

The Bulletin

Our value this half term is

RESPECT

Friday 2nd February

Dear Parents and Carers,

Happy February!

It has been nice to feel the brighter mornings and longer evenings this week and have seen it benefit many of our student's ability to be punctual in the morning.

Please ensure your child arrives to school in a timely fashion, some students are consistently receiving "U" mark as they are arriving very late to school. We appreciate your support in this matter.

Our new chair of student council brought her first agenda items to the meeting this week and it was a very impressive effort – we look forward to working with our student council and making positive changes together.

Next week we look forward to recognising and supporting "Children's Mental Health Week".

Have a good weekend.

Louise.

Our vision:

To provide a safe, enriching and nurturing environment, with wellbeing at its heart; where children and young people, can learn, gain confidence and thrive.

Our values:

To promote **resilience**, **self-confidence**, **tolerance**, and **respect**

Our aims: 'Building confidence for the future'

If you would like to book an appointment with our school nurse Charlene please contact the school office or contact her directly on:

charlene.stewart@nhs.net 07931 733 526



Parent/Carer Support Group

A reminder that our next session will take place on the morning of Wednesday 7th February 9.30-10.30. Please do join us virtually or face-to-face, we will have a talk from our Brent School Nurse Charlene and school therapist Amanda.



Vaccinations

NHS England are encouraging parents and carers to make sure their children are up-to-date with their MMR (measles, mumps and rubella) vaccinations.

This follows the UK Health Security Agency (UKHSA) announcing a national incident of measles outbreaks in London and the West Midlands.



Please complete the questionnaire which should have landed in your inbox yesterday.

This will help us work towards achieving our Optimus Wellbeing Award.



Here to listen: our safeguarding team



Designated safeguarding lead (DSL): **Louise Togher**
Contact details: **07735826382**
ltogher@ashleycollege.brent.sch.uk



Deputy DSL: **Ranjna Shiyani**
Contact details: **07900192271**



Deputy DSL: **Anne-Marie Mika**
Contact details: **07866217122**



Next week, the female students in the centre will be involved in a session with our school nurse Charlene about Women's Health. If any of our female tutee's would like to join for this session please let us know and we can dial you in virtually.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

