



Olveston CEVC Primary School

AUTUMN TERM

19th December, 2025



NEWSLETTER

In the quiet hum of winter days,
Where frosty mornings soften into play,
Our school stands strong, a welcoming place,
With open hearts and familiar faces.

Boots by the door and laughter inside,
Learning together, side by side.
Each child known, each voice heard,
Every small kindness seen and affirmed.

We gather not just to learn and grow,
But to care deeply — and it shows.
In helping hands and smiles shared,
In knowing someone will always care.

Stories are told, both old and new,
Of courage, hope, and seeing things through.
From whispered worries to proud success,
We walk together through every test.

'Rooted in Love' is more than words,
It lives in actions quietly observed.
In patience given, in chances made,
In guiding light that will not fade.

As seasons change and children rise,
With dreams reflected in hopeful eyes,
We send them forward, brave and kind,
Carrying this love — forever entwined.

Merry Christmas

In this Newsletter

- ☒ Headteacher's thoughts
- ☒ Headteacher's Christmas message
- ☒ Photos from different school events
- ☒ General informaton

Thank you!

I would like to take this opportunity to thank the whole school community for another amazing term at Olveston. It has been a busy term with so many lovely events in school.

I would also like to say a huge thank you to FoOS for all of the wonderful work they do. The time they give to school and the impact they have on the whole school community is amazing. Not only are the events great for the community they support so much of what we do in school. There are things that not everyone sees - Wreath making, games day and even coming in to school on a Sunday so the Christmas tree is waiting in the hall on the 1st of December!

Thank you to all the volunteers who have been in school this term listening to readers, putting on staff lunches, and setting up events. Your time and energy is hugely appreciated by all the school team.



HEADTEACHER'S THOUGHTS

'Your roots will grow down into God's love and keep you strong'
(Ephesians 3:17)



As we come to the end of another busy and joyful term at Olveston School, I would like to extend my sincere thanks to our wonderful children and families for your continued support and partnership.

This term has been filled with learning, laughter and shared achievements, and it has been a pleasure to see our school community flourish once again. We have welcomed new staff and families to our school as well as saying a fond farewell to a few others.

Throughout the term, we have celebrated many special moments together — moments that remind us of the importance of belonging, kindness and connection. Our children continue to impress us with their enthusiasm, creativity and resilience, and we are incredibly proud of all they have achieved both in and beyond the classroom.

As we approach the Christmas break, this break offers a valuable opportunity to slow down and enjoy time together as families. In a world that often feels busy and fast-paced, these moments — sharing meals, playing games, talking, reading, walking or simply being together — are so important for our children's wellbeing. Time spent together helps children feel safe, listened to and valued, and creates memories that last far beyond the festive season.

Many families are also finding a balance between screen time and family time, particularly during the holidays. Recent national guidance from the Children's Commissioner reminds us how important it is for children to feel able to talk openly with trusted adults about their online experiences, just as they would about their day at school or time spent with friends. Keeping conversations relaxed, curious and non-judgemental can make a real difference, helping children feel supported both online and offline. This is particularly important as children get older and access the digital world more frequently. I would strongly recommend anyone reads this advice.

Above all, Christmas is a time for togetherness — for celebrating relationships, showing gratitude and enjoying the simple pleasures of family life. Whether your celebrations are quiet or lively, traditional or unique, we hope they are filled with warmth, laughter and moments of connection.

Thank you once again for being such an important part of life at Olveston School. Your ongoing support and engagement mean so much to us, and we look forward to continuing our journey together in the New Year.

Wishing you all a peaceful, joyful Christmas and a very Happy New Year.



Roots of Love



**Wings of
independence**



**and the power
within**



NATIVITY



WHOLE SCHOOL TRIP TO THE HIPPODROME JACK AND THE BEANSTALK



CHRISTMAS MARKET



The Christmas market was another huge success for FoOs and school community. It was lovely to see so many families in attendance and all the stores being so busy.

The Christmas market is another highlight of the year for so many and this year did not disappoint. The time and energy FoOs put in to this event was well worth it. The children singing carols was also very well received, as were the hand bells group with their first ever performance.

Thank you to everyone involved in making the evening such a success!

CHRISTMAS DINNER



We took a big decision this year to take catering in-house and I can honestly say we couldn't be more delighted that we did! The catering team have done an incredible job this term and school meals have been delicious!

Christmas Dinner was always going to be a big moment. Katrina, our catering manager, was so excited about it she said she was awake at 4:00am thinking through the day. The team worked so very hard to provide a Christmas dinner that you would be proud to serve at home!

We are so thrilled with our catering and we want everyone to know!!

FOOS CHRISTMAS GAMES DAY



On Thursday 18th December, it was our absolute pleasure to hold the children's games day. It was a wonderful day full of fun, games and many, many prizes! Children took it in turns to visit the hall with their classes and had the opportunity to try out all the games and crafts on offer. We would like to extend a heartfelt thank you to all who made this day possible...

- Our generous school community for the donations of parent presents and soft toys
- The brilliant team of helpers that set up the hall on the dark, wet Thursday evening
- The invaluable group of volunteers that manned the games and crafts throughout the day on Friday
- The kind kitchen team that provided the volunteers with a lovely lunch
- The family who had a garage, living room, kitchen, loft and every other spaced filled with games day prizes for months!
- The helpful and enthusiastic year 6 children that took it in turns to support the younger year groups throughout the day
- The lovely school teachers and support staff for sharing in the children's joy and even having a go at some of the games themselves!
- The amazing team in the school office for managing all of the admin for the day and allowing us to store a whole host of prizes in their office!
- And most importantly, the very excited but extremely kind and polite children that hopefully enjoyed the day as much as we did!

Many pictures have been shared on 'Class Dojo' by the teachers, but here is a small selection of the games we had on offer...



CHRISTINGLE









It is no secret that we love to sing and perform here at Olveston.

We know that singing not only improves wellbeing for children but also supports their personal development.

On Wednesday 10th December we took the children to St. Mary's shopping centre to sing to the community.

Raising money for Bristol children's hospital.



STAFF EXPERTISE AND DEVELOPMENT

A school is only as strong as the people in it. We take great pride in our offer for children but we rarely talk about the way we develop our staff team.

There have been so many moments worth celebrating over the last year that we would like to share.

- Mrs Lovell has trained to be a Forest School Leader and is now delivering sessions weekly.
- Mrs Straker is soon to complete her teaching assistant level 3 training.
- Mrs Glover has just had her Local Authority Moderator role renewed (working across South Glos and neighbouring authority to quality assure writing)
- Mr Camm has completed his NPQSL (National Professional Qualification - Senior Leadership)
- Mrs Fleet is soon to complete her NPQSEND (National Professional Qualification - Special Educational Need + Disability)
- Mr Dunn has completed his NPQH (National Qualification - Headship) and has started supporting the Local Authority and other local school leaders.

In January Mrs JW will start her ELSA (Emotional Literacy Support Assistant) training and Mrs Horder will begin lecturing (part-time) for SGS College.

BEACON STATUS RENEWED

In school we often talk to the the children about 'making the world a brighter place'. The idea that we can make the world better for others seems such a big idea, but it can start with something small - a smile, an act of kindness or just showing you care.

As a school we run a wide range of initiatives and activities that have helped us become the first School in south Gloucestershire to achieve the Health Promotion Beacon Status. This includes the promotion of both physical and mental health.

In the last year we been active in getting the good work we do validated or accredited. Awards we have achieved in the last year:

Woodland Trust - Gold Award

RHS - Level 3 Gardening Award

Health Promotion - Health Roots Award

Health Promotion - Mental Health Award

Music Mark for excellence and commitment to music education

Superkind - Social Impact Award

Health Promotion - Beacon Status

Active Travel - Good Level

What we are working on:

National Reading Award

RHS Level 3

Sport Mark (For excellence in Physical Education)

Health Promotion Beacon Plus Status (Never achieved by ANY school in South Glos)

Active Travel - Excellent Level

RHS School Gardening Awards



Congratulations

Olveston CEVC Primary School

- You grow and can name a range of plants
- You keep your plants healthy
- You are planet-friendly gardeners

Date: 25 November 2025

Alana Cama
Schools and Groups
Programme Manager, RHS

Clare Matterson CBE
Director General, RHS



School's impact award

A PRIMARY school is celebrating an award for its impact on local and global social change.

Olveston C of E Primary School has been presented with the Social Impact Schools Award, a national recognition of schools who demonstrate "exceptional student-led social action" administered by SuperKind, a social action platform for schools.

Head teacher Lee Dunn said: "This award highlights the incredible efforts of pupils and staff at Olveston, who have spent the year spearheading a wide range of projects designed to create meaningful change both locally and globally.

"Students have engaged in activities including fundraising for causes they believe in - whether that's Women's Aid, the Red Cross or the Wallace and Gromit Grand Appeals.

"But the award goes beyond just fundraising - children have to take action in their community, from litter picking while taking a family walk, to collecting soft plastics at home or petitioning the school to stop using glue sticks, plastic pens and laminating pouches to reduce plastic use.

"Across these amazing school and community projects, children have demonstrated empathy, leadership, and a strong sense of civic responsibility."



Year 6 members of Olveston's Pupil Parliament with the awards

GENERAL INFORMATION

Looking ahead to January

Across the school we have two final year Teacher Trainee's in year 6 and 2. As an early career professionals they will be delivering lessons in their 'base classes' but will also be in and around other classes. We will also be welcoming Hannah Cameron (some of you may know her by her Scout name) who will volunteering twice a week.

Communication

- Communicate through office:
olvestonschool@sgmail.org.uk
- We are increasingly using Class Dojo for event reminders, these reminders are scheduled for set times prior to an event. Please make sure you have notifications on for Class Dojo.
- If your child is absent please email the school office by 9:00 am - If we do not receive notification of an absence we will make a well-being call that day.
- Each Friday you will receive a 'Friday Office Email' with helpful reminders and information for the week ahead.
- Holiday requests - If you are planning to take your child out of school please complete an absence request form. As a reminder holidays in term time are not permitted and may result in a fine being issued.

House Keeping

Toast is sold daily for 20p - Year 1 - 6 - orders through Arbor
Winter coats in school everyday.

Lunch Orders

School lunches must be ordered and paid for through 'Arbor' in advance .
In order to provide a consistent and quality service the team need time to prepare the food. This means that meals must be ordered and paid for in advance.

Previously when parents do not pre-order online this leads to a jacket potato being the default order for all pupils who automatically receive a lunch.

A few other bits

Safeguarding is everyone's responsibility. If during this Christmas break you are
Concerned about a child?

01454 866000 - Monday to Thursday 9am - 5pm

01454 866000 - Friday 9am - 4.30pm

01454 615165 - Out of hours and at weekends

In an emergency please ring **999**

Safeguarding

Social Media

We have had a number of school events - please do not share any photographs or videos on social media - or outside of your family.

Volunteer

We are always looking for volunteers - if you have time and would like to listen to readers or support school in anyway please do let us know.

