



DANE ROYD SCHOOL

December 2021 – Well-being Newsletter

Merry Christmas and Happy New Year!

May I take this opportunity to wish all our children, staff and their families a very Merry Christmas!

We hope you enjoy some time with your families and friends, and enjoy some time to rest after a very busy term.

We look forward to welcoming all children back ready for a new term on Tuesday 4th January 2022.



Christmas Activities

Why not try some of the suggested activities as a family to enjoy your time together?

Sustainable Decorations

Why not recycle last year's cards or wrapping paper and make some new decorations? Decorate your house with your creations.

Have some 'me time'

The festive holidays can be a busy time for many families. Enjoy taking time out to do your favourite thing - be it, reading your favourite book, watching a movie or going for a long winters walk. Enjoy having some you time.

Make a festive photo-booth

Leading up to the big day, why not get creative? Make some festive props and use them to capture some fun memories on the 25th!

Christmas Scavenger Hunt

Split the family into teams and ask them to find a range of Christmas-related items or take pictures of each other doing a list of festive tasks.

A Festive Family Sing-along

Singing can bring so much joy to people. Have a family sing-along where you each share your favourite Christmas tune. You could even add your dance moves. Why not perform your show to loved ones?

Christmas Crackers

Use the guide to make your own festive, personal crackers.

E-Safety -

Christmas is such a wonderful time of year for many reasons, one of which being Father Christmas is sure to deliver many wonderful gifts.

With an increase in the number of children asking for electronic devices growing annually, it is important that grown ups know how to get the best from the new device so as to create safe and calm festive period.

Some top tips:

- ❖ Set boundaries
Our advice is to set some ground rules, and ensure they understand them. For example:
- ❖ Apply Screen Time Limits
Agree a time limit or number of games beforehand, to avoid repeated disagreements around how long they can spend online.
- ❖ Sleep comes first
We advise that phones or tablets stay out of the bedroom overnight to charge. This avoids those night time distractions.
- ❖ Ask for access
If you're concerned about something happening or want to take a look at the games and apps they are on, ask them to allow you access to the phone.

For further advice, please use the following link.

<https://saferinternet.org.uk/blog/staying-safe-online-this-christmas>



Mental Health and Well-being

Christmas is a joyous time which many of us look forward to. However, for many reasons, some people find this time of year challenging. Please remember there are many agencies signposted on our Safeguarding section of the school website should you feel you, or a member of your family, need any support over the Christmas holidays.

Safeguarding Concerns

If you have any concerns about the safeguarding of a child, please contact one of the school's Designated Safeguard Leads.

Miss Kelly - Head DSL

Mrs Kendall - Deputy DSL

Mrs Hemingway- DSL

Miss Bottom - Mental Health Lead

