

# SOUTH LEE PREP SCHOOL & NURSERY

## WEEKLY NEWSLETTER

### WHAT'S INSIDE THIS ISSUE:

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Dear Parents,

It has been lovely to feel the warm sunshine on our faces this week. It has been yet another busy week here at South Lee Prep. You may have noticed my absence on the door in the mornings this week. I have been down in the south of the country completing an Independent School Inspection. It is always very interesting, and excellent for our school, for me to be part of an ISI team of inspectors, BUT I was extremely happy to walk back through the doors of our wonderful South Lee this morning.



I am very lucky that I know the school is always in safe hands in my absence, so thank you to the staff for holding the fort whilst I was away!

On Monday, we were lucky enough to have a visit from PC Mariah and PC Emma, who discussed what a day in the life of a police officer looks like. They talked about a career in policing and the children were also able to look inside their police car.

On Thursday, Year 3 went on a trip to The Fitzwilliam Museum in Cambridge, they were looking at ways of storytelling through pictures on pottery. They had a lovely day. Thank you, Mrs T, for organising such an enjoyable trip.

This morning, we had our Year 7 and 8 coffee morning which was very well supported. Mr Catchpole tested the parents' logical thinking skills by tackling some question from the 1% club.

I have just come back to sit at my desk after a wonderful Pre-Prep Grandparents' lunch. We enjoyed a super roast dinner, thank you Chef Rachael! What a wonderful way to finish the week! I have been asked to add a few more into the diary, so I will try my best.

Looking ahead, we have our information evening for parents in Year 5 and 6 on 'The Benefits of Year 7 & 8'. We have our European Day of Languages on Tuesday. The children are invited to come dressed in European costumes, the colours of a flag, or anything that represents a country in Europe.

On Wednesday, we have our individual school photos. If you have siblings here or at another school, please come to the school hall at 8am for family photos. I have asked the children to look smart in their blazers.

On Thursday, Year 7 and 8 are off to London to visit the Globe Theatre and on Friday we have our Parent Macmillan Coffee Morning. Please do come along to sample a cake (made by staff) and a cup of coffee, starting at 8.30am.

Our character strength next week is Honesty.

Have a wonderful weekend!

  
Mrs. Catchpole

# DATES FOR YOUR DIARY

## SEPTEMBER 2024

### Week 4: Character Strength for the Week - Honesty

Monday, 23rd:	<i>17:30 Year 5 &amp; 6 Parents Information Evening 'The Benefits of Staying in Year 7 &amp; 8'</i>
Tuesday, 24th:	Seasonal Flu Vaccination European Day of Languages (Dressing Up) 08:40 Languages Assembly
Wednesday, 25th:	Individual Photos <i>14:30 U13 Rugby v Stoke College, Thetford Grammar and Brookes UK (H)</i> <i>14:30 Hockey v Stoke College, Thetford Grammar and Brookes UK (H)</i> <i>14:30 U11 Rugby v Orwell Park (H)</i>
Thursday, 26th:	Year 7 & 8 trip to the Globe Theatre, London
Friday, 27th:	<i>08:30 South Lee Parent Macmillan Coffee Morning</i> 10:45 Year 5 Cake Sale <i>14:30 U9 Netball v Barnardiston Hall (A)</i> <i>14:30 U9 Hockey v Barnardiston Hall (A)</i>

### Week 5: Character Strength for the Week - Empathy

Monday, 30th:	Dyslexia Awareness Week 13:30 Pupil Academic Group Meeting
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## OCTOBER 2024

Tuesday, 1st:	Black History Month Year 6 - Year 8 Scholarship Pathway Afternoon
Wednesday, 2nd:	<i>14:30 U13 Rugby v Thetford Grammar, Ipswich High and Brookes UK (H)</i> <i>14:30 U13 Hockey v Thetford Grammar, Ipswich High and Brookes UK (H)</i> <i>14:30 U11 Rugby v Ipswich High (H)</i> <i>14:30 U11 Hockey v Ipswich High (H)</i>
Thursday, 3rd:	National Poetry Day Verse Speaking Competition Launched (Year 4 - Year 8) <i>09:00 Pre-Prep Harvest Festival (Pre-School - Year 3)</i> <i>10:15 Pre-Prep Parent Classroom Drop-In (Pre-School - Year 3)</i>
Friday, 4th:	<i>08:30 PTA Meeting</i> 10:45 Year 4 Cake Sale <i>14:00 U9 Netball Tournament at Framlingham (A)</i> <i>14:00 U9 Hockey Tournament at Framlingham (A)</i>

### Week 6: Character Strength for the Week - Kindness

Monday, 7th:	<i>16:30 - 18:30 Pastoral Parents' Evening (Reception - Year 8)</i>
Tuesday, 8th:	Year 7 Entry Scholarship Assessment Day <i>16:30 - 18:30 Pastoral Parents' Evening (Reception - Year 8)</i>
Wednesday, 9th:	<i>14:30 U13 Rugby v The Perse (A)</i> <i>14:30 U13 Hockey v Holmeewood House (A)</i> <i>14:30 U11 Hockey v St Margaret's (H)</i> <i>14:30 U11 Rugby v St Margaret's (H)</i>
Thursday, 10th:	Mental Health Day - Wear Yellow for Young Minds 08:40 Whole School Workout <i>17:00 Martineau Lecture - Oundle School</i>
Friday, 11th:	09:00 - 12:00 Open Morning <i>14:30 U9 Netball v Brookes UK (A)</i> <i>14:30 U9 Football St Joseph's College (H)</i>

Regular Font: Pupils Only

*Italic Font - Parents' Invited*

# USEFUL REMINDERS

## Year 5 & 6 Parent Information Evening - 'The Benefits of Staying in Year 7 & 8'

We will be organising a Year 5 & 6 Parent Information Evening on **Monday, 23rd September 2024, at 5:30pm** to discuss the benefits of staying in Years 7 & 8. Parents of pupils in Years 5 & 6 are warmly invited to attend. Please email the office to confirm your attendance at [office@southlee.co.uk](mailto:office@southlee.co.uk).

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## Seasonal Flu Vaccination (Reception - Year 8 Pupils)

Flu vaccinations will take place in school on **Tuesday, 24th September 2024**. Parents can consent to either the Flu nasal spray or the non-gelatine IM Flu vaccine. Please complete the consent form by clicking the [link](#) as soon as possible. The portal will close 48 hours before the Flu session.

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## Pupil Bake Sale

We are pleased to announce our upcoming pupil bake sales. Kindly send your child in with £1 to purchase a delicious homemade treat. Your generosity will encourage our pupils' creativity and help support our school community initiatives. Please ensure all baked goods are nut-free. Thank you for your continued involvement and support.

**27th September: Year 5 Bake Sale**

**4th October: Year 4 Bake Sale**

**15th November: Year 3 Bake Sale**

**22nd November: Year 2 Bake Sale**

**29th November: Year 1 Bake Sale**

**5th December: Reception Bake Sale**

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## Parent Coffee Morning

We are delighted to invite you to our upcoming Coffee Mornings, offering an opportunity for informal discussion, camaraderie among parents, and a chance to connect with the wider school community. Please email the office to confirm your attendance at [office@southlee.co.uk](mailto:office@southlee.co.uk).

**20th September: Year 7 & 8 Parent Coffee Morning**

**8th November: Year 6 Parent Coffee Morning**

**15th November: Year 5 Parent Coffee Morning**

**22nd November: Year 4 Parent Coffee Morning**

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## European Day of Languages (Dressing Up)

We are excited to celebrate European Day of Languages on **Tuesday, 24th September 2024**. This will be a non-uniform day, and children are encouraged to dress up in outfits that represent different countries and cultures across Europe.