PE Days

Reception: Friday

Year 6 - Wednesday

Year 5 - Swimming Monday's

Year 3: Monday (Sports coach)

Year 4: Monday (Sports coach)

Year 1: Wednesday (Sports coach)

Year 2: Wednesday (Sports coach)

Forest School Days

Monday - Year 6 (Elise - Woodland Makery)

Tuesday - Year 3 (Alex - Hilltops)

Wednesday - EYFS (Mrs Lovell)

Remember to wear suitable clothing for the weather
(Long sleeves & trousers - Warm and waterproof)

HEAD TEACHER AWARDS

General information

- Celebration assembly will continue to be held every Friday morning.
- You will be notified by text the week before.
- If you are unable to attend please do let us know. We can move the date of when we hand out the certificate.
- Parents find out before the children. So please don't worry if you ask your child and they don't know.

On the day

- Celebration assembly will start at 9:15 and should be finished by 9:45
- Please sign in at the school office - this is really important.
- No photographs are to be taken during the assembly. This is due to safeguarding protocols.
- After the awards we will send the rest of school back to their classes.
- The children who have received an award will remain in the hall and will be able to share a few moments to celebrate with their family.
- Parents/carers can also use this time to take photographs of their children.
- We will have a display set up ready for your child to pose in front of. You might even want to take a family selfie!
- Parents must not take photos of any other child.
- Phones can only be used during this period. They must not be out at any other point on the school grounds. We may need to review this procedure if parents do not respect this request.

Other certificates

- Certificates are always going to be a topic for discussion. We use headteacher awards to celebrate and bring our community together. The awarding of certificates is based on the children demonstrating our school values.
- Not all 'Celebration' come through certificates. The most impactful celebration comes through a child internalising their achievements. Throughout our curriculum we give our children opportunities to develop this skill. A smile, a positive comment and pat on the back can often mean a lot more than a certificate. Yes, headteacher certificates are something to celebrate but so are all the other moments.

FAMILY SUPPORT



CCP offers Parenting Programmes for parents of children 0-12 years old as well as children with SEND. The six-week programmes look at boundaries, routines, behaviour management techniques, how to look after yourself and feeling confident as a parent. For more information and how to book, click the following link:

[CLICK HERE](#)

JIGSAW Thornbury is a charity that works with all children and young people with additional needs or disabilities, and their families. We provide friendship, support, compassion and fun, along with innovative services that empower them to connect, fit in and thrive.



[CLICK HERE](#)

SAY



SEND AND YOU
SENDIAS

[CLICK HERE](#)

The Information, advice and support service for Children and Young People with SEND and their families in Bristol, South Gloucestershire and North Somerset

Sirona
care & health

All children and young people can receive information and support from the School Nursing Service by telephone, attending one of the School Nurse sessions in schools or by completing the referral form. Young people can also contact the service anonymously through ChatHealth.

[CLICK HERE](#)



January

Monday 5th January - Return to school

5th and 13th Last Reception 2024 Tours

Monday 12th January - Young Voices Trip

Thursday 15th January - Closing date for Reception 2025 places

Friday 16th - Dare to be different - Non Uniform day



February

Friday 13th February - Last day of term 3

Monday 23rd February - Start of term 4



March

Thursday 5th March - World Book Day (Dress-up day)

Tuesday 24th and Wednesday 25th March - Parents Evenings

Friday 21st March - Red Nose Day (Dress-up day)

Wednesday 11th March - Year 5 Drama Performance



April

Wednesday 1st April - Last day of term 4

Thursday 2nd April - Inset Day

Tuesday 20th April - Start of term 5

Wake Up Wednesday

At Olveston School we aim to create a culture of safeguarding by fostering a safe and supportive environment where children feel protected and valued. This includes teaching essential life skills such as road safety, where students are educated about pedestrian awareness and safe travel to and from school. The school also engages with organisations like the NSPCC, helping children understand their rights and how to seek help if needed.

Another way of promoting safeguarding is through our 'wake up Wednesday' posts on Class Dojo. These quick reads cover a wide range of topics from online safety to bed time routines. If you haven't read one yet be sure to check out our weekly posts.

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. **WakeUpWednesday** guides are also available on our website. For further guides, hints and tips, please visit www.thenationalcollege.com.

