

# news

December 2019



## In This Issue

School Show	2
Emailing Teachers	2
Parent Tours	2
Eastbourne Youth Radio	3
Congratulations Amy!	3
General Election	4
Thank you	5
Science Quality Mark	5
Orienteering	6
Online Safety	6
Forest School	7
Year 6 - London Trip	8
Diary Dates	9
Gary Wilson Talk	9
National Literacy Trust	10
Bedtime Stories	11
Attendance	12

## MERRY CHRISTMAS EVERYONE!

**As we approach the final few days of this term, I would like to wish you a fabulous Christmas!**

The children have worked so hard all term; they are certainly ready for a break and an opportunity to recharge their batteries (whilst wearing yours out no doubt!)

This has been such a busy and productive term and so there is so much to celebrate. From Nativity shows

to magical Christmas events, trips, competitions, events alongside all the inspiring work going on in classes!

Not only do the children need to rest and recharge but the staff do too. A huge amount of effort, energy and dedication have gone into this term's events and I would like to say a huge thank you to them and wish them a very peaceful, relaxing holiday!

Our success has once again been recognised, this time by the Parliamentary Review Committee which was introduced by Lord Blunkett as a way to share knowledge and best practice. This is a real honour and reflects the hard work of everyone.



# SPECIAL ANNOUNCEMENT

**I have some really exciting news and once I tell you there is no going back!**

**We have booked the Congress Show for another whole school spectacular performance!**

The last Congress Show was held when our current Year 6 were in year 1 so many of you will never have experienced this - you are in for a treat!

**The last performance was a sell out show.**

Please don't panic tickets are not on sale yet. We will let you know when tickets are on sale at which point you will be able to buy them through the box office at The Congress Theatre.

**Diary Date**

**Keep the evening of the 9th July free.**

## EMAILS TO TEACHERS

**We really appreciate our strong links with parents and value regular communication therefore we do encourage parents to email teachers.**

Emails can be a very efficient and effective way of exchanging information. We understand that some parents work so that quick conversation at the end of the school day is not always possible.

Our expectations are that all emails are acknowledged by staff receiving them. You may not get an immediate response as teachers are obviously very busy between 8.30 and 3.30pm. They are told not to respond to emails after 5.30pm or over the weekend.

Please allow 48 hours for a response and we would obviously hope in most cases you would get a far quicker response.

Obviously with developments in technology emails are becoming more frequently used and I just wanted to take this opportunity to manage everyone's expectations and give clarity to teachers and parents alike.

## PARENTS' TOURS

**What an incredible response from our potential parents' tours this term!**

**Had a lovely girl show me & my son's father round today.**

**She was so grown up, courteous & almost professional!**

**She shook our hands & was confident in showing us round & executed the tour perfectly.**

**She was clear in her talking & didn't seem phased by this at all.**

**She was clearly proud of her school & loved the comparison she brought from when she started to now. She was proud of the work that was on display throughout the school.**

**One of the loveliest things was when she showed us the reception area, 2 little girls saw her & ran towards her & flung their arms around her, she knew them by name & still made time for them.**

**It was truly touching.**

**I wish I remembered her name so you could share this with her & also her parents!**

**(I believe she was in the blue house).**

**Please treat the year 6 prefects to something special after today!**

**Many thanks**

# EASTBOURNE YOUTH RADIO

If you missed our broadcast it is not too late!

Click on this link and you can hear it again:

<http://eyr.org.uk/>

Not only did they broadcast an hour show and put me on the spot with a 'football quiz'- live on air! But we were also invited to 'Meet the Media' in which our children asked some fabulous questions of the panel of media experts.



## CONGRATULATIONS

Congratulations to Miss Regan who now has the very impressive title of....

**NCETM PROFESSIONAL DEVELOPMENT ACCREDITED LEAD.**

True to our vision of learning without limits staff in school regularly undertake additional training and development opportunities.





