



## Messages from Redfield's Senior Leadership Team



Redfield Educate Together Primary Academy

January 24<sup>th</sup> 2025

Dear Parents/Carers,

It has been a very busy start to the term at RET. Our School Council is back up and running and they have been meeting with Lee and various staff members to discuss all things curriculum, playground and communal spaces. Thank you to all those parent/carer who either attended our curriculum meetings and/or have filled in our questionnaire linked to the curriculum development. If you haven't the link is <https://forms.office.com/e/SuiScvm1vC> your feedback is greatly appreciated as we work with all stakeholders to develop our curriculum.

As we look to strengthen our community you will We believe that it is important children understand others' backgrounds. If we can educate the children of today in our similarities and differences, we can create a better world tomorrow.

We are currently looking at article 8 – Identity.

The importance of being yourself.

The staff are in the process of creating pen portraits which will be displayed in the school hall so that the children can learn more about our identity too (see below for some examples!)

### **We need your help!**

To shine a light on the rich diversity of children that attend Redfield we need your help! We have a terrific school building, but we want you to be represented within it!

We are asking parents to send in a photo of themselves – whether it be single or as a couple – we really do want to represent everyone!

Could you send in a photo, via email, to the school office wearing something that celebrates your cultural heritage?

### **What are we going to do with these photographs?**

We have purchased individual A4 photo frames, and we are going to create a gallery. If we receive enough photographs, we would love to hold a parent viewing session.

We are aware that 21 different languages are spoken across the school - it would be great to have all these nationalities represented – it is important that they are. Please be as creative as you like!

As you can imagine, this would be an excellent learning opportunity for our children, and one that we hope will bring our whole school community a little closer.

Please be as creative as you like!

Please send in all photographs, via [info@redfieldet.org.uk](mailto:info@redfieldet.org.uk) by Friday 31<sup>st</sup> January. If you could even involve your children in the process of taking the photographs, that would be even better!

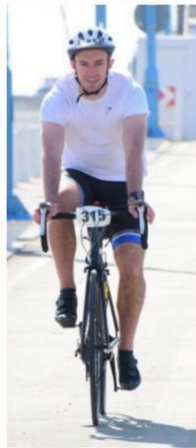
# MEET YOUR HEAD OF SCHOOL

Hello! My name is Scott and I am the Head of School At Redfield. Before working at RET, I worked at schools in London and Wales, Loughborough College and as a football coach for Swansea City, a swimming teacher and a lifeguard!



In my spare time I love to do anything active, whether that's running, playing football or going to the gym. I also love hanging out and having food with my cat Peggy!

I am from Wales and can speak fluent Welsh. I even went to a Welsh only primary school.



**Hello, I'm Gareth**

*Meet the teacher*

**Welcome**

Hello! I'm Gareth and I am your Year Six teacher and Maths Lead at Redfield (I'm the one on the left). I can't wait for all of the amazing learning we will experience together. My favourite lessons each week are always Maths, English and Art.

**About me**

I moved to Bristol in 2019 and have enjoyed teaching children from Year One to Year Six since 2010. I have a ten month old son named Dylan and love spending as much time with him as I can. When I'm not spending time with my family, I love to play and watch music.

## Go Red for Heart event

For February we will be supporting the Go Red for Heart event led by the British Heart Foundation. We will be launching this with children next week in assembly with a 'Dress Red' day on 3/2/25. The aim is to run or walk 28 miles during February. We will be taking part in various activities across the month. Please see below for ideas you can do outside of school and a QR code to the right on the poster for our fundraising page.

Ideas to support in achieving 28 miles of walking or running in February:

Scenic walks - <https://www.alltrails.com/en-gb/england/bristol/bristol/kids>

Free parkruns - <https://www.parkrun.org.uk/horfieldcommon-juniors/>

## Junior parkrun

These free 2k runs for children aged between 4 and 14 years take place on Sunday mornings.

See the junior parkrun locations below for times:

- [Kingsweston junior parkrun](#)
- [Windmill Hill junior parkrun](#)
- [Eastville park junior parkrun](#)
- [Greville Smyth Park junior parkrun](#)

## Punctuality & Attendance

Article 28: Every child has a right to an education.

Regular attendance is vital for your child's academic progress and social development. Attending school every day ensures that they have access to the full range of learning experiences and opportunities, enabling them to thrive and reach their full potential. Poor school attendance will have an impact on your child's learning.

Pupils can only be absent from school if they are ill or in exceptional circumstances and the absence has been agreed in advance. Any absence not agreed will be recorded as "unauthorised".

Our school gates are open from 8:45am – 8:55am, please ensure children arrive at school **before 8:55am** allowing them enough time to say goodbye to adults and get to class.

Children need to be in class ready for registration at 8:55am. A late arrival can mean an unsettled start for your child and disrupted learning for the rest of the class.

From the start of February parents/carers dropping children off at the office after 8:55am will be required to complete a late slip with reasons for lateness so these can be added to attendance records. Frequent lateness may lead to an attendance meeting

## Safety Concerns – Bikes & Scooters

It is great to see so many of our school community choosing to travel to school on bikes or scooters. We kindly ask that all parents and children dismount before entering the school gates, walking bikes/scooters into and out of the playground.



# Go Red for Heart Month

**Raise money for lifesaving research**

Redfield Educate Together are supporting The British Heart Foundation ...

27.01.25 - Launch sponsorship!  
03.02.25 - Dress Red!

The month of February - sponsored walk or run a total of 28 miles!



FR Registered with the Financial Conduct Authority  
British Heart Foundation is a registered charity (No. 22977) in England and Wales, and is registered as a charity in Scotland (No. SC29962).

**Join Redfield Educate Together's fundraising efforts using Just Giving ...**



<https://www.justgiving.com/page/redfield-educate-together-bhf>



Several parents/carers have expressed concerns about children and parents riding on bikes and scooters near the gates and on the playground making it unsafe for pedestrians - please remind children to ride in a safe way and pay attention to others.

By instilling these safety practices in our pupils, we can create a safer environment for everyone and foster a sense of responsibility in our young learners.

**Key upcoming dates:**

**Dress Red Day** – 3/2/25

**Children's Mental Health week** - 3-7/2/25

**Safer internet day**- 6/2/25

**School nurse drop in** - 10/2/25 9:00-10:00am

**Land Events (these are an opportunity to see the learning your children have been completing this term)**

**Reception** - 6/2/25 2:45-3:15pm

**Year 1** - 5/2/25 2:45-3:15pm

**Year 2** -4/2/25 2:45-3:15pm

**Year 5** - 3/2/25 2:45:3:15pm



# 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.

### 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>

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