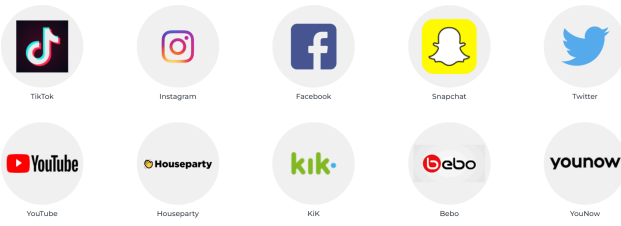
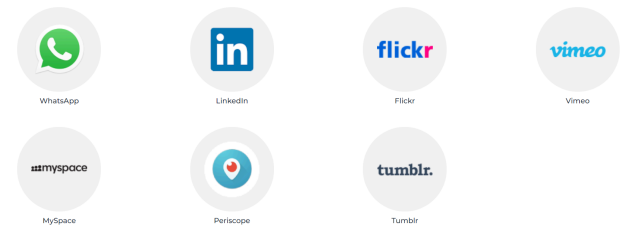


Assembly rota, Spring 1 2024-2025 Theme: Dreams and Goals

Assembly day and day	Wk1 06-01-25	Wk2 13-01-25	Wk3 20-01-25	Wk4 27-01-25	Wk5 03-02-25	Wk6 10-02-25
E-SAFETY TIP	Tip #1: A hashtag is a word or phrase that has the hash symbol (#) in front of it, to show that it is the topic of a message on social media.	Tip #2: It's important to follow the age guide lines for apps you use.	Tip #3: Be aware of the amount of Screen time and the effect it has on you.	Tip #4: Practice Safe Browsing	Tip #5: Be Careful What You Post	Tip #6: Update software and apps
Music Links	Week 1 Calming music	Week 2 Relaxing music	Week 3 Calming music	Week 4 Sensory music	Week 5 Relaxing piano music	Week 6 Calm music
Breathing Exercises	belly breathing	finger breathing	rainbow breathing	box breathing	hot cocoa breathing	balloon breathing
Monday SEAL Y3/5 3pm	INSET DAY	Naeema World Braille Day (4th Jan)	Sara Dreams and Goals	Decodea Inspirational leader: Ada Lovelace	Naeema Children's Mental Health Week (w/c 3-9th February)	Harpreet Safer Internet Day (11th February)
Tuesday SEAL Y4/6 3pm	Anjana New Year's day in different countries (1st Jan)	Isabelle World Braille Day (4th Jan)	Manjot Dreams and Goals	Sujaan Inspirational leader: Ada Lovelace	Letitia Children's Mental Health Week (w/c 3-9th February)	Anjana Safer Internet Day (11th Feb)
Wednesday Celebration Assembly Y4/6 3pm	Anthea	Ian	Jannat	Luke Citizen of the month	Anthea	Ian
Thursday Celebration assembly Y3/5 3pm	Amarin	Madiha	Mohsina	Elizabeth Citizen of the month	Amarin	Madiha
Friday Class Assembly 9am			5NH	5KD	5DL	
Whole school online assembly	Every Friday 8.45-9 Helen	Every Friday 8.45-9 Helen	Every Friday 8.45-9 Helen	Every Friday 8.45-9 Helen	Every Friday 8.45-9 Helen	EOT Whole school assembly

<p>#1 Hashtag</p>	<p># Hashtags are important on social media as they enable your content to be found by the right people. This helps your content to be found and helps drive traffic to your content so that you can boost views, likes, and shares.</p>
<p>#2 Age</p>	<p>13 year olds and upwards</p>  <p>16 year olds and upwards</p> 
<p>#3 Screen Time</p>	<p>Benefits of screen time Online games and activities can enhance teamwork and creativity. The internet gives children access to a wealth of information to help build their knowledge. Technology takes away physical barriers to social connections – which is important for children who find it hard to make friends or have special interests or special needs. Children in households with computers perform better academically than peers who do not have ready access to computers. Outcomes for children are better if they benefit from connected technology.</p> <p><u>Effect of screen time on sleep</u> Sleep cycles are affected by blue light from screens tricking our brain into thinking it is still daylight, making it difficult to sleep.</p> <p><u>Effect on behaviour</u> We're creatures of habit so it doesn't take long to get used to glancing at your smartphone 150 times a day.</p> <p><u>Effects of screen time on brain development</u> Screen-based entertainment increases central nervous system arousal, which can amplify anxiety. Millennials are more forgetful than OAP's; they've outsourced their memory to Google, GPS, calendar alerts etc. Columbia University found that when people know that they'll be able to find information online easily, they're less likely to form a memory of it.</p>
<p>#4 Practice Safe Browsing</p>	<p>You wouldn't choose to walk through a dangerous neighborhood—don't visit dangerous neighborhoods online. Cybercriminals use content as bait. They know people are sometimes tempted by content and may let their guard down when searching for it. One careless click could expose personal data or infect your device with malware. By resisting the urge, you don't even give the hackers a chance.</p>
<p>#5 Be Careful</p>	<p>The Internet does not have a delete key. Any comment or image you post online may stay online forever because removing the original (say, from</p>

What You Post	Twitter) does not remove any copies that other people made. There is no way for you to "take back" a remark you wish you hadn't made, or get rid of that embarrassing selfie you took at a party. Don't put anything online that you wouldn't want your mum or a prospective employer to see.
Update software and apps	: Install the latest updates to help protect your devices.