



Oakfield Primary School Newsletter

Scott Drive, Wickford, Essex SS12 9PW
01268 734343

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Sports news

On Monday 18th March, all children will be involved in a Day of Sports. The day will start off with an Olympic Athlete coming into school to do a presentation about their career and journey in sport. Afterwards, the athlete will then run a circuit session with each class. Following this, children will work round in a carousel style and take part in a variety of different sports throughout the rest of the day. Today, all children were sent home with a sponsorship form. If possible, children can be sponsored to complete the circuit challenge with the athlete. Please can all sponsorship forms be returned into school by Monday 11th March with any funds raised in a named envelope with their class on. Forms can be returned earlier, and we can add the total to our poster to see how much we have raised as a school. [EcoFusion UK V1 16x9 VO2 \(youtube.com\)](https://www.youtube.com/watch?v=V116x9VO2)

Achievements from home

Jayden N has worked really hard and achieved his Stage 5 and 25 metre swimming badges. Aaron N has worked equally as hard and been awarded his Duckling 3 and 4, Level 2 and 5 metre swimming badges this week. They are so proud of their achievements and looking forward to starting Stage 6 and Stage 3 respectively next week.



E-safety

Please scroll down for a leaflet on Persuasive design referring to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet – often to encourage you to spend time, money – or both! They are highly effective at keeping people engaged and invested for longer than we might expect.

Eco-Council

Please scroll down to see this week's Eco-council poster that was created by Skyla B and Riley G in class 10. Along with other schools in the area we recycled 1.740 tonnes of Christmas cards – to put that into perspective, that's around 25 trees worth of cards so thank you if you did manage to recycle your cards and envelopes.

Acorns

We currently have vacancies at Acorns, our before and after school club. If you are interested in the role or know of anyone who may be, please follow [Breakfast and Afterschool Club Assistant \(essexschoolsjobs.co.uk\)](https://www.essexschoolsjobs.co.uk) All applications must be made online.

Celebration certificates

A big congratulations to all the children that were awarded with a certificate in Friday's celebration assembly.

Achievement Certificates	Wow Writer
Olivia T, Ella S, Alfie S, Maria H, Finlay C, Sophie M, Isla G, Isabelle M, Jack W,	Thomas M, Florence H, Koby O, Albie H, Grayson H, Ethan K, Luca N, Isabella G, Beau L, Oliver B

Attendance awards

Each week we celebrate the attendance of each class and announce the two classes in each key stage with the highest attendance.

KS1	KS2	Whole School
Class 2 and 3 - 98%	Class 14 - 98%	96%

House points

This week's house point totals are below. A big well done to all the children earning house points this week.

Romans	Saxons	Vikings	Normans
33	29	37	37

Dates for your diary

15/2/24
Break the Rules Day

16/2/24
INSET day

WC 19/2/24
Half term

1/3/24
Uniform sale

1/3/24
Bingo FOO Event

7/3/24
World Book Day

Lunch Menu

Week 1

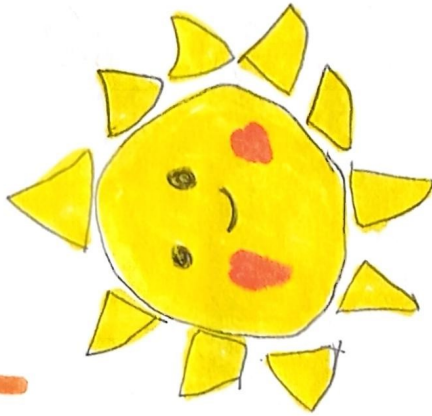
Click on the link to
view our weekly
menus:

[Menu](#)

School dinners need to
be paid at the beginning
of the week or daily
when ordered.

Oakfield Eco-Council Needs

your help!



Remember to pick up your litter



What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

WHAT ARE THE RISKS?

