



Forest Glade Primary and Nursery School Family – Growth – Potential

January 2025

The children have made a great start to the new term and have been busy launching their new History enquiry topics. Take a look below at some of the amazing activities and trips that have taken place.

Our **enquiry questions** this term are:

Nursery: What makes a hero?

Reception: How can we help others?

Year 1: Have we forgotten how to play?

Year 2: How does the past affect the future?

Year 3: Is change always for the best?

Year 4: Is conflict ever justified?

Year 5: Should we always share?

Year 6: What makes an act courageous?



Year 3 Creswell Craggs Trip

Year 3 had a phenomenal trip to Creswell Craggs to kickstart their enquiry 'Is change always for the best?' They learned all about the Stone Age in this amazing, hands-on experience which involved completing a survival skills workshop, a rocky relics workshop and even a tour in the Robin Hood cave! Mrs Akpovi was very proud of all the children who displayed many of the FGP values. Well done Year 3!

Eco Quote of the Month

"Make everyday Earth day!"



Water Saving Tip of the Month

"Do not overfill your kettle, only boil the water you need!"



Key Information



Year 1 Perlethorpe Trip

Our Year 1 children visited Perlethorpe to enjoy a Victorian themed school day. This included a lesson in a Victorian style classroom using chalk boards, playing with Victorian toys and even dressing up as Victorian school children to immerse themselves in their learning. Well done Year 1 you were all amazing!



Year 4 Roman Day

Part Take Theatre visited Year 4 to help launch their new enquiry, 'Is conflict ever justified?' to teach the children all about The Romans! They had a full day of Roman activities including, games, writing in Latin, guessing artefacts, dressing up as Romans and taking part in a battle formation!



Nursery Enquiry Launch

Our Nursery children launched their new enquiry, 'What makes a hero?' by coming to school dressed as heroes. There were lots of different superheros and even some real-life heroes. The children discussed how some of our real-life heroes help them and our community.



FS2 Emergency Services Visits

To help launch their enquiry, 'How can we help others?' our FS2 children had a visit from Ashfield Fire Station. The children were able to ask lots of questions and were even able to go in the fire engine! They also had a visit from Mansfield Fire Museum who brought along an old fire engine so the children could compare how the fire service has changed over the years. What an amazing experience for some of our youngest children in school!



Sports Event

Miss Elvin and Miss Helmsley took some children to a sports event where they could have a taster of some new sports including curling, tabletop cricket and bocchia! They also had the opportunity to meet Paralympic champion Oliver Hynd!



Upcoming dates for the diary

Children's Mental Health Week – 3rd – 7th February
Mental Health Colour Dress Up Day – 7th February
February Half Term – 17th – 21st February
World Book Day – Thursday 6th March
Red Nose Day – Friday 21st March
Parents Evening – 25th & 26th March
FS2 Skegness Trip – Thursday 27th March
Mother's Day Celebration – Friday 28th March

Inset Days for 2024/2025

Monday 24th February 2025
Monday 28th July 2025
Tuesday 29th July 2025



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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

WHAT ARE THE RISKS?

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.

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.

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.

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.

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.



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



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