

THE LISCARD BULLETIN

LISCARD PRIMARY, WITHENS LANE, WALLASEY, CH45 7NQ



Happy New Year

2024



Welcome Back

We hope you had a great Christmas. Now it is back to school for everyone. We have some exciting experiences planned for the children this term.

Attendance

Children of statutory school age are required to attend school Monday to Friday. If your child is absent from school we respectfully request you contact school. If you do not report absence, in line with the school's safeguarding procedures, you may receive a phone call from school. If you do not answer the call, one of the family support workers may visit you to check on the welfare of your child. These actions are purely to make sure everyone is safe.

The attendance of every child is monitored weekly. Any child whose attendance to date is 90% or below is classified by the Department for Education as a persistent absentee. Parents/carers of a child whose attendance is below 90% will be emailed every two weeks. Where a child's attendance remains below 90% any further absences will be not authorised (unless there is medical proof). Where a child has 5 days unauthorised absence an application for an Education Penalty Notice will be submitted to the Wirral Attendance Service. Whilst appreciating it is much cheaper to take holidays during the school term, no holidays can be authorised during term time unless there are exceptional circumstances.

Parent/Carer Meetings - Save the Date - February 12th, 13th & 14th 2024

Please make sure that you sign up to school spider by creating a log in. You can do this by scrolling to the bottom of the school website page and clicking on parent log in. You then have to create an account. You will be able to book an appointment,

Engage - Enrich - Empower

Deadline for Applications for F2 Places

Just a reminder that the deadline for applying for your child's place in Foundation 2 for September 2024 is **January 15th 2024**. All applications must be made by the Wirral portal. This can be accessed using the link <https://www.wirral.gov.uk/schools-and-learning/school-admissions> You will need to register an account **before** you can apply on line.

The screenshot shows the Wirral website's school admissions page. At the top, there is a green header with the 'WIRRAL' logo and a search bar. Below the header, there is a navigation menu with 'Home' and 'Schools and adult learning'. The main heading is 'School admissions'. Underneath, there are three buttons: 'Apply for a primary or secondary school place', 'Primary school admissions timetable', and 'Secondary school admissions timetable'. A section titled 'Applications for Foundation 2 and Year 7 school places in September 2024' contains a paragraph of text and a prominent green button labeled 'Apply for a school place'.

Don't have an account? Please [register an account](#)

Required fields are marked with a red asterisk *

Email address *

Password *

 [Show](#)

[Forgot your password?](#) [Sign in](#)



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!

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.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday