



EBOR GARDENS Primary Academy

WEEKLY NEWS

Friday 24th January, 2025 - Issue 18

A Message from Mrs Wathen and Mr Spink

Good afternoon everyone.

It has been another busy week at Ebor Gardens. Miss Dosanjh and Miss McKail wanted to share....

On Thursday, Year 5 were Romans for the day. They visited Murton Park in York where they carried out military drills, made clay oil lamps, wrote a letter in Latin and learnt how to fight like a Roman soldier. (See our social media for photographs.) - Miss Dosanjh

Year 4 have demonstrated some great collaborating in computing. They created Google form questionnaires then another class filled them in and they collected the results. - Miss McKail

Remember, there is still time to reply to the admin email regarding the Healthy Eating Workshops.

Have a super weekend everyone.

N - 87%	RBT - 91%	RDO - 96%
1AD - 97%	1MM - 95%	2HW - 99%
2RK - 93%	3JH - 93%	3NB - 93%
4CS - 92%	4RM - 92%	5NP/LW - 98%
5HW - 92%	6FA - 98%	6LB - 97%

Whole School attendance this week is 94%.

We are aiming for 96% or above.

**Biscuit Bears: 2HW, 5NP/LW & 6FA
Extra Play (97%+): 1AD, 2HW,
5NP/LW, 6FA & 6LB
Pizza Party (100%):**



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DIARY DATES 2025

Monday 27th January 2025 - School nurses in School

Tuesday 28th January 2025 - Football match away

Wednesday 29th January 2025 - Y1 Trip to Skipton Castle

Thursday 30th January 2025 - Y6 trip to Murton Park

5th & 6th February 2025 - Y6 Parent Consultations

Monday 10th February 2025 - LKS2 Viking Workshop in school

Monday 10th February 2025 - Parents Healthy Eating Workshop

Wednesday 12th February 2025 - Young Voices concert

Thursday 13th February 2025 - School closes for Half-term holiday

Monday 24th February 2025 - School reopens for Spring 2



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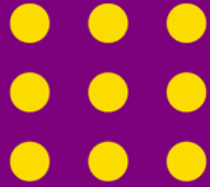
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EBOR GARDENS
Primary Academy



Community Pantry

With thanks to our charity partners, our
Community Pantry is open to our
families on **Wednesdays** at 2:30pm.

Due to demand our food is given on a
first come, first served basis. Please
only take one of each item that you
need.



Contact the school office if you need support at another
time: admin@eborgardensacademy.co.uk or speak to a
member of the team.



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At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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 15-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.

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.

PROMOTE POSITIVE BODY IMAGE

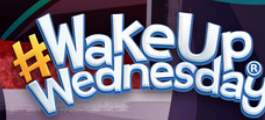
While we want children to be active and healthy, we must also ensure they don't become fixated on how they look and begin take things too far. During childhood and adolescence, the body is still growing and changing. It's vitally important for young people's wellbeing that we promote a positive body image and a healthy relationship with food, empowering them to make informed decisions about their diet and lifestyle.

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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