



Academy NEWS

July 2018

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Important Dates

- Return to school 5th September
- Open Evening 4th October
- Half Term Break 19th October



Message from the Head

As we bring this academic year to a close there is no doubt a great deal to reflect upon.

I know that from my arrival in March, the pupils in this school have continued to impress, amaze and delight me. They have so much potential and I certainly felt blessed when I was fortunate to be appointed as the permanent Headteacher at the end of April.

However, I am under no illusions that we must continue to improve across a whole range of priorities. I want us to have the very highest expectations of ourselves and of our pupils in all that we do and I am very aware that to date, this is not the case.

I have been working hard to resolve the gaps and significantly reduce the need for temporary teaching staff and I am delighted with the appointments that we have made ahead of September. This will remain an absolute priority until I can say with complete confidence that every lesson is taught well, by a strong, committed teacher who understands our values and upholds the same ambitions that I have for this school.

I know that we must continue to work hard to embed and uphold a strong behaviour management system. I do not want this to be a school which constantly resorts to exclusions however, at the same time, I will not allow this to be a school which tolerates poor behaviour and poor attitudes. The message is clear, if pupils want to attend this school then they must live up to our expectations. We are refining our pastoral approach ahead of the new year and I believe this will help improve communication with our parents and carers and allow us to work more proactively with our pupils and provide the care and support where it is needed.

In the classroom, I know that we need to do more to ensure that our marking and feedback is effective and that it helps our pupils make better progress. I know that we must be more consistent in what we do, setting homework that is challenging and appropriate, teaching lessons that are enjoyable and engaging and assessing accurately to give you a good understanding of where they are in their learning and what they need to do to improve.

I set out with a vision that this will be a school where our pupils will be safe, happy and successful and I remain true to that vision. We will continue to make changes, raise standards and challenge both our students and ourselves because anything less would be doing them and you a disservice.

I appreciate that change is not always easy and certainly we will not always get everything right, however, it is always my commitment that what we do is with the best intention of ensuring that Winterton Community Academy is a great school for your children.

On the bright side, I have this week been able to sample my first ever 'Normanby Camp' experience. It has been an amazing experience for our pupils and is a reminder of everything that is good about our school community. I have seen friendships form, confidence grow and experiences gained – the smiles that have greeted me each time I have visited have been the highlight of my day and I am sure that our pupils will have memories to last them a lifetime.

I would like to thank you personally for your support and encouragement over the last few months and wish that you have a safe and happy summer.

Best wishes – Mr Rowlands



Fund Raising

Just to let everyone know all money has been counted for this year's charity events.

The total amount raised for Winterton's Got Talent Night was **£547.00** To be split between Winterton Bloodwise (Beth Hutson) and The Maternity Bereavement Suite Scunthorpe General Hospital.

The Neon Fashion Show (Lucy Button) raised **£1185.00** This was split between Diana Anti Bullying Ambassador Programme and Anti Bullying Training Winterton Community Academy

The Focus group have raised **£390** throughout the year from raffles and refreshment stands at Academy events and a further **£105** from the recent Ladies Night. Donations from the Focus group have been made to MFL department and the Prom.

Non-uniform day in March raised **£142** and **£212** in December.

Race for Life in June raised **£3061** - an amazing result!

Football non-uniform day raised **£148** for The British Heart Foundation

Thanks to all staff who gave up their time to help at these events it was very much appreciated

**YOU ARE
AMAZING.
AND DON'T
FORGET IT.**

Race for Life

On Tuesday 12th June the whole school took part in Race for Life.

Students dressed in pale pinks and blues, and ran around the field to complete the 3-5k race, sporting pink shoe laces in support of Cancer Research. A fantastic turnout for a great cause.

Many students wore pledge cards and have collected £3061 in sponsorship. Well done everyone.

Donations can be made via the following link <https://fundraise.cancerresearchuk.org/page/winterton-community-academy>



Award Winning Students

Some of our students were invited to the Winterton Town Council's Civic Dinner, held at the Winterton Community Pavilion on Saturday 28th April, where they were recognised for their outstanding achievements. The awards were presented by Winterton Mayor Paul McCartan.

Thomas Sharpless – Don Johnson Award for his voluntary services/fundraising

Erin Nicholson – Certificate of Achievement for all her voluntary work within the school and community

Beth Hall – Sporting Achievement Award



On the 11th of May, Forest Pines Hotel & Golf Resort was the venue for the The Viking FM Future Stars Awards where **Lucy Button** was awarded the Community Champion Award.

