

## Moulton Primary School Newsletter

Friday 28th February 2025



Dear Parents, Carers and Children

We hope you had a restful break and are ready for an exciting term ahead! We are thrilled to welcome our children, staff, and families back to school. Together, let's embrace new learning opportunities, foster creativity, and continue to build a supportive and inspiring environment for all.

Have a lovely weekend.

Miss Jones

### The Classroom News

#### Reception

This week we've dived into the captivating world of 'Little People, Big Dreams' and explored the lives of some truly inspirational figures. Our first hero on this journey is none other than the incredible Stevie Wonder.

The children have had a fantastic time creating their own front covers featuring some fantastic self-portraits. Our exploration didn't stop there; we delved into the realm of music by experimenting with various musical instruments and listening to some of Stevie Wonders songs, as you can see sparking joy and creativity!

In a thought-provoking activity, we considered the challenge of living without one of our senses. Through engaging activities, we discovered how losing our sight can enhance our sense of smell using scented play doughs, and we experimented with tactile experiences by making braille name cards from foam. We also had a delightful time testing our hearing capabilities by playing musical instruments blindfolded! Our Drawing Club focus on "The Bear and The Piano" by David Litchfield has revealed the incredible artistic talents of our young learners and their impressive sentence writing. Their creativity shines through in every piece.

We can't wait to continue our exploration into this theme and see what our little people can dream big about.



## Year 4



Year 4 have been excited to be back at school this week and we have been exploring a brand new book: Leon and the Place Between. This is an example of a portal story, where a character travels through a strange doorway to an unexpected place. We have been exploring the text to find precise and atmospheric language that helps the author paint a picture in the reader's mind. We have also investigated what makes an effective story opening that entices the reader and establishes the atmosphere of the story. The children had a go at rewriting the opening of the story and wowed the adults with their wonderful expanded noun phrases and splendidly punctuated dialogue. We will be continuing to explore this new text for the next few weeks, with a view to writing our own portal story at the end of the unit.

## The School News

### Science Week



**Reminder** - On 10<sup>th</sup> March we will be kick starting our Science Week in school. For one of the activities, every child will need a plastic water bottle. Please can we kindly ask that each child brings in a plastic water bottle (500ml in size) by Monday 10<sup>th</sup> March to enable them to take part in this



### Scouts

On Wednesday, the Scout leader of Overstone Scouts group came to deliver an assembly to the school. It was no other than our own Mrs Minor who can usually be found supporting the learning in Year 1. The children found out the different types of activities the scouts undertake, including forest skills, archery and sailing. They learnt how these opportunities also support the children's personal, social, cognitive and creative development.

The children were amazed at the activities the Scouts undertake and if you would like to find out more about joining the scouts then click the links below.

[www.overstone46scouts.org.uk](http://www.overstone46scouts.org.uk)

[www.northamptonscouts.org.uk](http://www.northamptonscouts.org.uk)

[38th Moulton Scout Group | Northampton Scouts](#)



### A Cobbler in the School Library



The school welcomed Northampton Town player Max Dyché to our new library. He took time out of his busy schedule on Thursday to come and see first-hand how we had transformed the space. He was amazed at the wall coverings and the amount of books the children have access to. He talked with a group of our children, asking questions about how we use the library and the types of books that interest the children.

Max brought in with him a range of new books donated by Northampton Town for the children to enjoy. These will be shared around the school and placed into our library.

It is important to highlight the hard work of our Library prefects who work hard every lunchtime. They make sure that the space is kept tidy and books are in the correct places so everyone can enjoy it.



### Mental Health Week Donations

At the end of last term, the children all came into school wearing a variety of colours which represented different emotions. The idea was to raise awareness for children's mental health. You generously donated and raised £277 in total. The money will be equally donated to the Mind and Kids Aid charities that offer support to children to support their mental health.



### Happy's Circus



The Happy's circus event is getting closer, don't miss out! Early Bird tickets on sale for just 1 more month!