10 Top Tips for Parents and Educators DEVELOPING HEALTHY SLEEP PATTERNS

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping – potentially affecting their mood, concentration and immune system. Our guide offers expert tips for helping children to sleep more healthily.

- MINDFUL TECH USE**
Encourage a balanced approach to screen time. While phones, laptops, tablets and so on can serve as a helpful means of stress relief, it's advisable to minimise their use right before bed. These devices can keep the mind racing long after they're switched off, impacting how easily and how well a person can sleep.
- EFFECTIVE SLEEP PRACTICES**
Offer practical advice on reinforcing certain habits that have a positive influence on sleeping patterns. Children could start keeping a diary which they add to each evening, for example – or they could use up excess energy by exercising during the day.
- HYDRATION HABITS**
Underline the importance of drinking plenty of water throughout the day, while limiting access close to bedtime to prevent disruptions during the night. It's a lot harder to switch off if you keep needing to get out of bed for the toilet. Avoiding caffeinated drinks later in the day also allows the body and brain to slow down naturally, without any chemicals being them back up.
- CONSISTENT BEDTIME SCHEDULE**
Assist children in developing consistent bedtime routines that tell the body it's time to wind down, promoting a more relaxed state. Tailor specific activities for young teens right before going to bed – such as brushing their teeth – to set up an association between that action and falling asleep.
- OPTIMAL SLEEP ENVIRONMENT**
Ensure that the bedroom is comfortable, dark and free from distractions, featuring an ideal space for quality rest. The room's temperature should also be suitable for sleeping. It's not too hot and not too cold – while rooms should be kept as tidy and free of clutter as possible.
- RELAXING EVENING ACTIVITIES**
Recommend activities that have a calming effect on the mind – such as reading or gentle stretching – in the lead up to bedtime, to prepare the mind for a peaceful night's sleep. Doing something calm, relaxing and low intensity signals to the brain that it's time to rest and makes falling asleep much easier.
- PRIORITISING ADEQUATE SLEEP**
Emphasise the crucial role of sleep in maintaining physical and mental health. It's especially important to sustain a healthy sleep pattern during challenging and intensive periods in our lives, during the exam season for children and young people, for instance.
- NUTRITIONAL BALANCE**
Highlight the significance of a healthy, balanced diet – and its role in establishing a more consistent sleep pattern. Try to limit late-evening meals with plenty of fruit and vegetables, instead a moderate portion size. Not only is this a lot healthier, but it also reduces the chances of feeling too full to be comfortable in bed.
- PARENTAL SUPPORT**
Parents and carers, of course, are uniquely placed to support their children in establishing and maintaining healthy sleeping habits. Parents can review their own sleep habits (incorporating anything from this list that they don't do already) to model a balanced bedtime routine and reinforce the importance of self-care.
- MILITARY SLEEP METHOD**
Look up 'the military sleep method'. It's a technique for falling asleep quickly, which incorporates deep breathing exercises. You can encourage children to try it or even use it yourself. While it can take a good deal of practice to perfect, especially if it's not a natural – and the results are often extremely impressive!

Meet Our Expert
Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications, winner of the Local Enterprise UK award. The charity provides training and support to education organisations and local authorities. This guide has been written by Adam Gillett – a learning and development specialist who is also Associate Vice Principal for Personal Development at a large secondary school.

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10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it can also encourage responsible digital citizenship. No one is exempt from the rules. It's a family agreement to suit your household.

