

## Sun Safety

It is the time of year again when we need to consider sun safety; the life-long detrimental impact of sun burn shouldn't be underestimated. There are lots of great resources available to help speak to your children about being safe in the sun such as this video: [What is sunburn? | Cancer Research UK - YouTube](#)

I am sure you are aware that sun burn is caused by over exposure to ultraviolet (UV) light and causes cell mutation which can have serious side effects. You can check the daily UV scale on the Met Office website. Whenever it is moderate or high, you should take precautions. Please send your child to school wearing sun cream, provide a hat and send additional sun cream if required.

The children will have a class assembly in the coming days on this topic also.

Thank you for your understanding and cooperation.

## UV Index



1	2	3	4	5	6	7	8	9	10	11+
Low	Moderate	High	Very High	Extreme						

No protection needed

Some protection is required

Protection essential

Extra protection is needed

Stay inside



## Stars of the Week

**Eddy** – for *flourishing* in his maths work on shapes.

**Bonnie** – *flourishing* in her Maths learning

**Annie** - for *flourishing* in her new school and showing *ambition* in all areas of the curriculum

**Arthur** – for great *ambition* in Maths and PE

**Team Points:** Willow

# Celebrate





### Year 4 Cricket Festival

On Wednesday, Year 4 children joined friends from Lydford to travel to Hatherleigh and participate in a cricket festival and tournament. The children had a fantastic time learning new skills and making friends. OCRA coaches commented on the children's impeccable behaviour, which is always a pleasure to hear. Well done, Year 4s!

### Forest School

During Forest School, the year 3 children cleared the playground ahead of the new sheds being put in place. They created their own minibeasts using natural materials. It was wonderful to enjoy the forest school area in the sunshine.

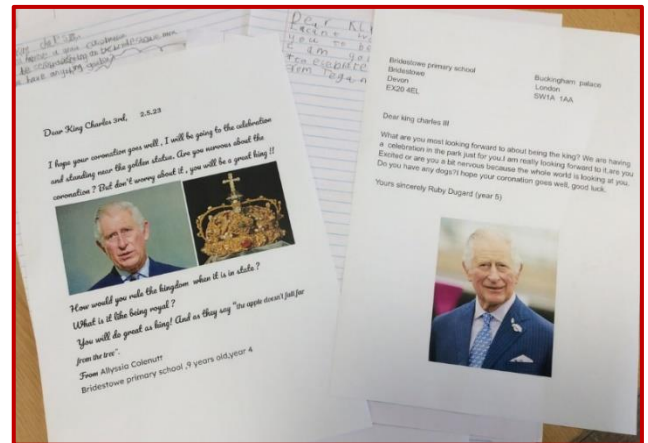
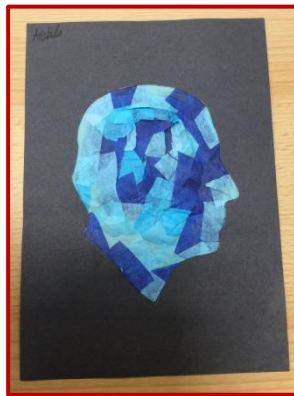
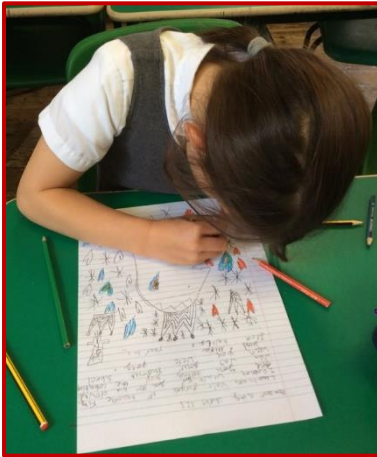




## Coronation Celebrations

### Letters to King Charles III

On Tuesday, the children had a busy morning learning about the life of King Charles III ahead of his Coronation this weekend. They then had the opportunity to write letters to the King, which were posted later that day. The pupils also made silhouette portraits which we hope the King enjoys looking at when he receives his letters!