Happy's Circus will be at MPS on Friday 2nd May, the show starts in the BigTop at 6pm, announcements regarding refreshments etc. coming soon.

Early Bird tickets currently available at £10 per ticket (under 2s are free and will need to sit on a lap). Early Bird price is fixed until Sunday 30th March and will then rise to £11.50 per ticket.

Happy's Circus are a travelling professional circus who visited the school several years ago to perform and we are so excited to have them return and support FOMPS with fundraising!

Tickets available from : <https://teamfomps.sumupstore.com/product/happy-s-circus-tickets>

## Disney Dance Scene!

Huge congratulations to the children who danced at Disney over the half term, we have enjoyed hearing all about this fantastic experience and are very proud of everyone involved.



## Dates in the Diary

DATE	YEAR GROUP	EVENT	TIME
5th March	Whole School	Class Photos	Normal School Hours
6th March	Whole School	World Book Day - pyjama day	Normal School Hours
6th March - 11th March	Whole School	Book Fair	3:30 - 4pm
22nd March	Year 4 Strictly Team	Strictly Juniors	1.30pm
4th April	Whole School	School Closes	Normal School Hours
22nd April	Whole School	School Re-Opens	Normal School Hours
1st May	Year 5	School Trip - National Space Centre	Normal School Hours
2nd May		FOMPS Happy Circus	6:00 PM
7th May	Year 1	Woburn Safari Park	TBC
12th May	Year 2	Storytelling Session	2.45 - 3pm
12th - 14th May	Year 4	Residential	TBC
12th May - 15th May	Year 6	SATs Week	Normal School Hours
14th May	EYFS	Storytelling Session	2.45 - 3pm
23rd May	Whole School	School Closes	Normal School Hours
2nd June	Whole School	School Closed - Teacher Training Day	
2nd June - 6th June	Year 6	PGL	TBC
3rd June	Whole School	School Re-Opens	Normal School Hours
5th June	Year 1	Storytelling Session	2.45 - 3pm
12th June	Year 5	Workshop - Past Productions	Normal School Hours
3rd July	Year 2	Irchester Country Park school trip	Normal School Hours
22nd July		School Closes	Normal School Hours

# 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.

### 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 to 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.

### 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.

### 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.



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

# **SATURDAY ATHLETICS COURSE - NORTHAMPTON**



Rugby & Northampton Athletics Club are pleased to announce a new 5-week athletics course for young athletes in Northampton and surrounding areas. It runs from **Saturday March 8th to Saturday April 5th**

This course will give an introduction to the track and field events – running, jumping and throwing and is suitable for all – from total novices to more seasoned athletes – no experience required – just lots of energy. The emphasis will be on fitness, skills and fun with all sessions led by qualified club coaches.

## **When**

Saturday mornings 10-30 until 11-45

## **Where**

The sessions will take place at the Moulton College athletics track

## **Who**

The sessions are open to both club and non- club athletes **NO EXPERIENCE NECESSARY**

## **Costs**

R&N members – no cost

Non-club athletes – £15 per 5 week block



**Ages** – MINIMUM AGE is Yr 3 at school (aged 7+) – MAXIMUM is Yr 9 at school

**On completion** – all course members will be invited to participate in the R & N EASTER OPEN EVENT to be held on Saturday 12th April.

Places are limited and will be assigned on a first come, first served basis.

To register – please complete this google form

[https://docs.google.com/forms/d/e/1FAIpQLSelUcagG9VgiSNqX0dQYJ2jXe02x9N602t2dXVmXN\\_jLbb-A/viewform?usp=header](https://docs.google.com/forms/d/e/1FAIpQLSelUcagG9VgiSNqX0dQYJ2jXe02x9N602t2dXVmXN_jLbb-A/viewform?usp=header)

If you have any further questions about the course or the club, please contact us at

[contactus@rugbyandnorthamptonac.org](mailto:contactus@rugbyandnorthamptonac.org)