- WORK TOGETHER**
Involve children in the process of creating family rules. This helps them understand the reasons behind the rules and increases their commitment to following them. Discuss the rules together and make sure everyone understands them.
- AGREE TIME LIMITS AND SUITABLE TIMES**
Set clear boundaries on how long children can use devices each day. Encourage them to use devices during suitable times, such as after homework and before bedtime. Avoid using devices in bedrooms at night.
- ENCOURAGE HONESTY**
Encourage children to be honest about their device usage. If they break a rule, discuss the consequences and encourage them to take responsibility for their actions.
- CHARGING AND OVERNIGHT STORAGE**
Establish a charging station in a common area, not in bedrooms. Devices should be charged overnight in this area, not in bedrooms.
- REVIEW RULES REGULARLY**
Family rules should be reviewed regularly to ensure they remain relevant and effective. Discuss any changes or updates to the rules with the children.
- PROTECT PERSONAL INFO**
Teach children about the importance of protecting their personal information online. This includes not sharing passwords, not giving out personal details, and being cautious of strangers online.
- BE RESPECTFUL**
Encourage children to be respectful to others when using devices. This includes not using devices to bully or harass others, and being polite in online communication.
- "NO TECH" ZONES**
Designate certain areas of the house as "no tech" zones. This could include bedrooms, the dining room, or the car. Encourage children to leave devices behind in these areas.
- AGREE ON CONSEQUENCES**
Establish clear consequences for breaking the family rules. These should be agreed upon with the children and be fair and consistent.
- KNOW ALL PASSWORDS**
Ensure that parents and carers know all the passwords for the children's devices. This allows them to monitor usage and provide support if needed.

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10 Top Tips for Parents and Educators USING AND REVIEWING PARENTAL CONTROLS

Parents and carers are essential parts of children's lives, but with increased internet access comes a multitude of risks. While not foolproof, parental controls can help with this. This guide offers practical tips for using parental controls to help children stay safe online and generally making devices safer for young people.

- KNOW THE TYPES**
There are several types of parental controls available, including software, hardware, and mobile carrier controls. Research the different options and choose the one that best suits your needs.
- COVER ALL DEVICES**
Ensure that parental controls are installed on all devices used by children, including smartphones, tablets, and laptops.
- DON'T NEGLECT SHARED TECH**
If you have shared devices, make sure that parental controls are also installed on them. This helps to protect all users of the device.
- CONSIDER TIME CONTROLS**
Use parental controls to set time limits for device usage. This helps to ensure that children are not spending too much time on devices.
- BLOCK APP SPENDING**
Use parental controls to block app spending. This prevents children from making purchases on apps without your permission.
- NO CONTROLS ARE PERFECT**
While parental controls can help, they are not perfect. It's important to have open conversations with children about online safety and to monitor their usage.
- MIND THE GAPS**
Be aware of the limitations of parental controls. Some controls may not cover all types of online activity, so it's important to be vigilant.
- KEEP THINGS SECURE**
Keep your parental control software secure and up to date. This helps to ensure that it is working effectively.
- REVIEW CONTROLS REGULARLY**
Review the settings and effectiveness of your parental controls regularly. This helps to ensure that they are still working and that you are aware of any changes in your child's online behavior.
- KNOW WHEN TO LET UP**
As children grow older, it's important to gradually reduce the use of parental controls. This helps to build their responsibility and independence.

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10 Top Tips for Parents and Educators TEACHING CHILDREN FIRE SAFETY

Fire safety is especially important around Bonfire Night, as fireworks, bonfires and sparklers add extra risks for families and young children. Every year in the UK, thousands of accidents occur due to improper handling of fireworks and lighting fires. This guide offers practical tips for teaching children safe fire handling even from Bonfire to Spring Festival.