It's a wonderful opportunity for pupils to explore and appreciate the diversity of languages and traditions. We look forward to seeing the creativity and enthusiasm the children will bring to this special day.

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## Individual Photos

We will be taking individual photos of pupils on **Wednesday, 25th September 2024**. Please ensure that your child arrives at school in full uniform, as these photos will be used for school records and optional photo orders. **Parents are welcome to have their photo taken with their children between 8:15am and 8:45am**. If you have any questions about the photo day, please feel free to contact the school office.

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## Year 7 & 8 Trip to the Globe Theatre, London

On **Thursday, 26th September 2024**, our Year 7 and 8 students will have the exciting opportunity to visit the Globe Theatre in London. They will experience the atmosphere of an Elizabethan theatre and take part in a workshop to deepen their understanding of one of Shakespeare's plays.

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## South Lee Parent Macmillan Coffee Morning

We are pleased to invite you to our Parent Macmillan Coffee Morning on **Friday, 27th September 2024, at 8:30am**. This year, we're excited to share that the cakes will be baked by our staff for the first time.

It's a wonderful opportunity to enjoy delicious homemade treats, catch up with other parents, and support the Macmillan Cancer Support charity. We encourage you to come along, enjoy a coffee, and contribute to this great cause.

# USEFUL REMINDERS

## Pre-Prep Harvest Festival (Pre-School to Year 3)

We warmly invite parents from Pre-School to Year 3 to join us for our traditional Harvest Festival on **Thursday, 3rd October 2024, at 9:00am**. The children will present songs and poems to mark the occasion, and you are welcome to visit your child's classroom afterwards to view some of their work.

Tea, coffee, and pastries will be served from 8:30am. If you plan to attend, please inform the school office in advance so we can make the necessary arrangements.

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## Pastoral Parents' Evening (Reception - Year 8)

We would like to inform parents that our Pastoral Parents' Evening for Reception to Year 8 pupils will be held on **Monday, 7th October 2024, and Tuesday, 8th October 2024, from 4:30pm to 6:30pm on both days**. We will let you know when booking becomes available.

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## Year 7 Entry Scholarship Assessment Day

Internal and external pupils with exceptional talent in Academic, Art, Drama, Music, Sport, IT, STEM, or as an All-Rounder, are invited to apply for a scholarship.

This year's Year 7 Scholarship Day will take place on **Tuesday, 8th October 2024**.

The deadline for applications is **Friday, 4th October 2024**.

For further information, please contact our Admissions team on 01284 754654 or email [admissions@southlee.co.uk](mailto:admissions@southlee.co.uk).

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## PTA Lottery

The PTA lottery form has been emailed to all parents. If you have not received it, please feel free to collect a copy from the school office. We encourage you to support the lottery, as the funds raised will be used to benefit the school.

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## PTA - Bags2School Collection

We are organising a Bags 2 School collection on **Monday, 21st October 2024** as part of our fundraising efforts. The school receives money based on the weight of the items collected. This is a great opportunity to clear out your wardrobes, with the company collecting bags of clothes from the school, weighing them, and donating funds based on the total collected. For more information, you can visit their website at [bags2school.com](http://bags2school.com).

They accept belts, socks, jewellery, clothes, shoes, bags, hats, bras, and scarves/ties. *However, they will not take duvets/blankets, pillows/cushions, carpets/rugs, soiled or ripped clothes, school uniform (with or without logos), or corporate/work clothing.*

**If you have any bags of clothes to donate, please bring them to the school office before Monday, 21st October 2024.**



# AWARDS OF THE WEEK



## Pupil of the Week

**Greer P** for showing real resilience in her swimming lesson

## Artist Award of the Week

**Ruby R** for her enthusiasm in print making club



## Player Award of the Week

**David O'S-J** for Rugby and **Maisie B** for Hockey (leading by example and working really hard for the whole 40 minutes)