# GENERAL ELECTION

Year 6 rose to the challenge of researching a political party and campaigning to raise awareness across the school of different political parties and views. They did this entirely independently in their own time and were so professional and impressive!

They all took it very seriously and I have to say were far more respectful than many of our politicians!

**We set up our own polling stations and every child voted.**

The intelligent, informed discussions were really impressive in the lead up to the election we held in school. They really engaged with the whole process and were so respectful of each others' views. We were all exceptionally proud of them!

## RESULTS

Labour	130 votes
Conservative	102 votes
Liberal Democrats	90 votes
Green Party	88 votes



Learning all about democracy and elections. Year 1 are taking this very seriously!



Year 1 are off to vote!



About to start counting....



# THANK YOU!

## THANK YOU 5J!

Good Afternoon

I just wanted to pass on our thanks to the children of 5J and to Miss Jabbari for how wonderfully behaved the children were and how beautifully they all sang on Monday at the tea party. They were a credit to the school and many of the elderly residents commented on how lovely they were!

Many thanks

Beverley Pullinger  
Finance Assistant

Polegate Town Council

Tel: 01323 488114

Email: [finance@polegatetowncouncil.gov.uk](mailto:finance@polegatetowncouncil.gov.uk)

Website: [www.polegatetowncouncil.gov.uk](http://www.polegatetowncouncil.gov.uk)

## THANK YOU CARDS

We all had a wonderful surprise this term that gave us all a warm fuzzy feeling! A number of cards arrived with a thank you message from The Pearson Teaching Awards for the whole school and some individual cards.

### The message read:

We wanted to say a HUGE thank you to every single member of the team at Polegate School. You really are incredible and do an amazing job for the children. The level of care they receive is wonderful alongside the great teaching they are lucky to experience and all of the amazing opportunities you offer them. We are so happy that our son belongs to such a special school community. Thank you so much for all of the hard work you put in everyday. It really is appreciated x

# PRIMARY SCIENCE QUALITY MARK GILT AWARD

**We are very proud to have achieved the Primary Science Quality Mark Gilt award.**

This recognises schools which demonstrate how established science leadership is having a sustained impact on science teaching and learning across the school.

**The criteria for each Primary Science Quality Mark cover the following areas:**

- **Science Leadership** - vision and value, development goals, monitoring and professional development for subject leadership;
- **Science Teaching** - CPD, teaching strategies, resources;
- **Science Learning** - science enquiry, assessment, science capital;
- **Wider Opportunities** – linking science with other subjects and whole school initiatives, curriculum enrichment.



Congratulations Miss Ashdown on your PQSM award!  
Thank you from all of us for your hard work.

# INTER-SCHOOLS ORIENTEERING FESTIVAL

Despite a deluge of rain that only abated shortly before the start of the event, students from 5J recently took part alongside other Eastbourne Schools in the Annual Orienteering Festival at Gildredge Park.

The event is run by Brighton University students and requires competitors to navigate their way around the park as fast as possible. It is a very well organised event that Year 6 Polegate students have won for the past three years, so the pressure was on for the Year 5 class!

Everybody represented their School brilliantly, and overall Polegate came 2nd just a few points behind the winners, Langney.

**A special mention to Emily P& Alfie B, Edward & Ryan and Harry & Thomas, who finished 1st, 2nd and 3rd for Polegate respectively.**



## NATIONAL ONLINE SAFETY

**A brilliant website full of really useful guides for parents:**  
<https://nationalonlinesafety.com>

**We are an independent online safety training provider founded by three fathers on a mission to keep children safe online. We believe that through our engaging Online Safety training and resources for school staff, parents and children, we can make a difference.**

It is our mission to educate and empower trusted adults with the information they need to engage in meaningful dialogue between children and young people about the online world, their online activities and the ever-evolving risks that they are exposed to. We focus on both general online safety risks and platform specific risks to provide adults with easy to follow information which enables conversations between adults and children.

