



20th September 2024

Dear parents / carers



Smartphone Free Childhood

I have had a pleasing response, from parents, to the letter sent out regarding Smartphone Free Childhood. If you would like another copy of the letter sent to you, please do contact the school office as it has lots of links to helpful podcasts, articles and research as well as links to non smartphone alternatives and trackers.

As you know, while smartphones offer benefits in today's digital age, there are growing concerns from parents, educators and health professionals about the impact of excessive smartphone use on younger children's physical, mental and emotional wellbeing, with emerging research showing the detrimental impact that Internet enabled phones have on the developing brain.

At Cottesmore, we are delighted to report that 100% of families in 2 St Patrick (30) have pledged that their child will be smartphone free whilst at our school. 26 families have made the same pledge in 2 St Monica and 25 in Reception St Bernadette. It would be super if all classes could promote this again and email me the number of pledges for their class so that I can share this information, to encourage others, in future school newsletters. How incredible it would be if we could have almost a whole school of pledges.

It would be beneficial to establish a parent lead, in each class, to promote this movement with families and to work with the school on sharing further information. Thank you to those who have already been in touch.

Rec St Bernadette – Charles (dad of Kasper)

Rec St Peter – one needed

1 St George – Rabea (mum of Etta)

1 St Teresa – one needed

2 St Patrick – Lana (mum of Matteo)

2 St Monica – Laura (Samson's mum)

3 St Martin – Claire (mum of Thomas)

3 St Cecilia – one needed

4 St Cuthman – one needed

4 St Lewina – Lucy (mum of James) but she is already doing Year 6 so an additional parent would be super so we have a different parent per each class.

5 St Oscar – one needed

5 St Josephine – one needed

6 St Maximillian – one needed

6 St Benedict – Lucy (mum of James)

Please let me know if you'd be happy to be a lead for your child's class and we can arrange a meeting. Happy to have more than one rep per class if people are keen.

This movement needs the momentum and commitment from parents. School can educate and guide but parents are the ones who will ultimately make the decisions regarding what their child does out of school (children don't use or need Smartphones at primary school). We respect that opinions on this will vary amongst parents and we respect the right for families to make their own decisions based on the research available, their own values and circumstances. However, we want to raise awareness of the research so that families are able to make educated choices and decisions.

I recently received a lovely email from the B&H Smartphone Free Childhood Working Group who said, *Many thanks for your email and for including the letter you sent out to your families before the summer holiday. What a fantastic letter! We applaud your sensitive and thoughtful approach and thank you on behalf of all parents for taking the brave and pioneering step of drawing your families' attention to the issues surrounding children and smartphones. We have had some good meetings with other headteachers across the city over the past few months but so far your approach is the most progressive and we would love to work with you further. One of our goals is to encourage Brighton & Hove headteachers to come together to discuss collectively endorsing the idea of delaying smartphones, and to educate parents and carers around the risks associated with children using smartphones. Your letter to parents has encapsulated so perfectly all we would hope for in terms of messaging from schools. Would you be happy to meet with us, to discuss how we might be able to work together to encourage other schools across the city to follow your lead?* Of course I said yes to this and hope to be meeting with them soon. The Smartphone Free Childhood movement have launched an online Parent Pact. This is a simple online tool that enables you to show your support for this mission and your choice to wait to give your child a smartphone – it also helps them and us see how many others in our own school and region are doing the same. The group notes that every region in the UK has their own bespoke Parent Pact, because they know this can only be solved by parents in local communities taking action together. They are asking that everyone signs their name, and passes it on to their networks. It takes 30 seconds. Click on East Sussex and start typing Cottesmore and our school will come up. They will release the first Parent Pact leaderboards for East Sussex very soon. Could we make the top ten?! Please click on the link <https://parentpact.smartphonefreechildhood.co.uk/>

Year 2 Enjoy Art



Have a lovely weekend. Rachel Breen, Headteacher

MONDAY 16 th	Fairtrade Fortnight
TUESDAY 17 th	Reception meet the new teachers 8.55am – 9.20am
WEDNESDAY 18 th	- Year 5 St Oscar Forest School am - Year 1 St Teresa Forest School pm
THURSDAY 19 th	
FRIDAY 20 th	- Year 5 Swimming - Fairtrade cake sale after school
MONDAY 23 rd	
TUESDAY 24 th	
WEDNESDAY 25 th	- Year 5 St Josephine Forest School am - Year 1 St George Forest School pm - Diabetes Screening for the whole school (must give consent)
THURSDAY 26 th	Year 2 Beach School Stone Age man visiting Year 3 in School Hall European Languages Day - celebrating languages spoken in school
FRIDAY 27 th	Year 5 Swimming
SEPTEMBER / OCTOBER	OCTOBER = MONTH OF THE ROSARY and BLACK HISTORY MONTH
MONDAY 30 th	
TUESDAY 1 st	PTA AGM 7pm - school hall. All welcome
WEDNESDAY 2 nd	- Year 4 St Cuthman Forest School am - Year 1 St Teresa Forest School pm
THURSDAY 3 rd	Year 4 trip to Fishbourne Romn Palace
FRIDAY 4 th	Year 5 Swimming
SUNDAY 6 th	Grandparents Day
OCTOBER	
MONDAY 7 th	
TUESDAY 8 th	
WEDNESDAY 9 th	Year 4 St Lewinna Forest School am Year 1 St George Forest School pm
THURSDAY 10 th	- World Mental Health Day and World Homeless Day - Year 5 Beach School
FRIDAY 11 th	Year 5 Swimming Year 2 Beach School PTA Reception Welcome Disco 4.30pm – 5.45pm
MONDAY 14 th	Choir school trip to Glyndebourne
TUESDAY 15 th	9am - Reception Harvest. Forest School, parents welcome
WEDNESDAY 16 th	9am - Year 1 Harvest. Forest School, parents welcome - Year 3 St Martin Forest School am - Year 1 St Teresa Forest School pm
THURSDAY 17 th	9am - Year 3, 4 and 5 Harvest mass, parents welcome (school uniform) - Flu Vaccination – all years
FRIDAY 18 th	9am - Year 2 Harvest. Forest School, parents welcome - Year 5 Swimming - Show Racism the Red Card Day - wear red today - Possible Year 3 & 4 PTA, after school film show – new addition. TBC
MONDAY 21 st	
TUESDAY 22 nd	- Year 6 Harvest Mass (with other schools), Newman. Children only (school uniform) - Parent Consultation phone calls and SEN 3.20pm - 6pm
WEDNESDAY 23 rd	Honeypot celebration - home clothes for selected children / class.
THURSDAY 24 th	- Individual and sibling school photographs - all to wear school uniform eg no Forest school or PE clothes - PTA uniform sale after school - items between £1 and £2 - Parent Consultation phone calls and SEN 3.20pm - 6pm - PTA Halloween Cake Sale after school – please bring in shop bought / homemade donations and leave them in the KS2 structure before school. Nothing containing nuts.
FRIDAY 25 th	INSET DAY – school closed to pupils
THURSDAY 31 st	Closing date for secondary school applications
HALF TERM HOLIDAY Monday 28 th October – Friday 1 st November Outdoors Project Holiday Club on school field	