### Coronation Carriage

Owlets children enjoyed making and painting replicas of the coronation carriage for King Charles III.

### Coronation Crowns

Tawny Owls made some amazing crowns in DT & Art this week. They were thrilled to model them for the newsletter!





### Celebration Song

The whole school sang "To The Sound of Trumpets" for the new King, all dressed in red, white and blue! We hoped to perform this at the end of the day, but the poor weather forecast prevented this. However, we have made a recording which will be shared with families.

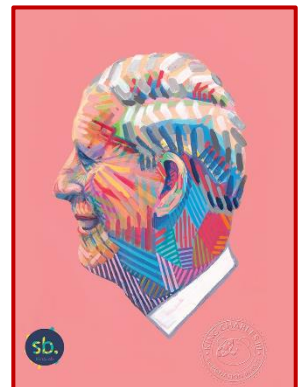


### Royally Big Portrait

This is a collective project run by the BBC's Children in Need to digitally create a giant portrait of King Charles III to celebrate his coronation.

Bridestowe children drew portraits of King Charles III in the style of the artist Sam Barnett and were part of breaking the world record for the most online contributions to a digital piece of art!

The children's drawings are currently displayed at the front of the school, and from Monday 1st - Monday 8th May children and families can see The Royally Big Portrait on Outernet London's immense, immersive screens - an exciting exhibition experience located opposite the Elizabeth Line entrance to Tottenham Court Road Tube Station.



## **Real PE**

This week staff have had online and in-person training in delivery of PE and sport, focusing on the building of team skills, and personal and social enjoyment of sport. We continue to prioritise and encourage healthy lifestyles and life-long activity.



## **Residentials**

We are looking forward to some fantastic KS2 residentials in the coming weeks:

**Year 6:** 14<sup>th</sup> – 19<sup>th</sup> May, travelling to Normandy for the week. You should now be preparing your bags and French skills! Hoodies and baggage labels will be distributed on the 12<sup>th</sup> May ready for our Sunday departure. Please ensure all medicines are labelled with the appropriate paperwork. If you need any further information, please ask Mr Hill. There is no cost for this trip.

**Year 3:** 8<sup>th</sup> + 9<sup>th</sup> June, Boasley Cross and Adventure Okehampton. We are looking forward to 2 days of adventurous activity and camping at Boasley. Kit lists and itinerary have been sent out. If you have any questions, please ask Mr Hill. A reminder that there is a £30 cost to this trip to be paid via School Gateway.

**Year 4+5:** 26<sup>th</sup> – 28<sup>th</sup> June, Menadue Activity Centre, Tintagel. 3 days and 2 nights at Menadue centre in Cornwall will include adventurous activities and a beach day including approx. 2 hours of surfing lessons from Surf's Up. We are 'glamping' in fixed tents so please bring a sleeping bag and roll mat. If you have any questions, please ask Mr Hill. A reminder that there is a £96.10 which can be paid in installments.



## **SATs Year 6**

Next week is the Year 6 standardised assessments week which is set nationally by the Department for Education. Our Year 6 children have been preparing for some time and we are looking forward to the opportunity to show what they can do. There will be assessments in English Grammar, Punctuation and Spelling, Reading and Maths.

We will be asking all other children in the school to be respectful and move around the school quietly next week.

If you have any further questions, please ask Mr Hill.

## **Maths Workshop**

Thursday 11<sup>th</sup> May is our next Maths Workshop which will be held at Lydford Primary School. This will start at (the slightly later than originally advertised) time of 6.30pm and last approximately an hour. This is great opportunity to learn about how and why we teach maths in the way we do and it suitable for all families.