**The pages at the end of this newsletter contain some Parents' guides to popular games children play online.**



# 1C'S FOREST SCHOOL DAY

The children had such an amazing morning filled with building rockets, painting with their own natural brushes they made, making stone aliens and creating homes for them and learning to tie knots to make their very own stickman! Also a thank you to our amazing parent helpers, we couldn't have done it without them!





# YEAR 6 - FABULOUS FINISH

Year 6 ended an inspirational topic with a trip to London to reinforce all their prior learning. They explored the Imperial War Museum and then ended the day with a show- The Lion, the Witch and the Wardrobe.



The day gets a big thumbs up from our Year 6





## DIARY DATES

Thursday 19th December  
Last day of term

Friday 20th December  
INSET Day

Christmas holiday

Monday 6th January  
INSET Day

Tuesday 7th January  
First day of term 3

## PFA EVENTS FOR 2020

Friday 31st January 2020  
Family Games Night

Weds 5th February 2020  
PFA Meeting

Wednesday 18th and  
Thurs 19th March 2020  
Mothers' Day/Gifts for  
Loved Ones

Friday 27th March 2020  
School Disco

Tuesday 19th May 2020  
PFA Meeting

Wednesday 17th and  
Thursday 18th June 2020  
Fathers' Day/Gifts for  
Loved Ones

Saturday 20th June 2020  
Summer Festival

## LETTER FROM BEXLEY COURT

I am writing to request that you ask the parents of children with bicycles and scooters not to let the children ride them across Bexley Court garden which is private property. As you are aware it has been very wet recently and if this practise keeps up we will have no lawn left by next summer.

They have also raised concern about parents parking in their car park. I was saddened to read that the resident has lived at Bexley Court for six years and until today have not had cause to officially complain to the school.

We want to maintain positive close links with our neighbours please support us with this.

## GARY WILSON TALK

We were delighted to be able to secure one of the countries leading experts in issues related to boys' achievement

Gary Wilson has lead sessions at Polegate for teachers both at Polegate and other local schools and more recently to parents.

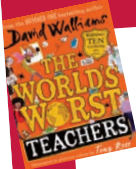
Thank you to everyone that attended the inspiring event and look out for lots of exciting initiatives coming your way!

'This was such a fantastic thing to attend. Gary was so interesting and funny to listen to. We had a great time and have taken so much from it. Thank you for organising.'



# THE NATIONAL LITERACY TRUST

## The ultimate Christmas book list recommended by top authors



Adele Parks recommends:  
*The World's Worst Teachers* by David Walliams, illustrated by Tony Ross

Anthony Horowitz recommends:  
*Tintin: The Seven Crystal Balls* and  
*Prisoners of the Sun* by Hergé



Axel Scheffler recommends:  
*No Ballet Shoes in Syria*  
by Catherine Bruton

Charlie Higson recommends:  
*You're a Bad Man, Mr Gum!* by Andy Stanton, illustrated by David Tazzyman

Chitra Soundar recommends:  
*How the Stars Came to Be*  
by Poonam Mistry



Cressida Cowell recommends:  
*The Boy at the Back of the Class*  
by Onjali Q. Rauf

Dermot O'Leary recommends:  
*Fantastic Mr Fox* by Roald Dahl,  
illustrated by Quentin Blake



Dorothy Koomson recommends:  
*High-Rise Mystery* by Sharna Jackson

Eloise Williams recommends:  
*Northern Lights* by Philip Pullman

Francesca Simon recommends:  
*Millions* by Frank Cottrell Boyce

Jackie Morris recommends:  
*My Friends* by Max Low



Joanne Harris recommends:  
*I Want My Hat Back* by Jon Klassen

Katherine Rundell recommends:  
*Crossfire* by Malorie Blackman



Lauren Child recommends:  
*Would You Rather...* by John Burningham

Liz Pichon recommends:  
*Greta and the Giants* by Zoë Tucker,  
illustrated by Zoe Persico



Lucy Worsley recommends:  
*Finn Family Moomintroll* by Tove Jansson

Nadiya Hussain recommends:  
*Some Dogs Do* by Jez Alborough

Nick East recommends:  
*Asterix the Gladiator* by René Goscinny,  
illustrated by Albert Uderzo

