



**HARLESTON SANCROFT**  
ACADEMY

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Diocese of Norwich  
St Benet's  
Multi Academy Trust

**Value for this half term: Wisdom**

**Theme for this week (8 January - 12 January 2024): Wisdom: Secure foundations**

**Life Skills theme for the week: We have community spirit**

### **Life in All its Fullness:**

Happy New Year! Hopefully, our students and their families have enjoyed the Christmas holiday and are feeling refreshed and looking forward to the rest of the academic year.

Finding ourselves writing *January 2024*, rather than *December 2023*, it is worth noting that the first month of the year is named after [Janus](#), the two-faced Roman god of beginning, endings and doorways, amongst other things.

Looking back on the old year and thinking about the year ahead, it is unsurprising that many people return to school and work in early January having made new year's resolutions. These can be challenging (perhaps too challenging!), or small tweaks that we plan to make that will make us happier, healthier and more productive.



### **Our Vision**

The Harleston Sancroft Academy is a community that flourishes, through God's love, to live

#### **'Life in All its Fullness'**

(JOHN 10:10 AND JOHN 13:34).

We are a foundation of **Hope**; a family of **Love**; a school of nurture guided by **Faith**; promoting a unique, personalised journey towards excellence.

## **DIGITAL DETOX: IMPACT ON MENTAL WELLBEING**

### **BENEFITS OF A DIGITAL DETOX**

- Less stress and more time to stop and be present in the moment.
- Greater creativity and mindfulness due to less time being spent on trivial distractions.
- Healthier relationships from actually talking to friends and loved ones face to face.
- Improved physical health by unplugging, getting up and getting moving.
- Improved sleep due to less blue light exposure and more melatonin exposure.
- Less anxiety when FOMO (Fear Of Missing Out) is no longer an issue.

### **HOW TO TAKE A BREAK FROM TECHNOLOGY**

- Make a to-do list of real things you want to do during the day and don't check your email, Twitter Facebook, or Instagram until it's done.
- Delete redundant apps and unsubscribe from all but essential blogs and mailing lists.
- Limit the time you spend on distractions such as social media and gaming to once a day.
- Try reading a good old fashioned book for a change instead of your Kindle.
- Do an activity where you can't have your device with you such as swimming, an exercise class or going to the cinema.
- If you can't bear to be without your device, try putting it in airplane mode for a while.



BBC Newsround offers young people an opportunity to reflect on their plans for 2024 and to consider new year's resolutions. They come up with a '[top eight](#)' that includes: **Spread kindness; Enjoy 2024** and take some time being '**tech-free**'. This seems to me to be sound advice.

Given the profound impact on all of us - it's no surprise that the idea of reducing screen-time and having [digital detox](#) has had a lot of media coverage.

In school, at least, student phones must be switched off and tucked away at the bottom of bags, giving young people some respite in their day when they do not need to be glued to their screens.

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Continuing to think about student wellbeing, here is a link to **January's Online Safety [newsletter](#)**; previous editions of the newsletter can be found [here](#) on the school's Safeguarding pages of the website.

**Nelson's Journey:** We're mindful that as our young people journey through school, they may well experience the death of a significant person. [Nelson's Journey](#) supports children and young people in Norfolk in this situation. They provide a range of resources and services, and accept referrals from families for those who may need their support. Since 1997, the organisation has helped thousands of bereaved children and young people in the county. Further information on Nelson's Journey can be found [here](#), including guidance, resources and how to refer for support. Please contact Miss Booty (Head of Student Support) if you require any assistance.

We would also like to share [this short booklet](#) from Nelson's Journey called 'At a time of bereavement' which aims to provide support and guidance to adults caring for bereaved children.

**Key dates for the next few weeks:**

16 Jan: *Young Voices* choir event  
29 Jan: KS4 Finance careers event  
12 Feb: Y9 Drama workshop  
15 Feb: Y9 Parents'/Carers' Evening  
16 Feb: Y11 Geography Field Trip

**School website and X/Twitter:** The [school website](#) is a useful source of information. Please also visit the Harleston Sancroft Academy [X/Twitter feed](#) for photos and updates.



On X and elsewhere, you might have seen the following post:

The Church of England [@churchofengland](#)

Let's welcome the new year with prayer. Did you know our Daily Prayer audio services were downloaded over 3.5 million times in the past year? The latest version of our free app now has services for 2024. Download or update free [here](#), or at <http://cofe.io/DailyPrayerApp>.

**[Prayer for the day \(Epiphany\)](#)**

Creator of the heavens, who led the Magi by a star to worship the Christ-child: guide and sustain us, that we may find our journey's end in Jesus Christ our Lord. Amen.