## Drama Award of the Week

**Luxmi P** for being amazing in drama and learning all her lines



## Musician Award of the Week

**Alton R** for perceptive thinking and producing quality sounding notes in just his second lesson on saxophone

## Style Award of the Week

**Harry R** for always looking smart in his uniform





# AWARDS OF THE WEEK



## Head Awards

**Pre-School:** **Arjun P** for sharing his knowledge of our golden values | **Reception:** **Eva T** for picking up litter without being asked - **COMMUNITY** | **Year 1:** **Lucas F** for amazing growth mindset | **Year 2:** **Jack J-W** for his determination with trying new things | **Year 3:** **William W** for excellent application and enthusiasm on our school trip | **Year 4:** **Beau G** for being more organised with his equipment and uniform | **Year 5:** **Lennon P** for her kindness and consideration for others and willingness to try new things | **Year 6:** **Tommy B** for his effort in long multiplication and descriptive writing | **Year 7:** **Freddie D** for showing great engagement and positivity in Maths | **Year 8:** **Luke S** for a positive and upbeat start to the term



## Apple Awards

**Pre-School:** **Cassian T** and **Tenley W** for working closely with a friend in STEM | **Reception:** **Archie H** for leading our register in Georgian and **Maxim W** for communicating in such detail about fossils - **COMMUNICATION** | **Year 1:** **Darren D** for being extremely helpful - **EMPATHY** and **Daphne B** for showing real improvement - **CONCENTRATION** | **Year 2:** **Frida F** for drawing a beautifully detailed picture of her bedroom in birds eye view and **Reuben T** for taking his time when writing descriptive sentences and using perfect punctuation | **Year 3:** **Tavin W** for a fantastic Roman town design and **Alexander K** for excellent focus and hard work in English this week

# STAFF SPOTLIGHT

## MR. CLINCH

HEAD OF COMPUTING AND DIGITALLY ENHANCED LEARNING

### *Creating a Safe Space: Managing Children's Device Usage in the Digital Age*

*"You'd better start swimming, or you'll sink like a stone. For the times, they are a-changin'."*

Thus sang Bob Dylan in 1964 and, 60 years later, these lines are as true as ever. As technology rapidly evolves, it has become clear that it is pointless to rally against the tide of digital devices infiltrating every aspect of our lives, including those of our children. From education to socialising, smartphones, tablets, and computers are now ingrained in childhood experiences. However, while technology can be a powerful tool, it also carries significant risks. One of the most effective ways to manage these risks may be by keeping devices out of children's bedrooms.



#### **The Risks of Private Spaces for Online Activity**

In this fast-changing digital era, managing children's exposure to potential online dangers requires proactive effort. Bedrooms are intended to be places of comfort, safety, and escape. Introducing internet-connected devices into these personal spaces can disrupt this sense of sanctuary and expose children to harmful online experiences.

To extend the metaphor, Dylan's "swimming" to stay afloat resonates here: in the sea of technology, children can easily become overwhelmed by cyberbullying, exploitation, and social media pressures if left to navigate these waters alone, particularly when devices are used in private, unsupervised spaces. According to a report by the UK's National Society for the Prevention of Cruelty to Children (NSPCC), one-third of online child sexual exploitation occurs through devices used in bedrooms or other private spaces. Similarly, research indicates that 70% of cyberbullying incidents take place when children use devices without supervision, often in the confines of their bedrooms.

#### **Establishing Boundaries: Bedrooms as Device-Free Zones**

Arguing against children using devices altogether is impractical in this digital age. Instead, we must recognise the changing times and "start swimming" with the current to protect children. Establishing bedrooms as device-free zones is one way to maintain a balance between allowing device use and ensuring children's safety.

