



# Panshanger Press - Vol. 14

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3rd May 2024

*Panshanger Primary School*

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Lots to look forward to...

*Message from Mr Longland*

Hello everyone!

We were hoping for warmer weather and plenty of sunshine as we are now into May. Unfortunately, it looks we will have to wait a little longer.

In this edition:

- **Gift Aid**
- **Screen Addiction**
- **PTA**
- **School Dates**

## Gift Aid

As you may know, Panshanger Primary School PTA is a registered charity and under the Gift Aid scheme can claim tax relief on eligible donations. This has the effect of increasing the value of your donation, at no cost to you. Only taxpayers are eligible and if you are a higher rate taxpayer, you can claim relief on the difference between the basic rate and higher rate of tax.

If you would like to know more about Gift Aid you can find information on the HMRC website [http://www.hmrc.gov.uk/charities/gift\\_aid/basics.htm](http://www.hmrc.gov.uk/charities/gift_aid/basics.htm)

If your child/children bring home a Gift Aid Declaration form, it means we have no record of you submitting one previously for that child. So, if you are a taxpayer, could I ask you to please complete the form and return it to the office.

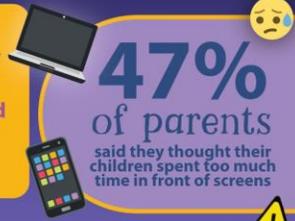
The aim of this letter is to raise awareness of the scheme so that we can maximise the benefits for all pupils. Thank you to everyone who has already submitted a form, it really does all add up and make a difference!

# What Parents Need to Know about Screen Addiction

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 safety with 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.nationalonlinesafety.com](http://www.nationalonlinesafety.com) 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 identify and support children and young people who may be developing an addiction to their devices?



# What parents need to know about SCREEN ADDICTION



## HEALTH & WELLBEING

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



## CONFIDENCE, SUPPORT & ADVICE

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.



## 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.

### 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.

### REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused 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.

### 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.

### ENCOURAGE ALTERNATE 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.

### 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.

### 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.gov.uk>, <http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones>, Journal of Youth Studies; <https://www.nimms.co.uk/tech/one-five-kids-losing-sleep-9533986>, University of Leeds; <https://medhealth.keeds.ac.uk/news/article/1296/lack-of-sleep-damaging-for-children>

PTA



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*PTA Updates*

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The pool will be opening towards the end of May. Please keep an eye out for a volunteer request in May to help paint fences.

School tea towels are back! The children will be drawing themselves in the next couple of weeks and pre-orders will open on SchoolGateway in May for this year's school tea towel. We only do these every few years so don't miss out.

**Second hand book shelf**

Every Friday at pick up, we'll be wheeling out a bookshelf full of books where you can swap, donate or buy.

**Introducing Frozen Fridays**

Every Friday after school, children can buy an ice cream or ice lolly. **CASH ONLY**

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*Upcoming Dates for the diary*

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Friday 17th May - Break the Rules Day

Friday 14th June - Non-Uniform Day for Rainbow Donations

Friday 28th June - Non-Uniform Day for Bring a Bottle

Friday 5th July - Summer Fair

Please check your class WhatsApp groups for more details

## Dates for the Diary

### **We have now added term dates for 2024/2025 to our website.**

Tuesday 7th May - EYFS Trip to Foxholes Farm

Tuesday 7th May - Year 5 LEGO Creation Day

Wednesday 8th May - Year 5 Trip to WGC Synagogue

Monday 13th May - Thursday 16th May - Year 6 SATs Week

Monday 20th May - Year 6 Trip to Chessington World of Adventures

Tuesday 21st May - Year 5 & 6 KNex Challenge Day

Wednesday 22nd May - Friday 24th May - Year 6 Residential Trip to West Runton (Kingswood)

Thursday 23rd May - Year 3 & 4 Trip to Wood Hall Estate

**Monday 27th May - Friday 31st May - Half Term**

Monday 3rd June - INSET Day

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*More dates are available on the ['Diary Dates'](#) page of our website*

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## Contact Us



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