Parent Post

News for Parents and Carers at Red Hall Primary School December 2017

**ONE IN SIX CHILDREN PLAYING 16+ GAMES AT HOME**

This term we asked our year 5 and 6 children to take part in a confidential survey about their health and happiness. The survey showed lots of positives with 81% saying they take part in active play and exercise every day and a 10% drop in bullying incidents since we started our Anti-Bullying Campaign last year (80% of pupils said they knew which adult they could speak to in school if they worried, which is up from 52% in 2016).



But worryingly 1 in 6 children admitted to playing games at home that were way above their age and totally unsuitable with swearing and sexual content. We all want Christmas Day to be a wonderful, magical time; what none of us want is to put our children at harm by exposing them to strong language and extreme violence. Some computer games include this kind of content and expose them to things they shouldn’t see or hear at their age.

The children at Red Hall are no older than 11, none of them are equipped to deal with this kind of game – we have had a few examples of children using bad language in school who have been playing these sort of games. We want our children to develop into well rounded young people; the age ratings are there for a good reason.

Another area for concern in around children’s mental health. We spend a lot of time thinking about physical health, but mental health and keeping our brains healthy and happy is just as important. The Parent Action Group met last week and listened to Mr Goffee’s presentation about the use of Mindfulness to help support our mental health. They want Mr Goffee to give the same talk to all the parents in the new year with plans to hold a couple of sessions with children and parents together in the future! The session for parents will be at 2.30pm on Thursday the 18th of January. Please put this date in your diary!

If you want to discuss the issues raised in this newsletter with someone in confidence ask to make an appointment with Mr Goffee in the office.

**Check our website**: *http://redhallprimary-darlington.co.uk/*