



Smart Watches/ Camera Watches

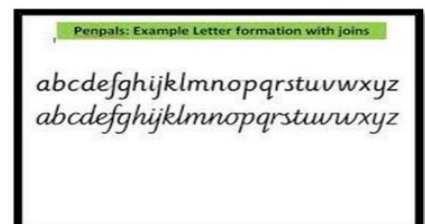
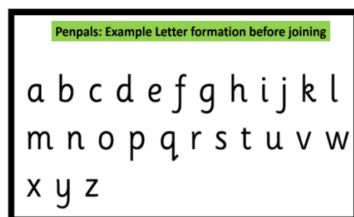
I have noticed an increasing number of children coming into school wearing smart watches, many of which include photo functionality. Watches that can take photographs or make voice recordings must not be brought into school by children.

Spotlight on Handwriting

Supporting children with handwriting involves promoting good posture (feet flat, sitting straight), a comfortable "tripod" pencil grip, and daily, fun practice like drawing, using playdough, or writing short notes. Focus on letter formation and consistency rather than speed to build confidence and fine motor skills.

Key Areas for Supporting Handwriting at Home:

- **Fine Motor Skills Development:** Use activities like drawing, colouring, playing with playdough, using tweezers, or threading beads to strengthen hand muscles.
- **Posture and Position:** Encourage children to sit with their back straight, feet flat on the floor, and their non-writing hand holding the paper.
- **Pencil Grip:** Encourage the "tripod" grip—holding the pencil between the thumb and index finger, resting on the middle finger—at least 2cm from the tip.
- **Letter Formation:** Focus on starting letters in the correct place, such as grouping letters that start with the same shape.
- **Daily Practice:** Make it fun by encouraging everyday writing like shopping lists, thank you notes, birthday cards, or a short diary.





Support for bedwetting and eating problems



Please use the following links from the School Nursing Team for support with bedwetting and eating problems.

<https://padlet.com/ccscommunications1/anxiety-6kpykvy2e7goy3k0>

<https://padlet.com/ccscommunications1/all-things-wee-poo-s17itgfskllzp8r0>

<https://padlet.com/ccscommunications1/sleep-pi57mvkw10vc8se9>



Pupil Wellbeing Survey

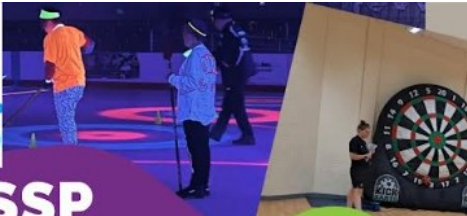
Please fill in the Pupil Wellbeing Survey with your child by Friday 20th March 2026. We use the results and comments to continue to make Linslade Lower School the best it can be.

https://docs.google.com/forms/d/e/1FAIpQLSe68-ISm7_mawjUsbterdAYAUIwCW2vSY1ZBa_CFzRvWP0qDQ/viewform?usp=header

Safeguarding at Linslade Lower School

If you have any concerns about a child's safety or wellbeing, please speak to a member of the school's Safeguarding Team. Mrs Farlam and Mrs Hogg are happy to help. You can also contact the Central Beds Council Integrated Front Door on 0300 300 8585, who you can talk to about your concerns. They will give you advice or may investigate the circumstances. All child protection calls are treated in confidence and you don't need to give your details.

Everyone has a responsibility to protect children from harm.



LLSSP EASTER HAF ACTIVITY CAMP

Central
Bedfordshire

7TH APRIL
8TH APRIL
9TH APRIL
10TH APRIL

10am - 3.00pm
VANDYKE UPPER SCHOOL
Vandyke Road
LU7 3DY

BOOK USING YOUR
CHILDS UNIQUE HAF CODE



Activity Programme
Action packed sports and
enrichment activities including:
Trampolining, Cooking, Glow
Sports, plus many more delivered
by our qualified staff.

SCHOOL YEARS 4 - 10



ALL CHILDREN TO BE PROVIDED WITH A HOT MEAL

YOUR TIPS FOR A HEALTHIER SCREEN TIME

'How much is too much screen time for children?'

	Birth to 5 years	6 to 10 years	11 to 17 years
Waking up	 No screen time between birth - 24 months. <i>Phones, tablets and computers should not be in any child's bedroom overnight.</i>	 Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day.	 Waking up without screens. It is recommended that social media/screens are not used for the first hour of the day.
Hours per day	 2 - 5 year olds no more than 30 mins/day No screen time between birth - 24 months. <i>Watching lots of short videos is being linked to concentration difficulties in children.</i>	 Not more than 1-2 hrs/day Up to 2 hrs/day <i>'Walk, run, ride a bike, anything that gets kids up, outside and off their screens'</i>	 Up to 2 hrs/day Up to 2-3 hrs/day
Leisure	 Avoid using a device to settle your child down. Instead try a book, a game outdoors, or just a cuddle. <i>Reports suggest adults touch their phones over 2000 times a day.</i>	 Keep active. Encourage physical activity, ideally outside, for 1-2 hours. <i>'Try and ensure screen-free time together'</i>	 Stay active. More green time, less screen time.
Sleep Hygiene	 Under 5s should not use a screen at least 2 hours before bedtime. <i>'Bedtime stories are the best and healthiest way to settle your child'</i>	 No screens at least 1 hour before bedtime. <i>'Buy an alarm clock so that screens are not in the bedroom'</i>	 No screens at least 1 hour before bedtime.

Accepted by NHS England Mental Health Leads

'Studies have shown a clear link between excessive screen time and issues such as delayed speech and language development, short-sightedness, communication difficulties, reduced concentration spans, poor sleep and mental health problems.'

HEALTH PROFESSIONALS FOR SAFER SCREENS