We are extremely proud of all our students achievements and wish them all further successes in the future.

<https://planetradio.co.uk/viking/competitions/win/viking-fm-future-stars-awards-2018/>

A church through time



All of our year 8 students went to visit our local church, All Saints, in Winterton.

This was so that they could look at the history and developments of the most significant building within our community.

The students completed an investigative booklet in groups. They had to investigate in to the different eras of the building and consider how each part was made, why and the importance it has to the church and religion.

The eras which were considered were Norman, Medieval, Reformation and Victorian. They had to find evidence within the church of each period of time.

They also had to consider the outside space and how some areas of Winterton are now built on top of the original graveyard.



Six Peer Mentors have been working with Study Park Scunthorpe United to put together a film for the Centenary of WW1 celebrations at Winterton Pavillion on 10th/11th November, 2018. A big thank you to Tracey Norton and ex pupil Amy Stuart for helping with hair styles.

Sports Presentation - 2018

Year 11 Sports Woman



Elisha Nundy

Sports Personality of the year



**3rd - Gabby Salvatore Chapman
2nd - Harry Baker
1st - Daniel Williams**

Team of The Year



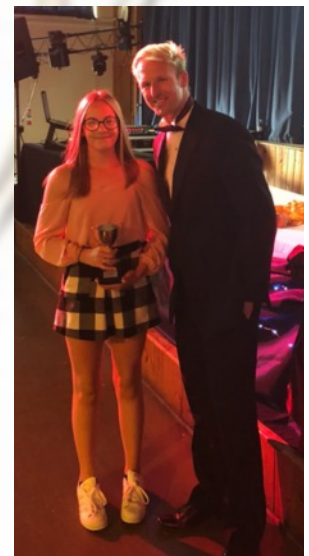
**Year 7 Girls Cross Country
Humberside Champions**

Leadership Award - Mia Diaz



The culmination of all our sporting achievements were celebrated in a Gala-style celebration. This is the 5th year we have held this event in school. A truly spectacular evening attended by students, parents and staff.

Well done to all nominees and winners.



Beth Hall

Trophy Winners



**Millie Weaver
Olivia Harness
Beth Hall
Sam Blackburn
Sam Brown**

Progress Award

James Townend

Sports Day Results

	Year 7		Year 8		Year 9		Year 10	
100m	Jack Bayley	Macy Lindstrom	Dan Williams	Alice Koshy	Byron Johnson	Rebecca Austin	Jack Porter	Caitlin Fidell
200m	Adam Chambers	Rachel Sennitt	Harry Robinson	Alex Kelk	Alfie Lindstrom	Olivia Harness	Cameron Marshall	Jess Fuller
300m	Louis Osborne	Ruby Coy	Dante S.Chapman	Chloe Fidell	Cody Butler	Caitlyn Ianson-Rush	Harry Baker	Caitlin Fidell
800m	Ryan Dawson	Beth Hall	Max Moody	Chloe Fidell	Sam Blackburn	Olivia Harness	Harry Baker	Millie Weaver
1500m	Ryan Dawson	Beth Hall	Dan Longden	Chloe Fidell	Sam Blackburn	Olivia Harness	Harry Baker	Millie Weaver
Long Jump	Jack Bayley	Luci Lamberti	Will Horner	Brooke Ecuyer	Connor Gale	Lucy Knowles	Cameron Marshall	Millie Weaver
Triple Jump	Hayden Norton		Dan Williams		Connor Gale	Alisha Ogg	Cameron Matrshall	Millie Weaver
High Jump	Taylor Julian	Erin Taylor	Tyler King	Morgan Brelsford	Byron Johnson	Aimi Moore	Sam Brown	Ellie Young
Shot Putt	Ryan Barrow	Beth Hall	Dan Longden	Lily Franklin	Cameron Pontin	Olivia Harness	Tyler Houltyby	Jess Allison
Discus			Tyler King	Cerys Webber	Nathan Robinson		Sam Brown	Eleanor Lonsdale
Javelin			Dan Williams	Erin Gerry	Nathan Robinson	Kaitlin Grimbleby	Oliver Slowen	Alysha Allan
Vortex	Dan Pooley	Freya Dailey						
Relay	63.71	61.65	56.07	62.33	56.25	60.42	50.44	60.34
WINNERS		7 GER		8 GB		9 PS		10 EGW



