



Knightsridge Primary School

Head Teacher's Newsletter – March 2019



Breakfast Club

We are delighted that so many children are attending Breakfast Club on a regular basis as this gives them the chance to enjoy a healthy breakfast and build new friendships across the school. Children are encouraged to think about oral hygiene daily as they brush their teeth to keep them healthy and build good habits for life.

Can I remind you that children must only attend if they are coming to eat breakfast. The Breakfast Club facility is not for child minding as we do not have the staffing to supervise additional children who do not wish to take breakfast.

Playground supervision begins at 8:35am when members of the Pupil Support Team are there to supervise your children before school starts at 8:55am.

Internet Safety

There have been a number of incidents in recent weeks that have spilled into school resulting from inappropriate use of social media. This has resulted in children being upset and distressed as well as adults in school spending valuable time trying to unravel and solve these issues. We would be grateful if you would support us in promoting internet safety at home and encouraging your child to use technology responsibly and safely.

The following information is shared widely in West Lothian schools to provide parents with guidance on ensuring children are using the internet safely in school and at home.

- Facebook accounts should only be held by people over the age of 13
- Safe networking sites should have the CEOP (Child Exploitation Online Protection) button
- We continue to educate our children on safe use of the internet and use clips from www.thinkuknow.com or CEOP videos from www.youtube.com to highlight the importance of internet safety. There is an excellent parents' section on the ThinkUKnow website that I would strongly encourage all parents/carers to have a look at.

Please know that we continually emphasise responsible use of the internet in school.

The Importance of Sleep

It is very important that children develop good sleep patterns at an early age. Research tells us that children need to sleep in order for their brain to develop and to ensure good mental health. Children cannot learn when they are tired and this often results in them not being able to regulate their behaviour or retain learning.

Too much screen time we know leaves children alert and unable to sleep for at least one hour after they have been watching television or the computer/tablet screen.

We all want children to perform at their best and feel well and alert during the school day. If you require support with bedtime routines please speak to Mrs Macaulay, our Family Support Worker, who will be happy to help you.

Parent Consultations

The next scheduled parents' consultations will take place on **Tuesday, 25th and Wednesday, 26th March**. A letter will be sent home this week outlining these arrangements. You will have the opportunity to book an appointment of your choice with your child/children class teacher online. Children in P3 - P7 should attend this meeting, as it is important for them to discuss their learning and their next steps in learning. If there are confidential issues to discuss, the teacher will make arrangements for this to happen without your child being present.

Communication with School



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