NOVEMBER	
MONDAY 4 th	
TUESDAY 5 th	9am -10am School Tours for Reception 2025
WEDNESDAY 6 th	9am - 10am School Tours for Reception 2025 - Year 1 St George Forest School pm
THURSDAY 7 th	9am - 10am School Tours for Reception 2025
FRIDAY 8 th	- Year 5 Swimming - Donations of wine for the PTA Christmas Fair - Possible Year 1 & 2 PTA, after school film show – new addition. TBC
SUNDAY 10 th	World Science Day
MONDAY 11 th	- Anti-Bullying Week - wear odd socks - Remembrance Day (Remembrance Sunday is Sunday 10th) 9am - 10am School Tours for Reception 2025
TUESDAY 12 th	9am - 10am School Tours for Reception 2025
WEDNESDAY 13 th	9am - 10am School Tours for Reception 2025 - World Kindness Day - Year 2 St Patrick Forest School am - Year 1 St Teresa Forest School pm
THURSDAY 14 th	
FRIDAY 15 th	- Year 5 Swimming - PTA Year 3 Welcome to KS2 Welcome Disco 4.30pm – 5.45pm - Children in Need - non school uniform in exchange for money towards collection
MONDAY 18 th	9am - 10am School Tours for Reception 2025
TUESDAY 19 th	9am - 10am School Tours for Reception 2025
WEDNESDAY 20 th	9am - 10am School Tours for Reception 2025 - Year 2 St Monica Forest School am - Year 1 St George Forest School pm
THURSDAY 21 st	
FRIDAY 22 nd	- Year 5 swimming - Year 5 and 6 PTA film show, after school. - Donations of toys, books etc that can be used at th PTA Advent fair
MONDAY 25 th	
TUESDAY 26 th	
WEDNESDAY 27 th	- Year 3 St Cecilia Forest School am - Year 1 St Teresa Forest School pm - Choir to Brighton Centre (rehearsal in day and show in evening)
THURSDAY 28 th	1.30pm Years 3 – 6 Beauty and the Beast pantomime at school
FRIDAY 29 th	- Year 5 swimming - Donations of Christmas boxed biscuits and chocolates that can be used at the PTA Advent Fair.
DECEMBER	
MONDAY 2 nd	Advent begins
TUESDAY 3 rd	
WEDNESDAY 4 th	Year 1 St George Forest School pm
THURSDAY 5 th	Interactive Fairy Tale Show for Reception - Year 2. Fairytale costumes or party clothes for children in Reception only
FRIDAY 6 th	- Reception and Year 1 parent / carers Phonics workshop. School hall. 8.50am. - PTA Advent Fair, school hall and outside, 3.15pm – 4.45pm. School uniform day (or PE kit is usual PE day). Please bring donataions of cakes and sweet treats.
MONDAY 9 th	
TUESDAY 10 th	
WEDNESDAY 11 th	
THURSDAY 12 th	
FRIDAY 13 th	
MONDAY 16 th	Year 6 Nativity - 2.30pm
TUESDAY 17 th	- Year 2 Nativity - 9.15am - Year 5 Nativity - 2.30pm
WEDNESDAY 18 th	- Year 1 Nativity - 9.15am - Year 4 Nativity - 2.30pm - Christmas Dinners: KS2 (these year groups wear Christmas jumper / colourful clothes). All children in KS1 to bring a packed lunch this day. - Honeypot celebration
THURSDAY 19 th	- Reception Nativity - 9.15am - Christmas Dinners: KS1 (these year groups wear Christmas jumpers / colourful clothes). All children in KS2 to bring a packed lunch this day. - Y3 Nativity - 2.30pm - PTA uniform sale after school – items between £1 and £2
FRIDAY 20 th	- Class parties for all school and Father Christmas to visit Reception – Year 3. - School finishes for Christmas holidays
CHRISTMAS HOLIDAY Monday 23 rd December – Friday 3 rd January	