



North Crescent Primary School

Guiding Explorers of the Future

On Thursday, 44 children represented North Crescent Primary School at an interschool cross country competition. Children from Adventurers 3 & 4, and Navigators 5 & 6, visited Wickford Primary School and competed against 3 other primary schools in either a 1000m or 1500m race.

The children really did us proud during the competition, showing great sportsmanship and representing our Trust Values of being pioneering, ethical and altruistic. They were supportive of all of the other competitors and really pushed themselves to do their best. The children have had two previous training sessions and we could see that their hard work paid off!

Well done to all competitors, we are so proud of every single one of you!

Diary Dates

Monday 10th February -
Parent Drop-Ins @ 3:30 pm

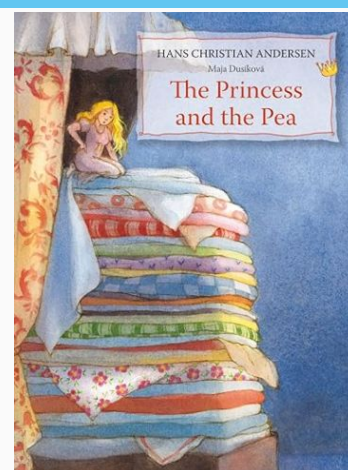
Thursday 13th March -
Year 4 Sharing Assembly @ 2:50pm

Monday 17th March -
Parent Consultations

Thursday 20th March -
Parent Consultations

Thursday 27th March -
Year 5 Sharing Assembly @ 2:50pm

Book of the Week



One stormy night a young lady knocks on the palace door claiming to be a princess, but she doesn't look like princess because she is soaked through and her hair is a mess. The queen doesn't believe she is a real princess so decides to put her to the test. The moral to the story is you shouldn't judge a person on their appearance.

This classic fairy tale is wonderfully brought to life with soft, colourful illustrations by popular illustrator Maja Dusikova.

'The Princess and the Pea' by Hans Christian Andersen

Huge congratulations to the following children who have been chosen as the Lead Learners.

Pathfinders 1	Jaxon	Pathfinders 2	Freddie
Adventurers 3	Maria	Adventurers 4	Billy-John
Navigators 5	Frankie	Navigators 6	Callum
Explorers Barakah			

Each week we celebrate the class that have shown respect for their classroom. The children really love our gold, diamante dustpan and brush award! Why don't you ask them about it?

Did you know that you can follow North Crescent Primary School on Facebook, X and Instagram? This is a fantastic way to keep up to date with the exciting activities that your children have been taking part in, as well as seeing reminders for key dates and times. Please, give us a follow and see what you have been missing!



Introduction - Mrs Shadbolt, EYFS

Dear Parents and Guardians,

I am thrilled to introduce myself as a new member of our school community! My name is Mrs Shadbolt, and I am excited to share some updates about the wonderful activities and learning happening with the children.

Explorers Class

In Explorers class, we have been diving into an "Under the Sea" theme. The children are enjoying sensory play, exploring the textures and feel of the ocean and the beach. It has been a joy to see their imaginations and creativity come alive! The children have been learning to write short words and sentences, practicing counting to 10, and exploring capacity and mass through engaging activities.



Science Club Fun

Science Club with Pathfinders 1 and Pathfinders 2 has been a hub of excitement and discovery! The children have been busy estimating, exploring, and explaining during experiments. From guessing which objects will float or sink to creating colourful lava lamps, they are developing their scientific thinking while having lots of fun.

Breakfast Club Activities

I have had the pleasure of taking over Breakfast Club, and it has been a fantastic way to start the day. The children have been enjoying their toast, waffles, pancakes, and cereal while bonding over games like Uno, Pokémon games, picture memory games, and solving jigsaw puzzles. It is wonderful to see them playing together and building friendships in such a positive atmosphere.

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 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.

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.



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.



The National College

FREE HALF TERM ACTIVITY CLUBS IN BASILDON!

Essex ActivAte helps to support eligible children and families during the school holidays and half term breaks, through free engaging and fun activities. Contact one of our clubs to book a space!

Kidbusterz (4-13 years)

Janet Duke Primary School, 105 Markhams Chase, Basildon SS15 5LS
info@kidbusterz.com / 07539066665
Wed 19th, Thu 20th & Fri 21st Feb (10am-2pm)

Kidbusterz (4-13 years)

Whitmore Primary School, Whitmore Way, Basildon SS14 2NN
info@kidbusterz.com / 07539066665
Wed 19th, Thur 20th & Fri 21st Feb (10am-2pm)

Crafty Katie's Make and Move Holiday Club (4-11 years)

Abacus Primary School, Tresco Way, Wickford, SS129GJ
Email, text or call to book - quoting Essex ActivAte in first communication
Craftykatie10@gmail.com / 07929044959
Mon 17th, Tues 18th & Wed 19th Feb (9am-1pm)

Camp 4 Champs (4-14 years)

Mayflower High School, Stock Road, Billericay, CM12 0RT
bookings@camp4champs.co.uk / 02081030101
Mon 17th, Tues 18th & Wed 19th Feb (9am-4pm)

Premier Education, Basildon Sport & Leisure Club (5-12yrs)

Gardiners Way, Basildon, Essex, SS14 3UJ
RClark@premier-education.com / 07387196392
Mon 17th, Tues 18th & Wed 19th Feb (9am-3pm)

Jack Of All Sports (4-12 years)

North Crescent Primary School Wickford, SS12 9AP
jackofallsports@btinternet.com / 07919888093
Mon 17th - Friday 21st Feb (9am-3pm)

ATF - King Edwards, Tea Time Club (11-17 years)

King Edwards School, King Edwards Road, Laindon, Basildon, SS15 6GY
kherring@atfcommunity.com / 07701365822
Fri 21st Feb (5pm -7pm)



ATF Vange Teen (11-16yrs)

Vange Primary School, London Road, Basildon, SS16 4QA
smartin@atfcommunity.com / 07989515757
Thurs 20th Feb (1-3pm)

Flex Youth (11+ years)

3 Gibcracks, Basildon SS14 1PE Call to book
info@flexyouth.com / 07342469249
Thurs 20th and Fri 21st Feb (1-4pm)

5 Elements Kickboxing MMA & Boxing (11+ years)

Adams Business Centre, Cranes Farm Rd, Basildon SS14 3J
01268330049
Contact provider for half term information

ATF Briscoes Primary School (5-12 years)

Briscoe Primary School, Felmores End, Basildon, SS13 1PN
c.mcalden@heartsacademy.uk / 07956770446
Mon 17th, Tue 18th & Wed 19th Feb (9am-1pm)

ATF Vange Primary School (5-12 years)

Vange Primary School, London Road, Basildon, SS16 4QA
smartin@atfcommunity.com / 07989515757
Thurs 20th & Fri 21st Feb (9am-1pm)

JTD ARTS SEND Level 1-3 (5-14yrs)

Northlands Primary School, 45 Winifred Rd, Basildon SS13 3JQ
activejtd@hotmail.com / 07856869296
Mon 17th & Tues 18th Feb (10am-1pm)

Butterflies Club SEND Level 1-5 (8-16 years)

James Hornsby School, Leinster Rd, Laindon, Basildon SS15 5NX
To attend any activities with Butterflies Club, you must have attended a family stay and play session with your child.
jasmine@Butterfliesclub.co.uk / 07884700124
Mon 17th Feb (10am-2pm)
and
Wed 19th Feb (8:30am-12:30pm)
Presidents Hall, Hoover Drive SS15 6LF

Find out more: activessex.org