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College



National Online Safety

#WakeUpWednesday

**Diary dates for the year**

Spring Term (4th January – 28th March)		
Date	Event	Details
Monday 5 th February 2024	Children's Mental Health Week – Let's connect	
Thursday 15 th February 2024	Break the Rules Day	FOO Event Details to follow
Friday 16 th February 2024	INSET DAY	
W/C 19/02/2024	Half Term	
Friday 1 st March 2024	Uniform Sale	FOO Details to follow
Friday 1 st March 2024	Bingo	FOO event Details to follow
Thursday 7 th March 2024	World Book Day	Pre loved book sale in Tree-house
Friday 8 th March 2024	Mother's Day Wish Room	FOO Event – Small Hall
Wednesday 20 th March 2024	Parents Consultations	4:00pm – 6:30pm
Thursday 21 st March 2024	Parents Consultations	4:00pm – 7:00pm
Friday 22 nd March 2024	Oakfield's got Talent	In school activity
Wednesday 27 th March 2024	Rocksteady Performance	9:00am
Thursday 28 th March 2024	Easter Eggstravaganser	FOO Event - TBC Details to follow
Friday 29 th March 2024	GOOD FRIDAY	Bank Holiday

Summer Term (15th April – 23rd July)

Date	Event	Details
Friday 19th April	Spring School Disco	Details to follow
Monday 6 th May 2024	MAY BANK HOLIDAY	
Tuesday 7th May 2024	Beauchamps visit to school year 6 children and parents	2.15pm Large Hall
Wednesday 8th May 2024	Year 2 Journey Around the Curriculum	2.30pm Large hall
Thursday 9th May 2024	Reception Journey Around the Curriculum	2.30pm Large hall
Friday 10th May	Year 5 Journey Around	2.30pm Large hall
Friday 10th May	Doughnut Day	
W/C 13/05/2024	YEAR 6 SATS WEEK	
Monday 20th May	Year 4 Journey Around the Curriculum	2.30pm Large hall
Tuesday 21st May	Year 3 Journey Around the Curriculum	2.30pm Large hall
Wednesday 22nd May	Year 1 Journey Around the Curriculum	2.30pm Large hall
Wednesday 22nd May	EYFS Trip to Barleylands	Letter to parents to follow
Thursday 23rd May	Year 6 Journey Around the Curriculum	2.30pm Large hall
W/C 27/05/2024	MAY HALF TERM	
Saturday 8 th June 2024	Summer Fete	12:00—3:00pm
Friday 14 th June 2024	Father's Day Wish Room	FOO Event – Small Hall
Wednesday 19 th June 2024	Uniform Sale	Treehouse Further details to follow
Friday 21 st June 2024	Sports Day and Picnic	3/4/5/6 – 9:00 -11:30am Whole school picnic 11:45-12:45pm R/1/2 – 1:00 - 3:00pm
Tuesday 25 th June 2024	Contingency date - Sports day	3/4/5/6 – 9:00 -11:30am Whole school picnic 11:45-12:45pm R/1/2 – 1:00 - 3:00pm
Thursday 27th June 2024 Friday 28th June 2024	Bromfords Year 6 Transition Day	All day

Friday 28 th June 2024	Beauchamps Year 6 Transition Day	All day
	Talk and Share and Meet the new teacher	3:30 -4:45pm
Friday 5 th July 2024	Rainbow Run	FOO Event Details to follow
Wednesday 10 th July 2024	Rocksteady Performance	9:00am
Thursday 11 th July 2024	Beauchamps Taster Day Year 5	Details to follow
	Year 6 performance	2:00pm 5:30pm
Friday 12 th July 2024	Reception celebration assembly	Year R Parents – 9:00am
	Ice-cream Fridays	FOO – after school
Monday 15 th July 2024	Year 1 Celebration assembly	Year 1 Parents – 9:00am
Tuesday 16 th July 2024	Year 2 Celebration assembly	Year 2 Parents – 9:00am
Wednesday 17 th July 2024	Year 3 Celebration assembly	Year 3 Parents – 9:00am
Thursday 18 th July 2024	Year 4 Celebration assembly	Year 4 Parents – 9:00am
Friday 19 th July 2024	Year 5 celebration assembly	Year 5 Parents – 9:00am
	Ice-cream Fridays	FOO – after school
Monday 22 nd July 2024	Year 6 leavers assembly	Year 6 Parents – 9:00am
Tuesday 23 rd July 2024	LAST DAY OF TERM	