Year 10 Engineering Experience



On 24th April 2018, the school were invited to attend a visit to Greenergy, who are the UK's leading supplier of road fuel. 7 year 10 Engineering students visited the plant at Immingham docks and were taken on a tour of the site and shown the processes involved in turning used cooking oil into refined biofuel. They also took part in some activities which involved problem solving and applying the subjects they study at school. This was a fantastic opportunity for the students to see how a successful company runs, speak to the staff and apprentices working there and realise the wide variety of jobs within the engineering sector.

The Winterton Sculpture Trail is now open, with 26 tractors and owls on display at sites across the town.

The project has been delivered by the volunteer-led, National Lottery-funded Winterton 2022 organisation and more than 600 people have been involved in creating the sculptures.

All three Winterton schools have been involved, as well as groups including the Winterton Disabled Club and the 1st Winterton Brownies. The first sculpture was unveiled by Winterton town mayor Vicky Mumby at a special launch event Thursday 24th May and all 26 can be seen around the town from today until Friday, September 14th.

The first sculpture to be unveiled was a tractor with artwork created by pupils at Winterton Community Academy.

Harry Key, from Year 9, said "I think this will be a really good thing for the town as it will add something interesting to do and will also attract more people to visit which is what we need. I really enjoyed being a part of the project."

Harry Carter, who is in Year 10, said "When planning the design of our sculptures we took inspiration from the sculptures that were part of Hull City of Culture. We also really liked the effect created by the mural in Winterton Market Place and used this as inspiration as well."

Sculpture trail project co-ordinator Daniel Redhead said that the Winterton 2022 committee should be commended for their ambition and vision to deliver such a large scale project of this nature.

Sculpture trails have taken place across the country in many major cities. For a town the size of Winterton to be competing with them, and demonstrating its ability to do so, is truly remarkable and will bring great benefits to the town. www.winterton2022.org.uk/sculpturetrail





Activities at Normanby Park Camp.

Orienteering

Team Games

Evening Walk

Day Walk

Enterprise

Archery

Mountain Bike

Fencing

Camp Songsong

Bridge Building

Shelter Building

Go Ape

Life is a journey with
problems to solve,
lessons to learn,
but most of all,
experiences to enjoy.



"Experience is the
teacher of all things."

Julius Caesar

1 Sep. 44 BC

Sports News



Year 10 Rounders Team

Year 8 Football Team
District Runners Up



Years 7/8
Orienteering Teams
representing North
Lincs at the Humber
Games



Years 7/8/9 Students at the
orienteering competition



Whole School Athletics Team - Year 7 Girls
and Year 10 Girls Division 2 District
Champions



Year 10 Cricket Team

Time to say 'Goodbye'.

The class of 2018 said their last goodbyes to their classmates and their teachers on Friday 25th May. We wish them well for their future successes and happiness wherever fate may lead them.



“Our Memories
Of Yesterday
Will Last A
Lifetime. We'll
Take The
Best, Forget
The Rest,
And Someday
Will Find That
These Are
The Best Of
Times.”

The Fresh Quotes



Life
has two rules:
#1 Never Quit
#2 Always
remember rule # 1.



Bread Making Demonstration

On Thursday 10th of May, George and Heather Fuller from 'Fuller's Bakery' came into school to show the year 10 Food group how to make bread like a master baker.

Whilst the Fullers were here they showed us through the steps of making different shaped bread this included how to combine all the ingredients, how to stretch the bread dough and how to shape the dough to create different types of breads for example, hot dog bun, normal white rolls, a plait and normal white loafs. Whilst Mr Fuller was demonstrating he asked students to have a go. I helped to shape the white rolls which came out quite well. He also asked Molly to try and plait the dough which she did with success. Towards the end of the lesson we all tried some of the Artisan bread that is made at 'Fullers Bakery' which were all delicious. They were called: Bavarian Donker which is a German dark bread, Spelt which helps to prevent some people bloating after they have eaten bread, Sour Dough with dried cranberries and a Seeded Quarter.

On Friday the 11th of May the group made our first batch of bread, applying the skills we learnt from the Fuller's demonstration achieving successful results.



