



From the Headteacher

Dear Parents/Carers,

As always we have had another busy week at Potton Primary School. The children have been working hard and have been focused on their learning.

This week our Year 4 and Year 6 children took part in First Aid Training. We hope that the children enjoyed this and found it interesting.

On Tuesday we had our first Open Afternoon of 2025. It was lovely to welcome so many of you into the school and hope you enjoyed the opportunity to look around your child's classroom and take a closer look at their work.

On Monday next week, 27th January 2025, the PTFA are holding an online meeting at 8pm and everyone is welcome to join. There are further details below on how you can take part in this meeting.

Wishing you all a lovely weekend,

Kindest regards
Miss J Watts
Headteacher

Diary Dates

Monday 27th January 2025 8pm

PTFA Meeting - online - see details below

Tuesday 4th February 1:30 - 3:00pm

Year 4 Learn Together Afternoon

Friday 7th February

NSPCC Number Day - non-uniform with a theme of numbers

Monday 17th February to Friday 21st February

Half Term



Letters Sent Home

**Year 4 - Grafham Residential Trip
Personal Information Form**



This week's awards



In today's assembly, we celebrated...

Writing Superstars

Puffins - Travis B-G
 Peacocks - Rosie. B
 Mallards - Osian P
 Moorhens - Seren H
 Wrens - Charlotte T
 Woodpeckers - Caelan L
 Hawks - Harriet H
 Herons - Amelia F
 Swifts - David G
 Starlings - Wrenaecia P
 Kites - Lola C
 Kestrels - Maisie F
 Kingfishers - Connor A

Maths Superstars

Puffins - Grace G
 Peacocks - Elijah. M
 Mallards - Lottie O
 Moorhens - Zarena T
 Wrens - Emily F
 Woodpeckers - Ethan K
 Hawks - Tiana C
 Herons - Alfie C
 Swifts - Lily D
 Starlings - Darcey A
 Kites - Joey S
 Kestrels - Daisy A
 Kingfishers - Jackson D


Values

Puffins - Oscar C
 Peacocks - Reggie. B
 Mallards - Alfie L
 Moorhens - Martha L
 Wrens - Tommy R
 Woodpeckers - Esme S
 Hawks - Lexi S
 Herons - Lilly H
 Swifts - James S
 Starlings - Issie M
 Kites - Roxy C
 Kestrels - Lexie H
 Kingfishers - Belle C

Year 3 - Tommy R & Chloe A
 Year 4 - Brooke D & Archie H
 Year 5 - Rupert M & Akorede W
 Year 6 - Marley G-D, Annabel W & Jacob S



House Points This Week

Ash = 198	Birch = 231	Elm = 255 
Oak = 237	Sycamore = 199	Willow = 192

House Cup Leaderboard

Ash =	Birch = 1	Elm = 2
Oak = 2	Sycamore = 5	Willow =

In Other News...

EYFS Resources

As we continue to develop the different learning zones in our EYFS area, we are on the look out for:

- toy cars and other vehicles
- small animals
- wooden blocks (similar to those you get in a push along trolley)
- cushions for the reading area
- phones - with buttons to press
- role play items - toy kettle, highchair, dolls bed
- puppets
- puzzles suitable for reception aged children
- board games e.g. Connect 4, Pop Up Pirate, Snakes and Ladders, Frustration

Please bring any donations to the Roots School Office.

PTFA

Date for your diary...

Our next meeting is:

Monday 27th January 2025 at 8pm.

This meeting will be held online.

Please contact us if you would like the meeting link

ptfa@pottonprimary.co.uk

Class Newsletters

Class Newsletters have been sent out via ParentMail this week and share with you information on what your child will be learning in class during this term. These are also available to view on the school website under the Parent & Carers section.

www.pottonprimary.co.uk

What Parents & Educators Need to Know about HEALTH & FITNESS APPS

Physical wellbeing apps are useful tools for monitoring and improving our health. They allow us to balance nutrition, set goals, track our activities and sleep patterns, and motivate us to exercise. Nonetheless, there have been some reported drawbacks; this guide outlines some of these concerns and explains how to use fitness apps safely.

WHAT ARE THE RISKS?

LACK OF PERSONALISATION

Many apps take a one-size-fits-all approach, failing to account for the varying ages and abilities of children: a 16-year-old, for example, will have different physical needs to a child of 10. This can create unrealistic expectations and set exercises which may be too advanced for younger children or too simple for older ones.

NOT DEVELOPED BY EXPERTS

Some fitness and wellbeing apps are developed by experts in the field – but a concerning number of them aren't. As such, these platforms may contain inaccurate information. They may present safety concerns by giving incorrect advice regarding physical activities or might include age-inappropriate content which would clearly cause more harm than good.

REDUCED INTERACTION WITH OTHERS

Physical wellbeing apps can remove the social and interactive elements which physical exercise can offer – for instance, meeting people at fitness classes, at the gym or during any other such activities. Research has found that young people generally dislike this aspect of fitness apps, suggesting that they would rather exercise in the company of friends or other like-minded individuals.

DATA AND PRIVACY CONCERNS

Fitness and wellbeing apps tend to collect a lot of personal information from their users, including name, location, date of birth, details of their physical health and more. It's worth keeping in mind that some of these apps may sell this data to third parties. We'd advise that any apps young people download should have the correct legislation in place to protect their safety and privacy while using the service.

ADDITIONAL COSTS

While many fitness apps are free to download, the initial content is quite basic. Users will only receive more helpful content (such as new workouts, nutrition advice or a personalised plan) by signing up to a subscription or paying for extra features. This can incentivise users to spend money on the service – a cost which can quickly mount up.

DEPENDENCY ON THE APP

While physical wellbeing apps can help motivate young users to manage their fitness, there's a possibility that – without being sent frequent rewards and reminders – children could start to lose their natural drive to be active. Young people may also become obsessed with tracking their exercise, health and eating habits: this can have negative effects on their mental and emotional wellbeing.

Advice for Parents & Educators

EXERCISE AND SOCIALISE

Highlight the importance of children enjoying fitness activities with family and friends, rather than always exercising alone. Emphasise the fun they can have by interacting with others rather than solely relying on an app to maintain their regime. Remind them of the importance of staying active, as well as the benefits of doing so with company.

PROMOTE POSITIVE BODY IMAGE

While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

REVIEW THE APP FIRST

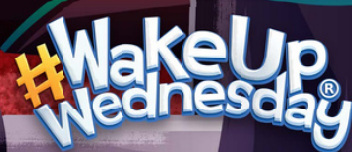
Before allowing someone under 18 to install a fitness and wellbeing app, check its age rating, read its reviews and scroll through its data policy, to ensure its suitability for younger users. You could also try it yourself, to see if it's appropriate for the child's particular needs and decide if you're comfortable with them using it. Ensure that any privacy-compromising features – such as location tracking – are disabled.

USE PARENTAL CONTROLS

As with all apps, it's important for parents to familiarise themselves with any controls on the app and to use these on a child's account. The specific settings vary between platforms but – most commonly – these will relate to screen-time limits, disabling or capping in-app purchases, and managing social aspects or features which aren't age appropriate. By utilising these controls, you can help to ensure a child is getting a safe experience.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/wellbeing-fitness-apps>