

21 January 2020

Dear Parents

Congratulations to:

- Archie and Ellie Rainbow who qualified in the **County Cross Country** Championships last Saturday, Ellie is representing Lincolnshire at the Anglian Schools' Cross Country Championships next month.
- Harriett Beeton (7C) and Ruby Tildesley (8S) who have attained their **Gold Merit Award**.
- Lily Helsdown (7S), Madeleine Howarth (7S), Zak Stuart (7S), Casey Broddle (7T), Rachael Alan (8C), Sebastian Evans (8C), Emily Rigarsford (8C), Maisie Allen (8S) and Holly Marshall (8S) who have attained their **Silver Merit Awards**.
- Myles Elliott ((9T) in the Middle School has attained **40 merits**.

At last week's **Y8 options evening**, we highlighted our concern about computer games and their addictive nature. This was mentioned by many parents as being helpful, so I thought it would be worthwhile to share some of the points made in this week's letter.

We looked at the symptoms of gaming addiction as well as offered some advice on how we feel they could be counteracted. The physical symptoms to look out for are:

- tiredness or fatigue
- frequent headaches
- neglecting personal hygiene
- carpal tunnel syndrome from prolonged periods of using a games controller.

The emotional/psychological symptoms are:

- restlessness or irritability when unable, or not allowed, to play games
- constantly thinking/talking about previous game sessions or anticipating their next game session
- lying about how much time they are spending gaming
- becoming isolated from friends or family and showing symptoms of depression or anxiety.

Whilst we realise the use of computer games is a method of entertainment, we are concerned that the recent increase in gaming is causing problems with students not getting enough sleep as well as increasing their levels of stress/anxiety. To help counteract any excessive use of gaming we would advise the following:

- being aware of the games your children are playing, as well for how long - setting sensible time limits
- checking that the games are correctly age-rated
- making sure the friends that your children are making online are age appropriate
- ensuring that any use of electronic devices is stopped at least 1 hour before bedtime
- encouraging your child to do a wide range of activities, ideally including some outdoor pursuits
- supporting your child in their time management skills to ensure that they are splitting their time suitably amongst their commitments.

CHARITY WEEK

This year's Charity Week starts on Monday 3 February.

Each lunchtime that week, forms will be organising events to raise money as well as the following events:

Charity Fun Run on Tuesday 10 March
Spring Celebration on Friday 20 March at 7.00 pm

Watch this space for our chosen charities – details coming soon!



Year 7 will be off timetable all day on Monday so they can get involved in the Stay Safe initiative, run by Lincolnshire County Council. Students receive workshops in 5 key safety areas giving them the correct information to make informed decisions should they be faced with certain situations. Professionals and volunteers in those areas will spend the day with us, working with Year 7. It promises to be a highly informative and fun day.

Next week, it is the **Y8 Ski Trip**, led by Mr A Ainsworth, and also all **Y10** students will be on **Work Experience**. This is an invaluable opportunity for Y10 students to learn about the world of work and develop further their employability skills. The placements are co-ordinated by Mrs Elliott and I am grateful to her for all her hard work in arranging these. We attach a **revised Y8 timetable** for pupils in school next week.

Yours sincerely



Mr G Thompson
Headteacher



A big thank you to all the families who have already kindly donated to our **'QEGS Extra'** Fund. This fund has been set up to enable us to continue to offer the breadth in our curriculum and additional activities which make our school special. If you would like to make a monthly donation to this fund, there are different options on ParentPay/Standing Order (see attached) so that you can decide what level of donation you would like to make.