

THE LISCARD BULLETIN

LISCARD PRIMARY, WITHENS LANE, WALLASEY, CH45 7NQ



Researchers at Liverpool University Need You!

Over the coming months we will be welcoming researchers into school to work with children on an exciting new research project. The project will examine the influence of the food environment on children's behaviour and the findings will be used to inform future public health policies. During school hours children will be asked in small groups to watch a series of adverts on an iPad. They will then complete a short memory game and will be offered a selection of snack and lunch items to eat. If you would like to support this research project and have your child take part, please click on the link below which will provide you with more information and allow you to complete a consent form.

https://livpsych.eu.qualtrics.com/jfe/form/SV_0wI25geEoKkuKkm



Well done - EYFS

Thank you to all EYFS parents who supported raising funds for Claire House. We really appreciate it.



Family Support Event - Feb 15th

Our family support workers have arranged a drop in session for parents/carers. Representatives from two organisations, **Koala North West & Early Help Advisor** will be available to chat informally. Please see the flyer below:-



Family Support Event

with
Koala Northwest & Early Helper Advisor

If...

- you need some information regards Autism
- your child just won't sleep
- you need some guidance regards debt and benefits
- you have got a baby on the way
- you want some advice regards breastfeeding
- you need some support about getting back into work
- or are a mum or a dad and need some help with the emotional rollercoaster of parenting

then come along and get some support and advice (as well as a hot drink and a patressie!) on...

FEB 15
8:30-10am
At the Lodge

For more info please ask the Family Support Team

Early Explorer Workshops

The Foundation Years Trust are running Early Explorers groups for families with 0-3 year old children. You do not need to book. See below.

Groups are free and run term time, no booking required - for families with 0-3 year olds

Early Explorers

Tuesday
10am - 11am
Grandparents Group
Serpentine Road Family Church,
Wallasey, CH44 0AA
1.30pm-2.30pm
Courtney Park Community House,
Rock Ferry
CH41 1QS

Wednesday
1.30pm-2.30pm
Sandbrook Community Centre,
Chapel Hill Road, Moreton,
CH46 9RG

Thursday
9:30am - 10:30am
St Chads Church
Twickenham Dr, Wirral CH46 1RJ

Friday
9:45am - 10:45am
Egremont Community Cent
Guildford St, Wallasey,
CH44 0BP

Foundation Years Trust

Fabulous Learning Experiences at Liscard

Year 2



Year 2 children have been working on improvisation skills with the glockenspiels trying to keep to the beat using a selection of notes and also learning songs to sing and perform to each other.



The children have been working hard this week in English to think of as many noun phrases as they could about the different parts of our story "wild".

Year 3



As artists the children have been making monster heads.



As scientists the children investigated friction. Using toy cars the children predicted which surfaces would create the most and least friction.



Year 4



Due to the rain, the Year 4 children enjoyed doing PE inside. They have been practising their netball skills as well as learning new dance skills.



Year 6



The children have been creating and enlarging some of the South American Art they have been looking at.

ATTENDANCE AWARDS

4LF 100%
2JC 99.2%
FSC 93.8%

Let's see which classes have the highest attendance this week!



WALL OF RECOGNITION

Well done to the following children who have consistently followed the school rules of being kind, working hard and never giving up.

F1 ALBUS
F2 ELIZA
Y1 CALEB
Y2 PHOEBE
Y3 SAM
Y4 JACK
Y5 KAYLA
Y6 ALFIE



Attendance






Well done to Miss Cogan's class who were the winners of the attendance trophy for Key Stage 1. Congratulations to Miss Finney's class who were the winners of the attendance trophy for Key Stage 2. Miss Cahill's class had the highest attendance across Foundation 2.

The overall attendance improved this week to 94.3% which is broadly in line with the national average. There were twelve classes that had attendance above the national average. Fifteen classes improved attendance from the previous week.

Please make sure your children attend Liscard every school day.



School Lunches

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Curry Day</p> <p>Choose from a homemade creamy chicken curry or a vegetable curry served with Rice, Naan bread and Vegetables</p> 	<p>Hotdogs</p> <p>Choose from a butcher's quality sausage or a Quorn sausage served in a finger roll with homemade potato wedges and corn on the cob</p> 	<p>Roast Dinner</p> <p>Choose from either home roasted meat of the week or a Quorn fillet served with roast potatoes, carrots, cauliflower, Yorkshire pudding and gravy</p> 	<p>Meatball Pasta Bake</p> <p>Choose from beef meatballs or Quorn balls, cooked in a homemade tomato sauce, mixed with pasta spirals, topped with cheese and baked in the oven, served with sweetcorn</p> 	<p>Fish & Chips</p> <p>Choose from either cod fillet fish fingers, battered cod fillet or Quorn nuggets baked in the oven and served with chips and peas or baked beans</p> 
<p><i>Jacket Potatoes are also available daily as a hot alternative</i></p>				
<p><i>Or</i></p> <p><i>A selection of sandwiches, served on sliced bread, wraps and assorted batch with a choice filling will be available daily - ham, cheese, tuna and finally finish with a choice of salad - carrot sticks, cucumber, cherry tomatoes, iceberg lettuce, sweetcorn, coleslaw, and peppers.</i></p>				
<p><i>Desert</i></p> <p><i>A selection of homemade desserts will be available every day as well as Fresh Fruit, Fruit Salad, Yoghurts and Cheese and Crackers</i></p>				
<p><i>Drink</i></p> <p><i>A selection of drinks will be available daily</i></p>				

National Online Safety

The latest guide from the National Online Safety below provides information about the techniques that companies use to influence our thoughts and behaviours when we use the internet.

Diary Dates

Feb 5th - 9th Children's Mental Health Week

February 5th Choir - Young Voices Concert

February 12th - 15th Parent/Carer Meetings

February 14th Year 4 & 5 Theatre trip to see Shrek the musical

February 15th **School closes for half term**

February 16th **INSET Day**



Mrs. Sue Talbot
Headteacher
B.Ed(Hons) M.Ed NPQH LPQSH

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.



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#WakeUpWednesday