- BONFIRE NIGHT AWARENESS**
Talk to children about the risks of Bonfire Night. Explain that fireworks are very dangerous and should only be used by adults.
- SUPERVISE FIREWORK USE**
If you decide to use fireworks, make sure you are supervised by an adult. Children should never be allowed to use fireworks on their own.
- SPARKLER SAFETY**
Teach children about the dangers of sparklers. They should never be held in the hand, and they should never be thrown.
- ORGANISED DISPLAYS ARE SAFER**
Encourage children to watch fireworks at organised displays. These displays are safer than private displays.
- KEEP FIREWORKS AWAY FROM THE HOME**
Make sure that fireworks are kept away from the home. They should be stored in a safe place and not left lying around.
- BONFIRE SAFETY**
Teach children about the dangers of bonfires. They should never be allowed to play near a bonfire.
- "STOP, DROP AND ROLL"**
Teach children the "stop, drop and roll" technique. This is what to do if they are on fire.
- SECURE CANDLES AND OPEN FLAMES**
Teach children about the dangers of candles and open flames. They should never be allowed to play with candles or open flames.
- EDUCATE ABOUT FIREWORKS HAZARDS**
Educate children about the hazards of fireworks. This includes the risks of fire, injury, and property damage.
- FIRST AID FOR BURNS**
Teach children about first aid for burns. If someone is burned, they should stop the burning, cool the burn, and seek medical help.

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Top Tips for a TECH-FREE CHRISTMAS

It can be difficult to stay away from technology and devices, and sometimes this means that people – of any age – can find it hard to be present in the moment. As a period when families are able to spend some quality time together and enjoy each other's company, Christmas is the perfect opportunity to step away from our phones, laptops and consoles and concentrate on the things that really matter. Follow our top ten tips for a tech-free festive period and make the most of this holiday season. Merry Christmas!

1. BOARD GAMES CAN BE FUN (HONEST)

OK, no one wants a repeat of that incident when your youngest had to pay triple rent on Mayfair, but going back to basics with a card or board game can be a fantastic bonding experience. Choose a game that even the youngest members of your family can enjoy and have a fun tech-free time.

2. MAKE YOUR OWN DECORATIONS

Spending time on arts and crafts is a brilliant way to relax and spend some productive time offline. Making your own Christmas decorations as a family can become a wholesome tradition and leave you with some treasured mementos, too.

3. GO FOR A WINTER WALK

Not much beats wrapping up warm on a crisp December day and taking a stroll. Whether alone or with the family, a walk is a fantastic way to clear your head and relish the break from hectic normal life. As an extra festive treat, why not make a flask of hot chocolate to take with you?

4. BAKE SOME FESTIVE TREATS

Not all Christmas cooking has to be a stressful chore that's timed with military precision. Baking some simple festive treats like cookies doesn't have to take hours – and will make sure you're stocked up on tasty things to offer any friends or family members who pop round.

5. READ A FAMILY STORY TOGETHER

Turn story time into an event. Make the living room or bedroom into a tech-free space, light some candles, make some hot drinks and reach for a classic Christmas tale. It's a fantastic way to relax before bed, and the right story will help to get the whole family into the festive spirit.

6. TURN OFF NOTIFICATIONS

It sounds obvious, but turning off email and app notifications can give you more control of your relationship with technology. Getting into the habit of checking your phone periodically – rather than reacting every time a notification arrives – helps you to stay present in the moment.

7. FEED THE BIRDS

Food's hard to come by for wildlife in winter, so helping our feathered friends is a very worthwhile reason to put down those devices and reconnect with nature. Fill a bird feeder in the garden or take a snack for the ducks in your local park (but ditch the bread in favour of oats, rice or birdseed).

8. SET DAILY LIMITS

Many apps and devices let you set reminders to let you know how long you've used them for that day. Setting daily limits puts you firmly in charge of your time and will help to ensure you don't miss out on any family Christmas memories because you're engrossed in your phone or laptop.

9. GET ON YOUR BIKE

Exercise, such as going for a run or a bike ride is an excellent way to burn off some of those Yuletide calories while giving your brain and eyes a break from screen-based activity. Physical exertion also helps reduce anxiety and releases endorphins which can improve your sense of wellbeing.

10. MAKE TIME FOR YOURSELF

There can be a lot of pressure to meet up with friends, make video calls and check in with people at Christmas – but remember that you need time to relax as well. Don't feel guilty about not replying to messages and emails immediately – the holiday is your chance to drop down a gear or two.