

Glebe

Newsletter



Friday 24th January 2025

Girls Futsal

Thursday saw the girls compete in the Amber Valley Futsal tournament at Alfreton Leisure Centre. Two teams took part with all the players doing brilliantly and growing in confidence as the competition went on. The burgundy team battled valiantly and showed perseverance and resilience. The yellow team were unbeaten throughout against some tough opposition. This meant they were the overall winners of the tournament and received their medals and a trophy for school. A brilliant victory. Well done to all our footballers who represented school with pride and passion. Thank you for all the support from parents. Mrs Watson and Mr Green.

Azar - Video Chat

We have been informed that some children in Upper Key Stage 2 have downloaded and used an app called Azar - Video Chat. This app is for users aged 17 and over, due to the adult nature of the app. It is designed to allow people to connect with and talk to anyone in the world through video chat. The risks to our children are that they could be talking to anyone, anywhere, hearing inappropriate language or being exposed to inappropriate images or media. We encourage you to carry out necessary checks in order to keep children safe. The app logo is shown below:



Holiday Sports Camps

Amber Valley School Sport Partnership (AVSSP) are delighted to be working with Alfreton Leisure Centre to once again provide exciting Holiday Sports Camps, in the upcoming February Half Term. Holiday camps run from 8.30am to 3pm on Monday 17th, Tuesday 18th and Wednesday 19th February with places available to pupils aged 5 to 11 years. Those attending will take part in Swimming, Arts & Craft, Games, Inflatable fun and sports including Football, Dodgeball, Archery, Basketball, Hockey, Cricket and much more. Children attending will need to bring a packed lunch, drink, swimming kit and wear sports clothing and footwear such as a PE kit. Places cost £20 per child, per day and are open to all pupils within the stated age range. Payments to be made online upon booking. *please note – funded/free places are not available during half term but we hope to have them back in the Easter holidays. To book your place please follow the link below: <https://avssp.co.uk/alfreton-leisurecentre-camp/> We look forward to seeing you there. AVSS

Week Commencing: 27th January 2025

Monday 27th January
Tuesday 28th January

Wednesday 29th January
Thursday 30th January
Friday 31st January

New Age Curling – Year 3 3.30 - 4.30pm
Y4 Swimming
Dance- Y6 3.30 – 4.30pm
Dance- Y4 3.25 – 4.30pm
Table Tennis- Y6 3.25 – 4.30pm – Class 6B

Extended Day

We still have places available for Breakfast Club if you need to get to work early, Monday to Friday 7:30–8:45am each morning at a cost of £3.50 per session for Glebe children. You do not need to attend the whole week, just the days you require. Please book places in advance by Thursday the week before through SchoolMoney. Breakfast items such as toast, croissants, cereal, waffles, pancakes, yoghurts and fruit juice all available.

Please do not bring your child to Breakfast Club unless they are booked in as they are not guaranteed a place. Any problems booking them in please contact the office on 01773 811304. Thank you.

After-School Club

After school club run by JPAC, every day, 3:30 to 6pm. JPAC Club contact number: 07971957839 To book, please visit jpac.ipalbookings.com

Online Safety

We will be sharing a weekly online safety resource from the National College as part of the #WakeUpWednesday initiative. See the school website under Parents tab, Online Safety

Help & Support

Senior Designated Safeguarding Lead contact details

Headteacher: Steve Watson Tel 01773 811304 headteacher@glebe.derbyshire.sch.uk or safeguarding@glebe.derbyshire.sch.uk

- **Children's Carers Support Group**

Useful information regarding the Children's Carers Support Group is posted on the school website under the News and Events tab, Letters Home.

- **Starting Point and Call Derbyshire**

Tel 01629 5330190 24/7, 365 days Derbyshire contact and referral service for concerns that a child is suffering or at risk of significant harm.

- **DCC Child Protection and Safeguarding Team**

Tel 01629 535353 If you require any professional advice or have any questions at all relating to a safeguarding issue.

- **Derbyshire Domestic Abuse Helpline 08000198668**

Free online mental health and wellbeing support, 7 days a week, for parents & carers of children & young people who live in derby & Derbyshire.

- **The Sleep Charity Helpline**

At any given time up to 40% of adults and 50% of children (this rises to 80% with a SEND diagnosis) have difficulties with their sleep. Yet in a recent survey, almost 60% of adults felt there was a lack of support for sleep issues. Sleep problems can leave people feeling isolated and lonely.

Our free helpline is run by trained sleep advisors, many of whom are specialists in working with SEND. We can talk to young people directly, or parents (we can also talk to adults, including older people, about their sleep issues).

The helpline is open 5 times a week, Monday, Tuesday, Thursday evenings 7-9pm, and Monday, Wednesday mornings 9-11am. The number is 03303 530 541.

You can read more here: <https://thesleepcharity.org.uk/national-sleep-helpline/>

- **Free School Meals**

Derbyshire County Council website has a link that can provide an instant eligibility check for Free School Meals.

- **Is This Ok?**

Is This Ok? is a free, anonymous, and confidential service, bringing trained professionals together to provide support to young people through a chat service.

we know is important for them. www.isthisok.org.uk

Derby and Derbyshire Emotional Health and Wellbeing

This site provides a wealth of information for both professionals and families. Please find the link below to the community updates.

[Derby & Derbyshire - Emotional Health & Wellbeing
\(derbyandderbyshireemotionalhealthandwellbeing.uk\)](http://derbyandderbyshireemotionalhealthandwellbeing.uk)

INSET DAYS 2024/2025

22nd April 2025. One more date to be confirmed.

Diary Dates

10.02.2025 Fire Brigade in school Year 6
14.02.2025 Theme Dinner Day If Music Be the Food of Love...
14.02.2025 Last day of term
24.02.2025 Back to school
06.03.2025 World Book Day
06.03.2025 Theme Dinner Day World Book Day
20.03.25 – 21.03.25 Lea Green Residential Year 4
04.04.2025 Last day of term
22.04.2025 INSET day
05.05.2025 May Bank Holiday
12.05.2025 SATS week – Year 6 - please ensure your child is in school
19.05.2025 Arts & Cultures Week
24.05.2025 Last day of term
02.06.2025 Back to school
17.06.2025 Sports Day Years 5/6
18.06.2025 Sports Day Years 3/4
30.06.2025 – 02.07.2025 Mount Cook Residential Year 6
24.07.2025 Last day of term

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.



The National College®

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

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