## **Words of the Week**

In order to develop the children's vocabulary, each class teacher chooses one word to discuss and model using in class with their children. Here are next week's words:-

Owlets – explain

Tawny Owls – valuable

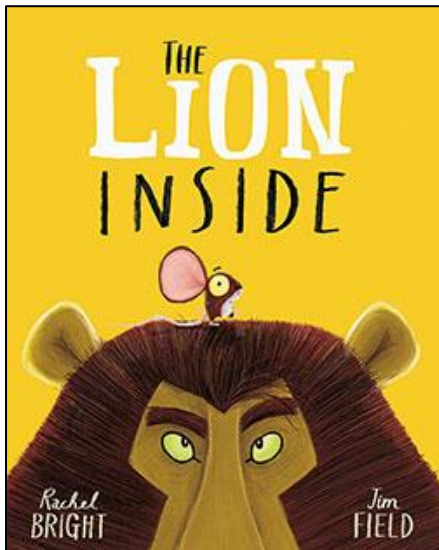
Snowy Owls – ghastly

Barn Owls - transformed





## Book Review by Mrs Lammas



### *The Lion Inside by Rachel Bright*

This is a delightful picture book where a little mouse has a big message about being brave.

Fed up with being ignored and quite literally walked all over by other animals, mouse wishes he could roar like lion. He wants more to life than what he has. He no longer wants to feel lonely; he wants to be heard, be listened to, have people pay attention to him. So, he hatches a plan to learn from the best...however scary the best may be!

This wonderful book is told in rhyme and is so much fun. But it also highlights that the world is full of people with differences and that these differences should not define us. Everyone has the same feelings at times but it's how we react to them that matters. One of my

favourite lines from the book is: "It felt like the scariest thing he could do. But if you want things to change, you first have to change you."

If you would like to borrow this book, please ask Mrs Lammas for her copy or you can find a read aloud version at this link: <https://youtu.be/3h5axPgfsfSk>

### **Time to Talk**

As part of our school focus on getting children talking and improving their Oracy, we have a topical, weekly question and picture for you to discuss as a family:\_\_\_



Tomorrow, Saturday 6th May 2023, Prince Charles will be crowned King Charles III at Westminster Abbey in London.

**What will King Charles's role entail?**

Next week	
Monday	Coronation Bank Holiday
Tuesday	Y6 SATs begin
Wednesday	RNLI Assembly – Whole School *Times Tables Club, Y4 children, 3.15-4.00pm
Thursday	*Tennis Club, 3.15-4.15pm; *Rounders Club, 3.15-4.15pm *Cheerleading Club, 3.15-4.00pm Parents Maths Workshop, 6.30pm at Lydford Primary
Friday	Y6 SATs end

\*Your child must be booked into after-school clubs via School Gateway in order to take part

# Diary Dates

## May

15 <sup>th</sup> – 19 <sup>th</sup>	Y6 Residential to Normandy
17 <sup>th</sup>	Forest School, EYFS, Y1, Y2 and Y4
22 <sup>nd</sup>	Y3/4 Activity Day
24 <sup>th</sup>	Forest School, EYFS, Y4-6
25 <sup>th</sup>	Cyclo Cross – selected children
26 <sup>th</sup>	Y3/4 Activity Day Last Day of Term
29 <sup>th</sup> May – 2 <sup>nd</sup> June	May Half Term

## June

5 <sup>th</sup>	Start of Summer Term 2
6 <sup>th</sup>	Y6 Okehampton College Transition Meeting with Parents, 4.30pm at Bridestowe Primary
7 <sup>th</sup>	Forest School, EYFS, Y1-3
8 <sup>th</sup> – 9 <sup>th</sup>	Y3 Residential @ Boasley Cross Primary
w/c 12 <sup>th</sup>	Bikeability, Y6 and Y4 children
14 <sup>th</sup>	Forest School – EYFS, Years 4-6
15 <sup>th</sup>	Wildlife Conference @ Meeth Quarry – School Wildlife Champions
21 <sup>st</sup>	Summer Reading Challenge Assembly
22 <sup>nd</sup>	Class and Leavers' Photos
23 <sup>rd</sup>	FoBS Rounders Evening, 5.30-7.30pm
26 <sup>th</sup> – 28 <sup>th</sup>	Y4/5 Residential @ Tintagel
29 <sup>th</sup>	Y6 Okehampton College Taster Day

