



FITTLEWORTH CHURCH OF ENGLAND VILLAGE SCHOOL

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Headteacher: **Mrs Deborah Burnett**



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Dear Year 1 and 2 Parents and Carers,

At Fittleworth School our priority is to ensure that every child feels safe, happy, and ready to learn each day. We know that when children feel secure and supported, they thrive both academically and emotionally.

We have a high expectation of behaviours and aspire for all children to be the best they can be. We want to improve the behaviour currently and have many strategies in place to help children moderate the behaviour. We know that negative behaviour in classrooms can disrupt the children's learning and can be ultimately detrimental to their learning outcomes.

We also know that school alone cannot help children and that we need to have a strong home school relationship and sharing of responsibility to be able to really help.

As part of our ongoing commitment to safeguarding and wellbeing, we are encouraging all children to identify five trusted adults they can talk to if they ever feel worried or have a problem. These adults can be from home or school.

We are currently placing a strong focus on high expectations for good behaviour across the school. Our behaviour plan includes:

- Reminders to help children make positive choices,
- Praise for good behaviour and awarding dojo points
- Time out or time with an adult if needed,
- Communication with parents to work together in supporting their child's needs and to formalise behaviour plans.
- Internal exclusions (when a child is removed from their class to continue their learning away from their peers for part of the day)
- Fixed term suspensions

Working together as school and home is key to helping children succeed.

To support this, we'd like to share some ideas that can help reinforce good behaviour and wellbeing at home:

- **Bedtime routines:** A consistent bedtime helps children feel rested and ready to learn.

- **Screen time**-limit screen time before bed, as it can affect sleep quality and behaviour the next day. Limiting screen time generally and always be aware of what your children are accessing at all times. Research has shown that what children watch and for how long, can have a negative impact on behaviour and attitude to learning. Please see the **#wakeupwednesday advice poster**

- **Healthy food** choices: Nutritious meals and snacks support concentration and mood.

- **Clear boundaries and routines**: Children feel more secure when they know what to expect. As a parent have clear boundaries but also fair consequences when boundaries are crossed.

- **Kindness at home**: For example, reinforcing our school motto "Kind hands, kind feet, kind words" can help. Children carry positive behaviour into every part of their lives.

Together, we can create a nurturing environment where children feel confident, cared for, and inspired to do their best.

Thank you for your continued support,

Warm regards,

Debbie Burnett

Headteacher

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

@natonlinesafety

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What Parents & Educators Need to Know about YOUTUBE KIDS



WHAT ARE THE RISKS?

As its name suggests, YouTube Kids is a child-friendly version of Google's online video-sharing platform. Its colourful user interface is designed with young people in mind, and it offers a curated, family-friendly experience with features like age-based content settings and parental controls.

INAPPROPRIATE CONTENT BYPASSING FILTERS

YouTube Kids is less likely to show inappropriate material than YouTube, but there have been reports of the app showing age-inappropriate content to young viewers. One investigation found that YouTube Kids had shown videos that promote skin bleaching, weight loss, drug culture and firearms to children as young as two, as inappropriate content had bypassed the platform's algorithms and human moderators.

18
CONSIDERED

BE WARY OF ADVERTISING

Like Google's regular YouTube app, YouTube Kids features pervasive advertising before a video plays. While these adverts are designed to be family friendly and are subject to a strict review process, it's worth noting that YouTube Kids collects information around children's viewing to inform targeted content and advertisements.

BUY NOW!

DESIGNED TO BE ADDICTIVE

YouTube Kids is designed to be addictive. The platform's design features, such as the constant stream of new videos and the reward system of points or virtual stickers, can be very engaging and make it difficult for children to switch off. Research has shown that spending too much time using digital services such as YouTube can lead to screen addiction, affecting children's daily routines, studies, and even their social lives.

SETTINGS CAN BE CIRCUMVENTED

YouTube Kids offers built-in parental controls, enabling you to set screen time limits and curate the content children are able to view; however, children are often more tech-savvy than we think. They can easily bypass or break these settings if they have access to the associated Google account password, thereby exposing themselves to age-inappropriate and potentially dangerous content.

AI-GENERATED MISINFORMATION

There is also a risk of children accessing videos that contain disinformation and misinformation. A BBC investigation found that some YouTube channels are using artificial intelligence (AI) technology to create misleading 'scientific' videos that are recommended to children as educational content. These videos included conspiracy theories and ideas that lack scientific backing.

DATA COLLECTION RISK

While there are limits on the data that YouTube can collect on children under 13, children can still inadvertently give away sensitive information when using YouTube Kids. The platform collects data on children's viewing habits, content searches and location, which YouTube and third-party advertisers can use.

Advice for Parents & Educators

PARENTAL CONTROLS

YouTube Kids offers several settings that allow you to manage what content children can view. For example, you can choose what level of content you want them to access, such as 'Preschool' or 'Younger'. You can also turn off the search function, so that only those videos approved by the YouTube Kids team themselves will appear on a child's recommendations list.

SET TIME LIMITS

The built-in parental controls let you keep a tab on how long children spend watching videos. You can set a timer that limits screen time and disables the YouTube Kids app once a specified length of time has been reached. It's also worth speaking to children about the dangers of spending too much time on YouTube, to ensure they remain focused on other, more important activities.

CHECK WATCH HISTORY

YouTube Kids has made it easy for you to keep an eye on what the children in your care have been watching on the app. By clicking on the 'Recommend' icon at the top right of the home screen, you can see which videos they've been viewing, and how much of each. If a child watches YouTube Kids while signed into a Google account, you can check their history through Google's 'My Activity' page.

WATCH TOGETHER

It's important that you try to make YouTube Kids a fun and positive experience for children. One way to do this is by introducing watching sessions, where you all gather around and share the most enjoyable videos that you have recently watched. This can be a great way of giving you both new things to talk about and of keeping an eye on what they're watching.

Meet Our Expert

Carly Page is an experienced journalist with more than 10 years of experience covering the technology industry. Previously a senior cybersecurity reporter at TechCrunch, Carly is now a freelance journalist, editor, and copywriter. Her bylines include Forbes, TechRadar, The INQUIRER, The Metro, Uswitch, and WIRED.



Source: See full reference list on guide page at <https://nationalcollege.com/guides/youtube-kids-2024>



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