Nick Sharratt recommends:  
*Oi Frog!* by Kes Gray,  
illustrated by Jim Field



Patrice Lawrence recommends:  
*Shadowscint: The Darkest Bloom*  
by P.M. Freestone

Robert Macfarlane recommends:  
*The Dark is Rising* by Susan Cooper

Steve Antony recommends:  
*Julian is a Mermaid* by Jessica Love



Tom Palmer recommends:  
*The Iron Man* by Ted Hughes,  
illustrated by Chris Mould

Will Mabbitt recommends:  
*The Misadventures of Frederick* by Ben Manley and Emma Chichester Clark



[literacytrust.org.uk/giftofreading](http://literacytrust.org.uk/giftofreading)

#GiftOfReading

According to the National Literacy Trust

# 383,775

children and young people in the UK don't  
have a single book of their own at home.

Children who own books are six times more likely  
to read above the level expected for their age - but  
hundreds of thousands of children are missing out  
according to our brand new research.



# BEDTIME STORIES

## **We are sorry for the shortage of new uploaded stories in recent weeks.**

Our ICT technician does the magic which allows these to be uploaded but in recent weeks he has been slightly inundated with work to ensure the schools network runs well in new areas of the school. It has been a huge job that has preoccupied him slightly!

## **Five reasons why dads should read to their children more**

Are you sitting comfortably? Then I'll begin.

A new study from Harvard University reveals that children benefit from their father reading them bedtime stories.

Dads, the research revealed, spark more "imaginative discussions" and are more instrumental to their children's language development because of the way they read to their kids.

Over the course of a year researching the impact that parents reading had upon their children the study leader, Dr Elisabeth Duursma, found that girls in particular benefited more when read to by a male. "The impact is huge – particularly if dads start reading to kids under the age of two," explains Duursma. "Reading is seen as a female activity and kids seem to be more tuned in when their dad reads to them – it's special."

It's not just your child's language and literacy – along with your own

Gruffalo impersonations – that will improve if you read to your kids at night. The Fatherhood Institute found that children whose dads read to them regularly displayed better behaviour and concentration at nursery, and performed better at maths too.

**Unfortunately a recent poll – of 1,000 mums and dads – by the charity Book Trust found that young parents especially are reading less to their children than older generations. I know that is not true at Polegate School. You read regularly with your children - thank you!**

## READING CHALLENGE FOR DADS

### **I am looking for some brave dads to take on the challenge of filming themselves reading a bedtime story for our collection!**

You can read it anywhere: with your child at home, somewhere different, at work.... The possibilities are endless. You could even get colleagues at work to join in and read it with you.

We will happily lend you a book and an ipad to get going. Just save the film and return to us and we will do the rest. We know the children will LOVE to have a surprise reader each week- I'm quite sure they are bored of me by now!

**Please call, email or return the slip if you are up for this challenge.**



## Dads Bedtime Stories Entry Form

Dad's name: \_\_\_\_\_

Child's name: \_\_\_\_\_

Class: \_\_\_\_\_

# ATTENDANCE

Every School  
Day Counts

Congratulations to 3M who won the attendance award for Term 1, their treat is still being arranged.

Don't forget that once again any child that reaches our school target of 98% will be in with the chance of winning a brand new bicycle or something of equivalent value.

## CLASS FIGURES

Overall school attendance is 96.6% Whole school attendance is 96.6%.

RH = 96.1%	2A = 96.3%	4B = 97.4%
RM = 95.5%	2H = 96%	4E = 97.2%
RY = 97.3%	2M = 96%	5G = 97.7%
1C = 96.4%	3D = 96.7%	5J = 96%
1H = 97.4%	3M = 98.4%	6M = 97.6%
1Mc = 96.6%	3W = 96.9%	6R = 96.6%

## Crisp packet recycling

Please take your empty crisp packets to the school office



## WE NOW RECYCLE BATTERIES

We have small recycling battery boxes in the office.