On behalf of the 2018 Food Technology group we would like to thank the Fullers for dedicating their precious time to showing us what it's like to be a master baker in 2018. Their demonstration has helped us to develop our skills in the baking industry and possibly some could consider a career in the craft of Artisan Breads.

Ollie Thompson Year 10

Staff Changes



Mrs Wadge is sadly is leaving our Modern Languages department for pastures new. She has worked with us for a little over 10 years and has nurtured two year groups on their journey through the Academy. She will be missed by students and colleagues alike. She passes on her best wishes to all her students wishing them well in the future. **'Au revoir Madam Wadge'.**

Mrs Ostler will be joining the MFL department



Mrs Langthorne will be leaving at the end of term after teaching here for seven years. We wish her well for the future.

Mrs Zumbika will take her place as a permanent teacher in the Science department, along side Mr Foley who will also work in the Maths department.

Mr Broadbent has already started in the Maths department where Mr Musgrave is now head of the department.

Mrs Cantrell will be joining the History department.

Mrs Dalowsky has accepted an Assistant Head position and Mr Sidell is now a valuable member of the Senior Leader team.

Mrs Daveran is now Safeguarding lead for the Academy and Mrs Burman will continue to work as Inclusion Officer

Mr Hodge will now look after Year 11 along with Year 10 as Mr Florence will be taking the Head of PE role. Miss Holmes will continue with Years 8 and Year 9. Miss Lovell will look after transition for Year 6 and Year 7.



Celebrations were held in June in the canteen for Mrs Cook as she retired after 28 years at the Academy and Mrs Craig and Mrs Betton will not be returning in September as they have secured new positions elsewhere. We wish them all good luck.

Mr Lund has joined us as Premises Assistant to complete the team.

Donation



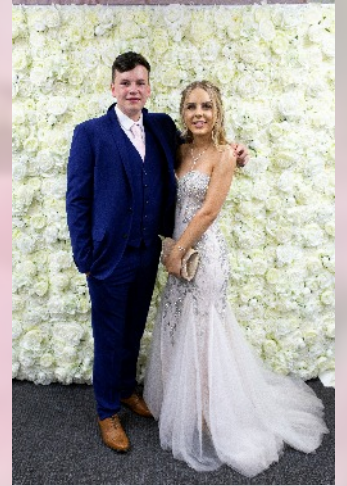
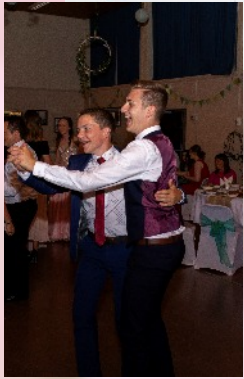
A big thank you to Vision for Education kindly donating £250 towards this years Prom Fund.. This was presented by Charlotte Green.

It will be put to good use.

Prom



2018



How Much is a Portion?

So how can you work out how much to eat, without calorie-crunching or taking scales to the supermarket?

The answer is in your hands!

The obvious advantage of using your hands is that you always have them with you!

Plus it's proportional. If you're a bigger person, you'll need a bigger portion, but your hands will be bigger so the portion is adapted automatically. Likewise, young children need child-size portions, the size of their hands.'



To count as one of your five a day (80g) a serving of veg needs to be at least the size of your fist. 'Twice this amount of broccoli would technically count as two of your five a day, though variety is key - aim for a rainbow selection of different coloured veg. 'Have several portions of veg - they should fill half a plate.

This might look small, but pasta doubles in weight once cooked, as it absorbs water. There's 75g here, giving 219 calories.

A portion of uncooked rice is also the size of your fist.

Carbs, for energy and fibre, should make up just a quarter of your plate (protein should make up another quarter, the rest should be veg).



A serving of any meat should be the size of the palm of your hand (but not your fingers). The steak pictured is about 100g and the thickness of a deck of cards.

'Aim to have a portion of protein this size at every meal - you should spread protein throughout the day as we process it better in smaller, regular amounts,' says Sian Porter. 'But don't have more than 500g of red meat in a week. 'Choose other protein such as fish, beans, or pulses.'



Like meat, a serving of oily fish such as salmon, mackerel or sardines should be the size of your palm.

The fillet here weighs about 100g and would provide around 200 calories - one portion a week would give you enough heart-healthy omega-3 fatty acids in your diet.



