

Porthcawl Primary School

Ysgol Gynradd Porthcawl

WEEKLY NEWSLETTER – 06.03.20

Screen time - What is it?

Screen time is the amount of time spent using any device with a screen. It's a term most frequently applied to the use of interactive digital devices such as smartphones, tablets, computers or games consoles

It can have a positive and negative impact on your child's health - physical, mental and emotional.

How much screen time should we have?

Internet Matters states "the key to a healthy online life for children is parental engagement, which has to start with awareness and education" and outlined that whilst "96% of parents accept their responsibility to keep children safe and well, 70% of parents consistently tell us they want more help."

There is no definitive time limit for screen time but in order to help you develop the most suitable amount ask yourself these questions:

- Is your family's screen time under control?
- Does screen use interfere with what your family want to do?
- **Does screen use interfere with sleep?**
- Are you able to control snacking during screen time?

It has been highlighted in numerous reports that screen time before bedtime does not actually benefit the child as the blue light from the device stimulates the brain and does not calm it down. Get them to read a story or be read to, talk about what has happened during the day or what is happening tomorrow or get them to colour - something that does not involve a device.

If you want to develop a healthy screen time relationship with your child then think about following the Digital 5 a day. More information to follow next week or go to our website: Parents-useful links and scroll to internet safety section.

BREAKFAST CLUB **NEW ENTRANCE FROM** **MONDAY**

To improve safety procedures, all children will now enter breakfast club through the **main entrance** (next to Mrs Humphries office).

Welsh Week Celebrations

We are proud to belong to Wales and have had a fantastic week celebrating with the Porthcawl Male Voice Choir, Prince Charles very own harpist and The Celtic Dance Group joining in our celebrations.

The children looked amazing today – all dressed up for our Eisteddfod. We were extremely impressed by the confidence and clarity of all their performances. Thank you to all those children and families for completing the home task and earning house points (we like to reward all the children for their effort rather than select a few winners). After joining in the National Anthem with the Porthcawl Male Voice Choir, one of our 6 year old children said: 'Miss I know why it's raining – it's because the singing was so beautiful, it made the sky cry.' It really was very moving.

**Welsh Phrase of the
Week Brawddeg Yr
Wythnos**

**Beth wyt ti'n
hoffi bwyta?**

What do you like to eat?

**Find the Criw Cymraeg
on Twitter saying our
brawddeg yr wythnos.**

Welsh Week Donations

Thank you so much to all those of you who generously donated £2 to help with the cost of the Harp workshop and the Celtic Dance activities. Approximately two thirds of you have paid so far.

If you have forgotten, please send in the contribution next week. Inviting real artists in makes a huge difference to Welsh Week.

DIARY DATES

w/c 9th Mar
Swimming – Year 6
(all week)

Mon 9th Mar
Parents Meetings

Tues 10th Mar
Parents Meetings

Thurs 12th Mar
South Wales Aviation
Museum –
Reception

Thurs 12th Mar
SS Great Britain –
Yr 1 & 2

Thurs 12th Mar
National Museum Cardiff
Yr 3 & 4

Weds 25th Mar
Easter Through the Keyhole
Yr 2 & 6

Thurs 26th Mar
Friends of PPS
Spring Disco

Tues 31st March
Llanciach Fawr Manor
Yr 5 & 6

Weds 1st April
Crucial Crew – Yr 6

Inset Day
20th April

Weds 20th May
Technique – Yr 5 & 6

Thurs 2nd July
Year 6 Prom – Hi Tide

6th July – 8th July
Llangrannog Residential

Inset Day
20th July

Friends of PPS Spring Disco

Friends of PPS will be holding their Spring Disco after school on
Thursday 26th March.

Entry is £2.00 (payable at the door) which includes a drinks, crisps and sweets!

Foundation Phase 4.15pm to 5.00pm

Key Stage 2 5.15pm to 6.00pm



ATTENDANCE THIS WEEK

Reception	89%	Our target is 96%
Year 1	95%	
Year 2	95%	
Year 3	95%	
Year 4	98%	
Year 5	97%	
Year 6	97%	
Whole School (compulsory age)	96%	

School Mission Statement

Together we will create a happy, ambitious and confident school. In our nurturing environment everyone will feel safe and well. We will inspire each other to be ambitious and successful so that we all become the best we can be.

With trust and respect we will work and learn together.

We will be ready to lead full and rewarding lives as valued community members.