## Diary Dates

Friday 20th  
December  
INSET DAY

## Archive



You can read all the previous newsletters on our website.

## Twitter

Be the first to hear the news.  
Follow us on Twitter.  
We now have  
1044 followers!



Polegate School  
Oakleaf Drive  
Polegate  
East Sussex BN26 6PT  
Tel: 01323 482404  
Email: [info@polegateschool.co.uk](mailto:info@polegateschool.co.uk)



## Feedback

We'd love to hear your feedback and any new ideas you have. Please send us your thoughts via the contact us page on the school website:

[www.polegateschool.co.uk](http://www.polegateschool.co.uk)

Designed by Prowork: [www.prowork.co.uk](http://www.prowork.co.uk)





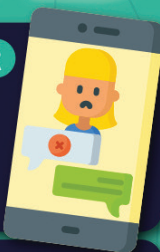
The Diana Award definition of bullying is "repeated negative behaviour that is intended to make others feel upset, uncomfortable or unsafe." Cyberbullying is bullying which takes place online. It can involve anything from sending messages to posting offensive comments to uploading and sharing private or embarrassing photos. It is classed as an indirect form of bullying when compared to verbal or physical bullying, given it usually takes place through a digital device. However, for those experiencing bullying behaviour, the consequences can be just as serious and have far reaching effects.

ANTI-BULLYING  
FROM THE DIANA AWARD

# What schools need to know about CYBERBULLYING

## 3 KEY ASPECTS OF BULLYING BEHAVIOUR

There are three key aspects of bullying behaviour, namely that it is repetitive, negative and intentional. These behaviours apply both offline and online. Cyberbullying can almost heighten these behaviours, particularly with access to the internet available 24/7 and the different ways in which those displaying bullying behaviour online can target others. The fact that they can also easily hide their identity online can make cyberbullying much more difficult to stop.



## DIFFERENT DEVICES & CHANNELS

Cyberbullying can take place over any device connected to the internet which allows for two-way communication. This includes mobile phones, tablets, computers and even games consoles as it becomes more and more common for players to chat to other players whilst playing online. From a snapshot of 1,400 students surveyed by the Diana Award in 2018, 33% of young people admitted to have experienced bullying on social media, 11% via text message and 12% whilst online gaming.



## WHAT LEADS TO CYBERBULLYING

There is never any justification for cyberbullying and those who display bullying behaviour need to be held to account for their actions. Nonetheless, it can be useful to try and understand some of the factors that may lead young people into bullying behaviour. For example, family issues, personal difficulties and a lack of positive reinforcement may push some young children into bullying others as a form of coping mechanism. Similarly, those exhibiting bullying behaviour may blame their targets for provoking their behaviour in the first place or engage in bullying behaviour as a call for attention if they lack social skills or understanding. Others may view their position as dominant which makes themselves less vulnerable to being bullied or they replicate behaviour they have experienced themselves in the past.



## SIGNS AND SYMPTOMS

Cyberbullying can affect anyone, at any time, at any place. The impacts of cyberbullying can be long-lasting and leave people feeling scared, anxious and lonely. Some of the more obvious signs that those experiencing bullying behaviour might show include weight loss, crying, mood changes, depression and regularly avoiding school. Other symptoms, which might be less obvious to spot and would be difficult to pick up on in isolation, may include changes in body language like hunched shoulders, walking slower or an inability to make eye-contact. In extreme cases, those experiencing bullying behaviour may have unexplained marks or scars which could be evidence of self-harm.

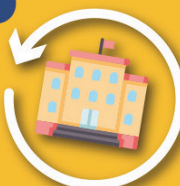


**NOS** National Online Safety®  
#WakeUpWednesday

## Tips For School Staff

### TAKE A WHOLE SCHOOL APPROACH

In taking a whole approach towards cyberbullying, schools can cultivate a culture that relies on positivity and behaviour that is emulated by ALL members of the school community including staff, support staff, senior leaders, governors and parents and carers.