White fish such as cod, haddock or pollock is very low in fat and calories so the portion can be the size of your hand when laid flat, including your fingers (about 150g and 100 calories).

'White fish is great, because its protein is naturally low in fat. It has only a small amount of omega-3s, but is a good source of selenium, important for the immune system and healthy hair and nails.



This is how much raw spinach you need for one of your five a day (80g) - practically a whole bag - and the same serving size applies to any salad leaves.

'You should have vegetables with every meal and, as the picture shows, a couple of slices of lettuce in a sandwich won't cut it

'A portion of carbs should be around 200 calories (250 for a man).

'The potato here is 180g giving 175 calories, but baking potatoes can be twice as big - so think about sharing one between two.'

It's the same for sweet potatoes - but unlike white potatoes these would count as one of your five-a-day.



An 80g five-a-day portion of small fruit such as berries (or larger fruit cut up in a fruit salad) is roughly what you can fit in your cupped hands.



A piece of chocolate the size of your index finger works out at around 100 calories (or about 20g - if you're a bigger person you'd get slightly more), and this would be an appropriate treat.



'Nuts and seeds are a great snack, they're filling and contain heart-healthy unsaturated fats, but they are calorific,

A good portion is what you can hold in a cupped palm.

Try to eat nuts and seeds one by one, spaced out, rather than a few at once.

Spotlight On Staff



Mr Cowie was interviewed by Olivia Harness 9PS with Grace Jervis 9CJ

What made you get into teaching?

I had good experiences at school mainly because of my PE teacher and I want to have an impact on my pupils and inspire them.

With you being a PE teacher do you participate in any sports in your spare time?

I am in charge of some gym classes and I compete in Futsal once a week as a leisure activity.

What sports do you like/dislike teaching?

I actually don't like teaching football because there are a lot of people who play it and so I can't help improve them. Where as teaching sports like athletics and badminton I can help them because I can coach them.

What is your favourite food ...?

Fish and Chips!!

...And your favourite colour?

Black and white - because I support Grimsby Town.

What car would you like to own?

A BMW X5 because they are really big.

What clothing do you like?

I like Adidas and Nike for sportswear. For general clothing I like Hollister jeans and Burton menswear. I just normally spot things I like and buy them.

Are you watching the World Cup?

Yeah definitely, I watch it every chance I get.

Which team do you want to win?

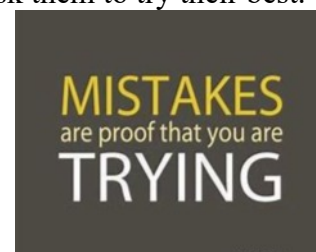
I am supporting England however, if they get knocked out I would like to see Belgium win.

Who is your favourite sports person and why?

It has to be Roger Federer due to him being a great role model. He has great qualities like dedication and resilience.

What do you want from your students?

I want my students to enjoy their lessons so they look forward to them and I want them to feel like they have achieved something, but mainly I ask them to try their best.





National Online Safety

Stay Safe On The

Internet

Instagram is an image and video sharing app that allows users to share moments with the world. The app has a live streaming feature and additional add-ons, such as 'Boomerang', 'Hyperlapse' and 'Layout', which can be used to enhance their feed. Users can choose to add filters and make adjustments to their photos, such as brightness/contrast. To make their content more 'searchable', users can include hashtags in their uploads to make them easier to find.

What parents need to know about
INSTAGRAM

LIVE STREAMING TO STRANGERS
The live stream feature on Instagram allows users to connect with their friends and followers in real-time. Followers can comment on the video during the broadcast (which can be turned off in the settings). If your child has a private account, only their approved followers can see their story. It is important to note that they still may have followers that they do not know, which means they could be live streaming to strangers. A public account allows anybody to view their story. We suggest that your child goes through their followers list and blocks people they do not know. An additional risk with live streams is that your child may do something that they regret. This could be captured by a viewer taking a screenshot and further shared around the internet.

DAMAGE TO CONFIDENCE, BODY IMAGE & MENTAL HEALTH
When influencers, celebrities or peers use filters on their photos or videos on Instagram, it can set unrealistic expectations of their own appearance and create feelings of inadequacy and low self-esteem. Children may try to strive for a comparable number of likes on their own photo to an image or video that has been edited heavily.

