



The Orchard Primary School

www.orchardprimary.com

8th March 2024

## Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:

- <https://www.internetmatters.org/issues/screen-time/protect-your-child>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:

- <https://www.internetmatters.org/issues/screen-time/deal-with-it/>

This final link provides a guide on how to balance screen time:

- <https://www.internetmatters.org/resources/creating-a-balanced-digital-diet-with-screen-time-tips/>



### Orchard Primary School Easter Egg Raffle.

Tickets to win some yummy chocolate eggs are available now.



Tickets cost 20 pence. Yr. 6 will be visiting your class in the afternoons so you can buy your tickets.

**DRAW:** Wednesday, 27th March 2024

### SCHOOL INFORMATION

School telephone: 020 8570 6247

School email: [parent@tops.hounslow.sch.uk](mailto:parent@tops.hounslow.sch.uk)  
For enquiries or to update address or phone contact.

School website: [www.orchardprimary.com](http://www.orchardprimary.com)

If you would like to share your child's news and achievements in the school newsletter, please email (with photo permissions): [parent@tops.hounslow.sch.uk](mailto:parent@tops.hounslow.sch.uk)



### DATES FOR YOUR DIARY

Monday, 11th March 2024  
Aspen class assembly in Junior Hall — 9am

Monday, 11th March 2024  
Reception Drop-in at 3pm

Thursday, 14th March 2024  
Year 1 Drop-in at 3.10pm

Friday, 15th March 2024  
Year 2 Drop-in at 3.10pm

Week of 18th March 2024  
Parents Evenings  
Please book on SchoolPng by 13th March 2024

### Netball Tournament

On Tuesday, 6<sup>th</sup> February we took part in the Borough Netball Tournament at The Heathland School. We faced fierce competition but we were resilient and tried our best.



We narrowly lost a few matches and managed to draw one following some outstanding performances from our team. We had lots of fun and it was a really enjoyable experience. The Sports Leaders from The Heathland

School were very welcoming and gave us top tips and really helped us to prepare for the matches. Thank you to Mrs Nangle and Mrs Soley for training us during our morning Netball Club. *Mané, Muhammed and Florian*

### The Globetrotting Guild of Orchard Primary School (GGOPS)

Mythili was in Kyrgyzstan. Did you guess correctly?



### Where in the world is Abdi?



This week I have flown South West from Kyrgyzstan to a country in Africa. This country is a small island country - the total size is 4,033 km<sup>2</sup> (1,557 sq mi). Half a million people live

here. The landscape varies from dry plains to high active volcanoes with cliffs rising steeply from the ocean. The climate is arid.

The culture is built on music, storytelling and food - the only ways enslaved people transported here could express themselves under Portuguese rule. These days, islanders still sing as they work, strum the violao (a classical guitar) after dinner, and celebrate Carnival and saints' fiestas with an African flourish.



The national dish for this country is

Cachupa, A stew made from many herbs and spices.

This country speaks Portuguese, as it was once a colony of Portugal. Speaking of colonies, it gained independence from Portugal on July 5th 1975.



Juniper class and Beech class achieved the highest attendance for this week, the 4th March to the 8th March 2024.



Every school day does matter.

### Important Attendance Information

#### Punctuality

Gates open at 8.45am. Children can go straight into class at this time.

- ◇ Key Stage 2 children MUST be in class by 8.55am.
- ◇ Key Stage 1 children MUST be in class by 9.00am.

**Please be on time to school.** Being late disrupts the start of the class and can make your child miss out on important lessons and time with their classmates.

#### Attendance

If your child is unable to attend school, for any reason, please let us know.

Please email:

[absence@tops.hounslow.sch.uk](mailto:absence@tops.hounslow.sch.uk)

Or telephone the school on 0208 570 6247 and leave a voicemail message on the absence line by choosing Option 2.

Please leave as much detail as possible — 'sick' or 'unwell' cannot be accepted as a reason. Please try to make appointments outside of school time. If your child needs to attend an appointment during the school day, or has been at the hospital, **please provide an appointment card, hospital discharge letter or email details (appointment & time) to the absence email.** This is needed so absence can be authorised.

If collecting early to take your child to an appointment, please also include this in your email.

Thank you for your co-operation and continued support with attendance. We will continue to push this important educational success ingredient.

**Lunch:** Please book your child's school meal on Parent pay in advance for a week, month or term as you prefer. New menu starts 15 April 2024