### BUILD CONFIDENCE IN DEALING WITH INCIDENTS

This can be achieved by having clear knowledge of what constitutes bullying behaviour, having clear sanctions and courses of action and continually updating your knowledge of safety procedures regarding online and offline incidents.



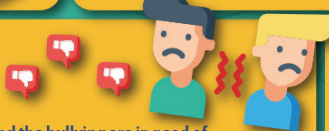
### USE CHILDREN AND YOUNG PEOPLE AS A RESOURCE

Ensure you understand what is influencing the behaviour of young people in your community. If schools know what their students are engaging with, it can be easier to develop and implement relevant and effective tactics / strategies to counter cyberbullying issues.



### UNDERSTAND THE CAUSES OF BULLYING

As previously mentioned, sometimes those who are behind the bullying are in need of support just as much as those who are being targeted. In better understanding the cause of the issue, schools can better position themselves to tackle the problem and also adequately support both those displaying and experiencing the bullying behaviour. Taking a proactive approach means that schools can gear themselves to tackle issues specific to their school environment, rather than treating each case the same.



### ENSURE ALL STAFF KNOW THEIR ROLES AND RESPONSIBILITIES

All staff have a role to play in educating and supporting children who are affected by cyberbullying, not just those responsible for safeguarding or online safety. Regular training, continuous professional development and clear school policies can help to empower staff in effectively managing any cyberbullying issues and in providing a united staff front on zero tolerance to all bullying behaviour.



In collaboration with



### Ask For Help

For further support, advice or guidance to support you students at school, or to sign up to The Diana Award's free Anti-Bullying Ambassadors training events, head to [www.antibullyingpro.com](http://www.antibullyingpro.com)







Fortnite: Chapter 2 has finally landed! With a whole host of new in-game features including a brand-new map, more water-based activities, upgraded character skins and a more streamlined arsenal of weapons, this Fortnite is promising to be the best yet. Almost all of the changes are cosmetic which means the concept of the game remains the same, with players still aiming to be the last man standing. Players will no doubt find the game much more enjoyable with so much more to explore. For parents and carers however, it pays to remain vigilant.



# What parents need to know about FORTNITE

## CHAPTER 2

### BATTLE ROYALE

Battle Royale games have become very popular over the last couple of years, and most tend to follow a very similar setup. Taking Fortnite as an example, 100 players drop into a map, loot buildings for weapons and armour and attempt to beat all the other players to be crowned victor at the end. If you've ever seen the Hunger Games movies, you'll have an idea of what this entails. Each game can take up to 20 minutes (assuming you last to the end) and can be restarted relatively quickly once 100 free players have been found.

### IS FORTNITE ADDICTIVE?

Fortnite is at the forefront of gaming addiction discussions because it is so popular with young people. But whether it actually contributes to gaming addiction is up for debate. WHO (World Health Organisation) have classified gaming as a legitimate addiction, but this is not solely a concern with Fortnite. Signs of addiction can include irritability when not playing, lying about the amount of time played and a preoccupation with thoughts of the next gaming session. Realistically, it must be down to parents and carers to recognise these symptoms and act accordingly if they think they are developing.

### FREE TO PLAY... OR IS IT?

While Fortnite is technically free to play (in that you can download and play it without paying) it does come with the caveat that spending money on things like skins and emotes in-game is heavily pushed to players. The currency used in-game is called 'V-Bucks' and can be bought with real money through the game's online store. It's worth remembering that these purchases are absolutely not necessary, are cosmetic only and that V-Bucks can be earned in-game with enough play time.

### SEASONAL UPDATES

Every 10 weeks or so Fortnite is updated with a new season. This essentially adds new things like skins and emotes to the game, while also sometimes changing up the game map in interesting ways. These seasons are free to everybody and don't require additional money to play, though battle passes for each season can be bought with V-Bucks. A battle pass will typically allow a player to earn experience faster and gain fun in-game items by completing a host of daily challenges.