## July

5 <sup>th</sup>	Sports Day
7 <sup>th</sup>	FoBS Summer Fair, 3.30-6.00pm
12 <sup>th</sup>	Forest School, EYFS, Y1-3 KS2 Summer Performance, 1.30pm
17 <sup>th</sup>	Forest School – EYFS, Years 4-6 Y6 Meet The Tutor Evening @ Okehampton College
19 <sup>th</sup>	Circus in a Day – Whole School
20 <sup>th</sup>	Leavers' Assembly Last Day of Term

Mr A. Hill – Principal  
[ahill@dmatschools.org.uk](mailto:ahill@dmatschools.org.uk)  
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**Whole School Attendance**

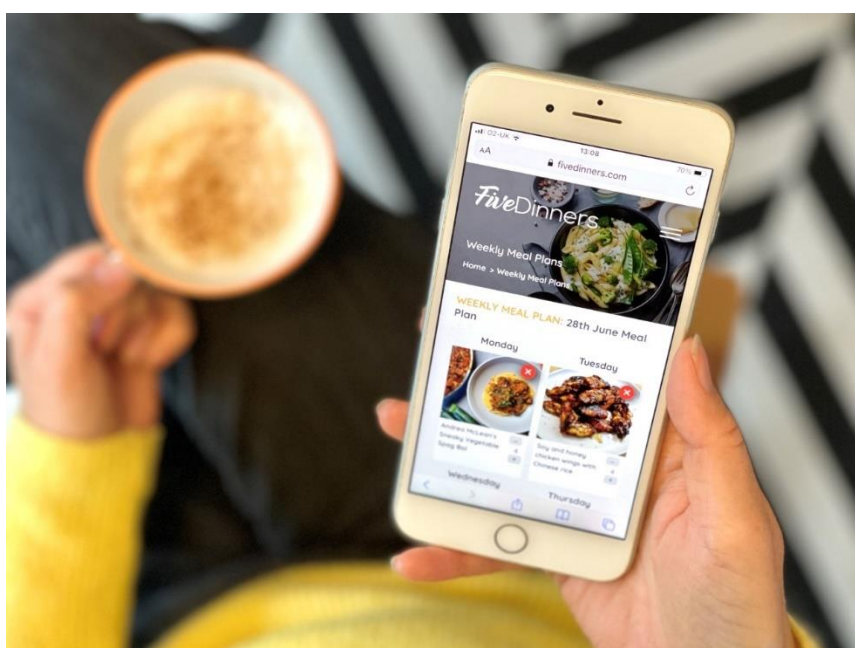
**95.2%**

**Limited time offer – get FREE lifetime membership to [FiveDinners.com](https://FiveDinners.com)!**

We know how hard times are at the moment so the folks at [FiveDinners.com](https://FiveDinners.com) – online meal planning service - have decided to give away FREE lifetime memberships to try and help you save money on food shopping and reduce the mental load of deciding what to eat every night. There's no catch or restrictions, simply full access to our meal plans to make your dinnertimes a little easier and cheaper.

[FiveDinners.com](https://FiveDinners.com) is an online meal planning service co-founded by author and TV chef Theo Michaels. To help with the cost of living crisis so many families and individuals are facing, Theo has decided to offer their meal planning service for FREE (usually £49.99 per year); every week they publish a new meal plan with an automatically generated shopping list; set to your serving size so you know exactly what you need for the week ahead. It saves you time, money on food shopping, and ultimately takes away the headache of deciding what to cook every night. You can even create and save your own meal plans choosing from hundreds of recipes.

Simply head to <https://FiveDinners.com> and click green Join button now.





# 10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

## AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

## CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

## BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

## ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

## MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

## Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the *Sunday Times*, *Which?*, *PC Pro* and *Computeractive*. He's appeared regularly as a technology pundit on television and radio, including on *BBC Newsnight*, *Radio 5 Live* and the *ITV News* at Ten. He has two children and writes regularly about internet safety issues.



## TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hitting panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

## THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

## STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

## USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

## BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

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#WakeUpWednesday



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