

HENDON NEWS

24TH JANUARY 2019

From the Headmaster:

Dear Parents

Have screens taken possession of us all: teachers, parents and pupils?

Probably, your response, like mine, is a simple and forlorn yes. I know that I have already broken my vow not to view my e-mails just before bed-time and we are still only in January!

Twice this week, I have read articles about the dangers of digital technology on the minds and behaviours of our children. For all of us, not just children, technology has something of a magical quality about it. We are utterly dependent on it and drawn to its temptations. Those manufacturers who develop such beguiling devices know that we are all vulnerable, but no more so than children.

Richard Blomfield, a Harvard Medical School Psychologist and author of a new book, *Standing Up to Screens: a doable plan for parents united*, argues that children need the support of parents and other adults to reduce screen time and in turn parents need to support one another in getting children to reduce their screen dependency. Teachers can equally play their role in guiding children in how to use technology to facilitate their learning and to be safe as well as considerate to others. Equally, at a time when we are all 'plugged-in' via our networks at home and at work, and soon enough via 5G, we need to teach our children to learn how to manage a more balance life with screens.

A recent report produced for the *Association of Play Industries* by Dr Aric Sigman, who came to speak at Hendon Prep last year, recommends that children observe no more than two hours per day on discretionary screen time. Sigman states in his report that, "Parental monitoring and the establishing of discretionary screen time limits can shape long-term media consumption habits and may prove a major preventer of mental health problems including screen dependency disorders." The report also highlights that, "by the time children leave primary school many have the highest levels of body fat on record. Rates of child type 2 diabetes and mental illness are also the highest in our history. Children now sleep less and have the highest level of admissions to NHS hospitals for sleep disorders. At the same time British children are spending the highest ever amount of their discretionary time in front of screens (this includes, television, computer games, mobile devices and tablets)." The report author also argues that the Government needs to do more to support parents and children to provide greater opportunities for recreation and play.

As parents, we all need to get better at balancing our lives so that we are not setting a poor example to our children. Dr Sigman recommends the following approach for children to adopt: *Sweat, Step, Sleep, Sit* endorsed by the Public Health Agency Canada:

<https://csepguidelines.ca/children-and-youth-5-17/> I would urge you to try it!

School News:

- **Charity News:**

This term Brenthurst House are supporting 'Cancer Research'. The children have decided to take part in a penalty shoot-out in order to raise money for their House charity.

Mr Chapman will be in goal! The cost is 50p per penalty; So - £1 would allow you 2 penalty attempts, £2 would allow you 4 penalty attempts and so on...

Please bring your 'Pounds for Pens' on Monday 28th January 2019, along with any additional donations you would like to make to the Brenthurst house charity this term.

Brenthurst House has already raised £332 for Noah's Ark Hospice (Sponsored Read) and £111 for Action for Children (Swap and Shop),

- Good luck to the Girls' U11 football team who will be taking part in the Barnet Partnership 4 School Sport (BPSS) competition on Thursday 31st January at the Mill Hill Power League.

- **HPPG News**

If you haven't already bought your tickets for the HPPG's Family Fun Afternoon on Saturday 2nd February please ask your class reps for details as soon as possible. Tickets are £10 per adult and £7.50 per child and include a two course meal. The event will run from 4pm to 6pm and will be held in the school hall.

- **ArtsMark Award**

Mr Chapman and Mrs Scott-Phillips are attending Hendon Prep's first ArtsMark development day at The Lyric Hammersmith. The day is designed to help us reflect on our current arts provision and to plan exciting future developments for all the children at our school. Watch this space for further news on this exciting new initiative.

REMINDER DATES:

- **Friday 25th :** Pre-School & Reception Trip: Radlett Centre
Cedars House fundraiser
- **Monday 28th:** Brenthurst House Penalty Shootout
- **Wednesday 30th:** 6T Assembly : 8.40am
LAMDA Exams (In School)
- **Thursday 31st:** Open Morning: 9.30am to 11.30am
Girls' U11 Football Tournament
- **Saturday 2nd:** HPPG Family Fun Afternoon : 4 – 6pm
- **Tuesday 5th:** Chinese New Year
Safer Internet Day
- **Wednesday 6th:** Y3&Y4 Residential Trip to Lincoln's Field (3 days)
- **Thursday 7th :** Prep Superstars – Hot Chocolate with Headmaster

HIGHLIGHT OF THE WEEK:

Year 5 enjoyed a fabulous trip to the National Gallery last week to enhance their ‘mythological creatures’ art project. An art historian really engaged the children and there were some very lively discussions about the ancient myths. The children will now enter a school competition to design a sculpture for the ‘fourth plinth’ in Trafalgar Square inspired by this theme. As part of their trip Y5 also went to see Michael Rakowitz’s sculpture, currently on Trafalgar Square’s ‘fourth plinth,’ which is inspired by Iraqi monuments that have been destroyed by war.



Next Week’s Lunch Menu:



THIS WEEK’S MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Dish of the Day Spaghetti Bolognese	Dish of the Day Chicken Sausages with Onion Gravy	Dish of the Day Beef Chilli served with Tortilla Chips	Dish of the Day Chicken and Vegetable Pie	Dish of the Day Battered Fish of the Day
Vegetarian Option Macaroni Cheese	Vegetarian Option Vegetable Tagine with Cous Cous	Vegetarian Option Vegi Quorn Chilli with Tortilla Chips	Vegetarian Option Roast Vegetables and Cheese Wrap	Vegetarian Option Mushroom and Spinach Risotto
Side Dish Spaghetti Sweetcorn Braised Red Cabbage	Side Dish Mashed Potatoes Broccoli Roasted Parsnips	Side Dish Simply boiled Rice Green Beans Mashed Butternut Squash	Side Dish New Potatoes Carrots Roasted Peppers and Herbs	Side Dish Chips Garden Peas Baked Beans
Jacket Potato Served with filling of the day	Jacket Potato Served with filling of the day	Jacket Potato Served with filling of the day	Jacket Potato Served with filling of the day	Jacket Potato Served with filling of the day
Salad Bar A range of composite & basic salads	Salad Bar A range of composite & basic salads	Salad Bar A range of composite & basic salads	Salad Bar A range of composite & basic salads	Salad Bar A range of composite & basic salads
Pudding Yoghurt Fresh fruit salad	Pudding Yoghurt Fresh fruit salad	Pudding Cheesecake Yoghurt Fresh Fruit Salad	Pudding Yoghurt Fresh Fruit Salad	Pudding Chocolate Mousse Yoghurt Fresh Fruit Salad

Daily Salad Bar

With a selection of home cooked meats and freshly prepared salads

COGNITA
TEACHING EXCELLENCE

Week commencing: 07/01, 28/01, 18/02,
11/03, 01/04