- **Encouraging Better Sleep:** Screens can disrupt sleep patterns, leading to negative effects on children's physical and mental health. By removing devices from the bedroom, we create a space that fosters better rest. Much like the refuge of a calm shore, a bedroom free of screens can serve as a retreat from the constant churn of the digital world.
- **Creating a Sanctuary:** Bedrooms should serve as a safe space, an escape from the relentless pressures of school, social interactions, and the online world. By keeping devices out of these personal areas, children have a sanctuary to decompress—a place where the waves of social media cannot reach them.
- **Reducing Exposure to Risks:** Without devices in their bedrooms, children are less likely to encounter inappropriate content or online strangers when they are most vulnerable. Keeping the internet out of this personal space helps minimise exposure to the dangers lurking in the digital depths.

#### **Practical Steps for Parents**

**Set Device Curfews:** Establish a "no devices" rule after a certain time to ensure children disconnect before bedtime. This curfew helps draw a clear line between the online world and their sanctuary.

**Create Common Charging Areas:** Designate a space outside the bedroom, such as the living room or kitchen, for overnight charging. This not only reduces the temptation to use devices at night but also reinforces the concept of the bedroom as a restful space.

**Open Discussions:** Talk openly with children about the potential dangers of unsupervised online activity. Honest conversations help them feel more comfortable seeking support if they encounter something troubling.

This may sound like an unappealing battle to fight, but there is some evidence to suggest that imposing these rules may actually permit children to voluntarily escape from the peer pressure of staying online late into the evening. Allowing them to blame their draconian parents may alleviate the pressure they can feel is on them to maintain constant social interaction.

The times are indeed changing, and as Dylan advised, we must adapt to this new reality rather than resist it. While devices have become an inevitable part of our children's lives, boundaries are crucial for their well-being. By keeping bedrooms as device-free zones, we create a safe harbour where children can retreat from the often-stormy seas of the online world. In this way, we are helping our children to navigate the digital landscape securely and confidently, rather than letting them "sink like a stone" amid its risks.

Metaphor well and truly exhausted!

I hope this is, in some way, useful. As always, if you have any concerns, please do not hesitate to contact the school and we will do everything we possibly can to assist.

  
Mr Clinch



# PARENT PACT - SMARTPHONE FREE CHILDHOOD

In February 2024, friends Daisy and Clare started a WhatsApp group to support their choice of delaying smartphones for their kids. Their idea quickly caught on, and within a day, thousands of parents joined after Daisy's Instagram post went viral. This amazing response led to the creation of the Smartphone Free Childhood movement, now backed by over 100,000 parents across the UK.

At South Lee, we're happy to support this important initiative. We understand that smartphones can bring challenges for children, including:

- **Harmful Content:** Kids can come across inappropriate material even if they aren't looking for it.
- **Addiction:** Many apps are designed to be hard to put down, leading to excessive screen time.
- **Distraction:** Constant notifications can make it tough for kids to concentrate on their studies.
- **Grooming:** Social media can sometimes be used by predators to make contact with children.
- **Cyberbullying:** Problems that start at school can follow kids everywhere online.
- **Mental Health:** There's been a rise in anxiety and depression among young people linked to smartphone use.
- **Lost Opportunities:** Too much screen time can take away from real-world play and learning experiences.

We invite all South Lee parents to consider signing the Parent Pact. It's a quick and easy way to show your support, and sharing it could help make a positive difference for many children.

Sign the pact here: [parentpact.smartphonefreechildhood.co.uk](https://parentpact.smartphonefreechildhood.co.uk)



#CHANGETHENORM

Smartphone Free Childhood is a grassroots movement of parents who believe childhood's too short to be spent on a smartphone

## We're on a mission to

- 01.** Bring parents together to start new and positive conversations about the problems of smartphones and social media in childhood
- 02.** Empower parents to wait to get their kids a smartphone until at least the end of Year 9, through signing up to the Parent Pact in their region
- 03.** Demonstrate that parents are demanding change at scale, and therefore force the government and tech companies to act

## Why we're doing this now

We've been put in an impossible position by the tech companies. It's a lose lose - either allow our children access to something all the evidence tells us is damaging, or say no and risk alienating them among their peers at a crucial stage of their social development. **We believe something needs to change, and it starts with all of us.**



