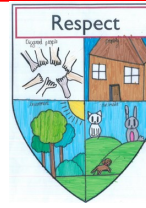
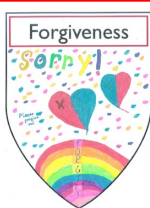


Oldswinford Cof E Primary School

'Believe, achieve and shine brighter together'



Spring Newsletter: 10th February 2023

Dear Parents/Carers,

It has been such a busy week in school this week with lots of special things happening. Year 5 had a visit from the Mayor who has agreed to help us get some extra litter bins in Field Lane. Suzanne Webb came to visit year 4, we celebrated Children's Mental Health week by learning and singing a song together and it was Safer Internet Day.

Every class had a try at Wellbeing Yoga and we also had 2 sporting events where some children were chosen to represent our school: athletics and cross country. Well done to the children who took part in these sporting events - we don't know the outcome yet but they showed great sportsmanship.

Have a wonderful weekend, don't forget we break up for half term on Friday 17th February.

Ellie Game

Value of the half term...

Self Control

This week we talked about when we needed self control and how if we stop and think before we act it can help us make the right choices. We specifically looked at playground scenarios and how we could have self control when we are playing football or other games with our friends.

As it has been Safer Internet Day this week too, we also thought about how we need self control when we are playing online.

Thank you to the people who helped me at the front Hugo and Seb from year 1 were superstars!

Attendance

Reception - 94.7%

Year 1 - 95.3%

Year 2 - 97.7%

Year 3 - 93.5%

Year 4 - 97.6%

Year 5 - 97.3%

Year 6 - 97.7%

Well done Year 2 and Year 6 for having the best attendance this week. It is really impressive to see 4 classes with more than 97%!

Parents' Evening

Parents' Evening will be running on the 7th and 9th

March with appointments opening at 7pm on

Monday 27th February via ParentMail.

During this time you will be able to meet with your child's teacher in the upper hall and also have time to look through books, which will be in your child's classroom.

We look forward to seeing you in school.

10 WAYS GAMING CAN SUPPORT POSITIVE OUTCOMES in Children and Young People

Gaming, of course, is phenomenally popular with children and young people. In 2021, for instance, more than three-quarters of teenagers played online games, with almost 70% of primary school aged children doing likewise. If enjoyed in moderation and supported by a healthy routine (staying hydrated, good sleep habits, taking breaks and so on), gaming can actually benefit a person's mental health. As long as we stay alert for potential risks, games can be much more than what we see on the surface: they can be a way to socialise, an avenue for creativity and a route to solving problems. Check out our top ten tips on how gaming online can sometimes work to your child's advantage ...

THE FEEL-GOOD FACTOR

Gaming is so popular because at the base level, it's enjoyable for the player. Succeeding in any game or contest releases dopamine in our brains: the 'feel-good' chemical that makes us happy or excited. Those emotions can be incredibly beneficial for mental wellbeing – as long as young players don't become reliant solely on playing video games to make themselves feel happy.

ACHIEVEMENT & PRIDE

A sense of achievement is incredibly important to all of us and can be particularly valuable to someone who's feeling unhappy or distracted. It's easy to get caught up in our thoughts, which can sometimes take a negative turn. So even achieving something small – like finishing a difficult level in a Mario or Sonic game – can feel like conquering Everest and give us renewed optimism.

SOCIAL SALVATION

Gaming can be an incredibly social activity. When playing online with trusted friends, what usually start out as chats specifically about the game can often develop into conversations about school and life. Even if they've had a bad day, simply knowing that a friend is there, on the other end of their headset, can provide young gamers with a sense of security and some welcome laughs.

TEAMWORK MAKES THE DREAM WORK

In many online games, teamwork is crucial to winning. Often, people who are struggling with their mood tend to feel like they fail or let others down a lot. Working as a team with trusted friends or family in a game can reinforce a young person's self-importance: striving for a common goal and succeeding together can remind them that they're an integral part of something bigger.

REAL-WORLD RELATABILITY

Because many major releases are shooting or action games, when some people hear "gaming" they think of guns, explosions and violence. What's less recognised is how many titles explore relatable issues such as overcoming anxiety or coping with grief. These games allow young players to understand their emotions more deeply and realise they aren't alone in how they might be feeling.

A DIGITAL COMFORT

Video games can provide a reliable constant. No matter what happens in school or between friends, playing a favourite game is something that youngsters can look forward to all day and can help them de-stress. Let's not forget, games are fun – and, when approached safely, an interactive activity in which the player has a degree of control over what happens next can feel immensely reassuring.

PROBLEM-SOLVING PRACTICE

It can be difficult for young people to handle the feeling that nothing is going right or that their problems are insurmountable. Gaming can help alleviate that by presenting challenges to be overcome, either solo or alongside trusted friends. Defeating a powerful monster or solving a tricky puzzle reminds young gamers that even the most daunting obstacles can be faced and conquered.

THE GREAT ESCAPISM

A certain amount of escapism is fabulous – allowing us to temporarily park some stress while exploring a world other than our own. For children, gaming can be like reading a novel or watching a film: a moment in the day when the fantastical becomes real, firing their imagination and immersing them in a story. Who wouldn't want to venture to the stars? Or battle monsters to save the planet?

TRIED & TRUSTED

There can be reassurance in repeating tasks. It often promotes a controlled outcome, which is ideal when life feels overwhelming or out of control. Replicating an experience, such as playing the same level of a game over and over to perfection, gives the player a sense of control and familiarity: it's like listening to a favourite song that always makes you feel happy or confident.

ENCOURAGING CREATIVITY

Inventiveness is a huge part of many modern games: in Minecraft and Roblox, for example, players regularly dream up amazing structures or new ways to play. Using our imagination to create something (whether digitally or physically) is massively beneficial for the brain; that's why Lego is sometimes used in the medical sector as both a stress reliever and a brain injury rehabilitation tool.

Meet Our Expert

Daniel Lipscombe is a writer who specialises in technology, video gaming, virtual reality and Web3. Author of 15 guidebooks for children on games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft, his work has also been published in the likes of PC Gamer, Kotaku, Pocket Gamer and VG247.



Source: https://www.ofcom.org.uk/_data/assets/pdf_file/0024/234809/childrens-media-use-and-attitudes-report-2022.pdf

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