



Wadham Words



WADHAM SCHOOL

ADVICE TO PARENTS ABOUT MOBILE PHONES AND TABLETS

With the increasing evidence that too much 'screen time' is causing problems for students' mental health, we strongly recommend the following:

- Set a maximum amount of screen time. Apple devices now have a feature for parents to track this on iPhones and iPads. There are apps available for parents to manage screen time on Android devices too.
- No phones out while eating
- Devices are not in the same room when students do their homework.
- Devices not used for at least 1, preferably 2 hours, before going to bed. This is about helping the body get ready for sleep. The 'blue' light from screens, tricks the brain in to thinking it is still daylight.
- Devices not in the room with students overnight.



5-2 to Wadham Under 16's Boys Football Team

Wednesday 25th September saw Wadham School take on Millfield school B team in an U16s match at home. A healthy crowd of parents, teachers and students watched on cheering every winning challenge during the game.

Expecting a tough game against the best sporting school in the country, Wadham knew that they would have to work hard for each other to have a chance of winning. Wadham started brightly creating lots of shooting chances, but were unable to hit the target or really test the Millfield keeper. Against the run of play Millfield scored to take the lead 1-0. Wadham continued to play the better football, stringing passes together, battling hard all over the pitch to win tackles and headers as the pressure started to tell.

Connor Callow from Year 10 playing up a year, was looking very assured on the left side of midfield as fellow Year 10 student George Hallett marshalled the defence very well indeed. Shay Allen was having a great game in midfield, winning every challenge and making the game tick over. Eventually Wadham equalised before half time through Josh Key making the score 1-1 at the interval.

The second half started in a similar fashion to the first with Clayton Hayne then playing as Captain and scoring a hat trick and Finn Lehmann also scored making the second half a more enjoyable and relaxed affair. The final score 5-2 to Wadham giving them a great start to the season. Next Friday sees them play Castle School from Taunton in the SCFA cup.

All school footballers, girls and boys from all years, are reminded that training takes place every Thursday after school until 4pm and Friday lunchtimes in the Sports Hall.

Well done Boys!



Dates for your Diary

6th Form Open Evening

Monday 21st
October 6.00-7.30

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