### USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

## Meet Our Expert

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



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>



## **PUNCTUALITY**

The school day begins for KS1 (Years 1 & 2) and KS2 (Years 3—6) **promptly at 8.50am (doors open at 8.45am)**. Please try to arrive in good time, allowing for delays due to traffic, roadworks etc.

Children in KS2 are required to line up in their respective classes prior to the doors being opened.

EY1—The doors open at 9.00am and close at 9.05am

EY2—The doors open at 8.50am and close at 8.55am

Parents are reminded that if your child arrives late, it is VERY IMPORTANT they are signed in by an adult in the main school office. If they are not signed in, they will not be on the fire register (for evacuation purposes). Additionally, they will not be signed in for a school lunch (if applicable). We thank you for your continued support.



## **BIRTHDAY BOOK THANK YOU**

Mason—Year 2—The Day Louis Got Eaten

Mrs Johnson—Parent of the School—Little People, Big Dreams—Kylie Minogue & Taylor Swift

**REMINDER:** Birthday books should be new and age appropriate for the year your child is currently in.

We hope you had a lovely day!