Scan to sign the Parent Pact  
[#smartphonefreechildhood](https://parentpact.smartphonefreechildhood.co.uk)

## How you can get involved

**Sign the Parent Pact** - Join the growing movement of parents choosing to delay - it takes 30 seconds  
[parentpact.smartphonefreechildhood.co.uk](https://parentpact.smartphonefreechildhood.co.uk)

**Join your WhatsApp community** - Find solidarity, support and inspiration - we have one in every county in Britain  
[whatsapp.smartphonefreechildhood.co.uk](https://whatsapp.smartphonefreechildhood.co.uk)

**Help build the movement** - Volunteer to be a Regional Leader and start making change in your community  
[regionalleadersignup.smartphonefreechildhood.co.uk](https://regionalleadersignup.smartphonefreechildhood.co.uk)

**Sign up to our newsletter** - Get the latest news and campaign updates from SFC HQ  
[smartphonefreechildhood.co.uk/newsletter](https://smartphonefreechildhood.co.uk/newsletter)

**Follow us on Instagram/LinkedIn**  
[@smartphonefreechildhood](https://www.instagram.com/smartphonefreechildhood)  
[smartphonefreechildhood.co.uk](https://www.linkedin.com/company/smartphonefreechildhood)



# COMMUNITY SPOTLIGHT

## PTA Halloween Party

Join us for the Halloween Party on **Wednesday, 23rd October 2024**. The schedule is as follows: 5:00pm – 5:30pm for pre-school only, and 5:30pm – 7:00pm for Reception to Year 8.

Children in pre-school to Year 2 must be accompanied by a parent. Tickets are £5 each, payable in advance to the PTA account or by cash/card at the door.

PTA Account Details:

- Account Number: 60838624
- Sort Code: 20-16-12

Snacks, drinks, and sweets will be available for purchase, so please bring some pocket money!



## SGL Training

We're pleased to announce that SGL Training is now available at South Lee Prep School. They offer specialist classes and one-to-one personal training sessions.

SGL Training will enhance fitness, build strength, and boost athletic performance, complementing our existing sports programmes. Sam Last, who specialises in child confidence and is also a health and wellbeing coach for adults, will lead the sessions.

Book online at <https://bookaby.me/sgltraining> or call 07765 695049.

## School's Out Activities

Looking for something to keep the children busy over the October half-term? School's Out has an exciting range of activities planned, from sports and games to arts and outdoor adventures – perfect for all interests!

School's Out is offering South Lee parents an exclusive 15% discount. Simply use the code **SOUTHLEE** when booking to take advantage of this offer.

To learn more and secure your child's spot, visit: [School's Out Activities](https://www.schoolsoutactivities.co.uk).



# PHOTO HIGHLIGHTS



*Pre Prep Grandparent Lunch!*

*Today's Pre-Prep Grandparents Lunch was a heart-warming occasion! It was lovely to see our pupils proudly sharing lunch with their grandparents – so many smiles and sweet moments. A truly special afternoon filled with delicious food and delightful company. Thank you to everyone who joined us!*



*Our Year 3 pupils had an exciting morning at the Fitzwilliam Museum in Cambridge today! They explored fascinating exhibits and discovered new things about art and history. What a brilliant way to bring learning to life!*



**Pillar Award Winners!**

*Celebrated our Pillar Award winners with a special lunch hosted by Mr. Catchpole!*

*Congratulations to our Superstars!*



# PHOTO HIGHLIGHTS



*A huge thank you to PC Mariah and PC Emma from the BSE Community Policing team for visiting South Lee Prep School & Nursery during our Careers Assembly – Police! The children had a fantastic time learning about your roles and exploring the police car. Your visit was both fun and inspiring!*



*A huge THANK YOU to our amazing PTA for organising such a brilliant Family Fun Night and Bingo last Friday!*

*It was fantastic to see so many of our school families coming together, having fun, and showing their support. We're so grateful to everyone who joined in to make it a night to remember. It's moments like these that make our school community so special!*