### CROSSPLAY IS AVAILABLE

One of the wonderful things about Fortnite is that it can be played cross-platform. This means that no matter what platform a person plays on (PC, PlayStation 4, Xbox One etc) they can play with friends who own the game on a different platform. To do this, an Epic Games account must first be created online (which is free) and then linked with your platform account. Doing this removes the age-old boundary of not being able to play together because you don't have the same console and opens up a whole new world of playing online with friends.

### IS FORTNITE VIOLENT?

Fortnite has been rated by the ESRB (Entertainment Software Ratings Board) as teen, as it contains cartoon violence and the weapons and acts depicted in the game are some way removed from their real life inspirations. Characters don't draw blood when shot and instead of dying, they are simply beamed up off the map. Naturally, players younger than the recommended age limit will want to play the game and that should be at the discretion of parents and carers.



## Top Tips for Parents

#### BUYING V-BUCKS

As mentioned, Fortnite does contain in-game purchases and microtransactions in the form of V-Bucks which can be bought with real money. If you do decide to let your young one spend money in the game, be sure to delete your card information afterwards as it can be very easy to purchase more items at the press of a few buttons. It's important to set a limit on any purchases (as mentioned they are absolutely not necessary to play the game) and a suggestion would be capping the spending at around £50 - this is the normal retail price of a game.

#### GAMING WITH STRANGERS

Fortnite Battle Royale is an online game, and as such, there is a chance that young children could come into contact with strangers who are randomly placed into their groups in a game. It's difficult to predict what another person might say or do in a game, so it's a good idea for friends playing together, to be grouped together. The only real countermeasure to interacting with strangers offered by Fortnite is to turn off all mic communications, which can be done in the game's settings. Using outside chat apps, like Skype or Discord while playing, is a great way to make sure you know who you're talking to and that nobody else is listening in.

#### LIMIT TIME, BUT BE FLEXIBLE

A game of Fortnite can last up to 20 minutes, so be flexible when it's time to put it away. The approach of 'one more game' as opposed to '10 more minutes' will stop any complaints that a match is still ongoing. Better still, play with your child and take it in turns; that way you're helping control the time played and can keep an eye on what they're experiencing.

#### TALK TO OTHER PARENTS / CARERS

If you're concerned about play time or spending money in the game, talk to other parents and carers of your child's friends. If you approach as a collective, it will be easier to know when their friends are online and you don't have to worry about who they're playing with. It can also help curb expectations on spending money on battle passes and skins if you stick together.

#### CAN DEVELOP SOME IMPORTANT SKILLS

It's often overlooked just how good gaming can be for young people. Fortnite encourages team play, quick and complex problem solving and communication; that's not to mention the lightning fast reflexes gamers can develop. While taking breaks to do other activities is of course important, there are benefits to screen time which might not be immediately obvious.

#### PLAY THE GAME YOURSELF

There's no substitute for sitting down and playing the game yourself to learn all about it. Fortnite is available for free on almost anything you can imagine, even your smartphone, so there's never been a better time to get involved and see what all the fuss is about. You never know, you might even be able to impress your children when you show them your impressive Victory Royale tally!

### Meet our expert

Mark Foster has worked in the gaming industry for 5 years as a writer, editor and presenter. He is the current gaming editor of two of the biggest gaming news sites in the world, UNILAD Gaming and GAMINGbible. Starting gaming from a young age with his siblings, he has a passion for understanding how games and tech work, but more importantly, how to make them safe and fun.



<https://www.theguardian.com/games/2018/mar/07/fortnite-battle-royale-parents-guide-video-game-multiplayer-shooter>, <https://www.psychguides.com/behavioral-disorders/video-game-addiction/>, <https://www.polygon.com/2018/3/23/17146848/cross-platform-crossplay-ps4-xbox-pc-switch-ios-mobile-enable-friends-compatible-matchmaking701E7d>, <https://www.esrb.org/ratings/34948/Fortnite/>