*****NEW FOR MAY 2018*****
IN-APP PAYMENTS
Instagram is rolling out in-app payments for products and services directly through the app. It will operate under the same rules as Facebook Payments, which state if you are under the age of 18, you can only use Facebook Payments with the involvement of a parent or guardian.

PHOTO / VIDEO SHARING
Posting photos and videos is Instagram's biggest selling point, so with sharing images comes risks. A photo which includes landmarks in the area, their school uniform, street name, house and even tagging in the location of the photo uploaded to Instagram can expose the child's location making it easy to locate them. If their account is not set to private, anyone can access their account and see their images.

HUACKED HASHTAGS
Like Twitter, hashtags are also an extremely prominent tool in Instagram and with that, comes potential risks for your child. One person may use a seemingly innocent hashtag with one thing in mind and before you know it, hundreds of people could be using the same hashtag for something inappropriate or dangerous that your child certainly shouldn't be exposed to.

LOCATION TAGGING
Public locations can be added to a user's photos/videos and also to their stories. While this may seem like a good idea at the time, it can expose your child's location; this is particularly more of a risk if it is on their story, as it is in real-time.

REMOVE PAYMENT METHODS
If you are happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment; this will also help prevent unauthorized purchases. This can be added in the payment settings tab.

RESTRICT MESSAGES
If your child's account is not private, anybody can message them and reply to their stories. If they do wish to keep their account public, we strongly recommend changing the message reply settings to restrict who can message them.

*****NEW FOR MAY 2018*****
FILTER INAPPROPRIATE COMMENTS
Instagram announced on 1st May that they now have an 'anti-bullying' filter on the app. The new filter hides comments containing attacks on a person's appearance or character, as well as threats to a person's well-being or health. The filter will also alert Instagram to repeated problems so they can take action on the user if necessary. This is an automatic filter, but it can be turned off. Make sure this is turned on in the app's settings.

TURN OFF SHARING
Even though this feature will not stop people from taking screenshots, it will stop others being able to directly share photos and videos from a story as a message to another user. This feature can be turned off in the settings. We also recommend turning off the feature which automatically shares photos and videos from a story to a Facebook account.

USE A PRIVATE ACCOUNT
By default, any image or video your child uploads to Instagram is visible to anyone. A private account means that you have to approve a request if somebody wants to follow you and only people you approve will see your posts and videos.

Top Tips for Parents

REMOVE PAYMENT METHODS

RESTRICT MESSAGES

*****NEW FOR MAY 2018*****

FILTER INAPPROPRIATE COMMENTS

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REMOVE PAYMENT METHODS

RESTRICT MESSAGES

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FILTER INAPPROPRIATE COMMENTS

TURN OFF SHARING

USE A PRIVATE ACCOUNT



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 identify and support children and young people who may be developing an addiction to their devices?

47%
of parents
said they thought their
children spent too much
time in front of screens



What parents need to know about SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction.

IT CAN CAUSE SLEEP DEPRIVATION

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.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face 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.

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 activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



**National
Online
Safety**

Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, 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.



LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner 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.



ENCOURAGE ALTERNATIVE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, 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.



LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting 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.



Sources

<https://www.independent.co.uk>
Children and Parents: Media Use and Attitudes Report 2017 <https://www.ofcom.gov.uk>
<http://uk.bbc.com/news/health-40488484>
Journal of Youth Studies <https://www.tandfonline.com/doi/full/10.1080/13676257.2016.1143388>
University of Leeds <https://leedshealthtrust.nhs.uk/news/articles/12186663/stop-damaging-for-children>





Delicious Is What's For Lunch



Lunches in our cafes are ideal for every palate and every age group and we're bringing students' favourite foods from outside school inside, including fresh local fruits and vegetables, pizza, classic All-American burgers and foods with Asian flair and bold BBQ flavours.

All of our food is made with care and utilizes lean meats, low-fat cheeses and whole grains.

eat.

We improve the well-being of our students by preparing fresh, delicious and nutritious meals they love.

We engage students and all of their senses through the creation of new and fresh dining experiences that improve their school day.

learn.

We build sharp minds and strong bodies with a healthful, balanced approach to school dining.

We share our knowledge of the life-enhancing benefits of good nutrition with students, our families and our communities.

live.

We enrich the lives of our students and the communities we live through socially responsible and sustainability best practices.

We are planting the seeds of health and wellness.



80% of 5-15 year olds
eat less than 5 portions of
fruit and vegetables a day