Primary Assembly

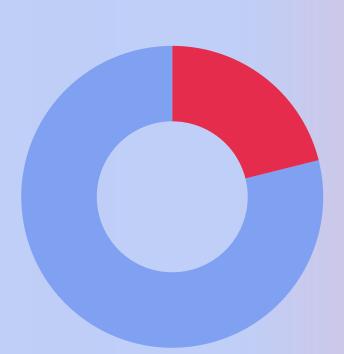






Be curious. Be heard.

Your latest results: "Do emojis make communicating easier?"



"Yes, because it
expresses what you're
feeling and can help
people with their
spelling."
Mildmay Primary School

"You don't have to write as many words. They can still understand what you're saying from the pictures." Lanchester Primary School

Yes No 78.9% 21.1%

"We can use emojis to help us express our feelings and thoughts, but with the emoji on its own, we can get confused "
Holland House School "I think not because sometimes it is difficult to understand what someone is saying based on the emoji they use as some emojis can mean different things."

Morley Place Academy

54,532 young people voted this week! Were you one of them?

Your latest results: "Do emojis make communicating easier?"

At The Week Junior we always want to know what young people think – and I'm delighted to see that so many of you took the time to make your voices heard. I'm with the majority, I also think emojis help with communication. As an editor I work with words all the time, but as a magazine editor, I know the power of an image, and emojis seem to me the perfect combination of the two.



THE WEEK

Vanessa Harriss, Editor at The Week Junior

Your views on "Do emojis make communicating easier?" were also heard by:



The Week
Junior



Oxford English Dictionary



Susie Dent



The British
Psychological
Society



Speakers Trust



Be informed.



Be curious.



Be heard.

Want to share your views with us? Share your votes and comments by logging into your VotesforSchools account. You can also get in touch at primary@votesforschools.com

Voters' Choice wasn't the only way you changed the conversation last year...

Your votes on our knife crime topic were used by the National Commission for Knife Crime and the Youth Endowment Fund in their research.

The Carers' Trust used your views on young carers from 2023 in a special report.





Your thoughts on homophobic language were featured in the BBC!



Barnardo's took your votes to the Labour and Conservative Party Conferences and included them in a special press release.



Our partners for the periods VoteTopic shared your views on their social media channels.



Thought of the week:

How can we get a better night's sleep?



Be informed: Catching zzzs





In the last few years, sleep and the scientific research around it has been a hot topic.

Sleep is an important part of our physical, mental and social wellbeing, just like eating well and being active.

A recent study showed that on average, people in the UK had six and a half hours of sleep a night. Doctors and researchers recommend between 7-9 hours of sleep for adults and it's even more for young children and teens!



Be informed: Catching zzzs



Less sleep and poor quality sleep can be bad for people's health. There is lots of information out there to help people get better rest and be healthier.

This information is especially important for young people too!







Myth:

A false idea that is commonly believed.

There is a **lot** about **sleep** that **scientists don't understand** yet, and there are **lots of gaps** still to be filled.

When there are gaps in our understanding, myths can be repeated so often that we start to think they are facts! Let's see how many sleep myths you can put to bed today...

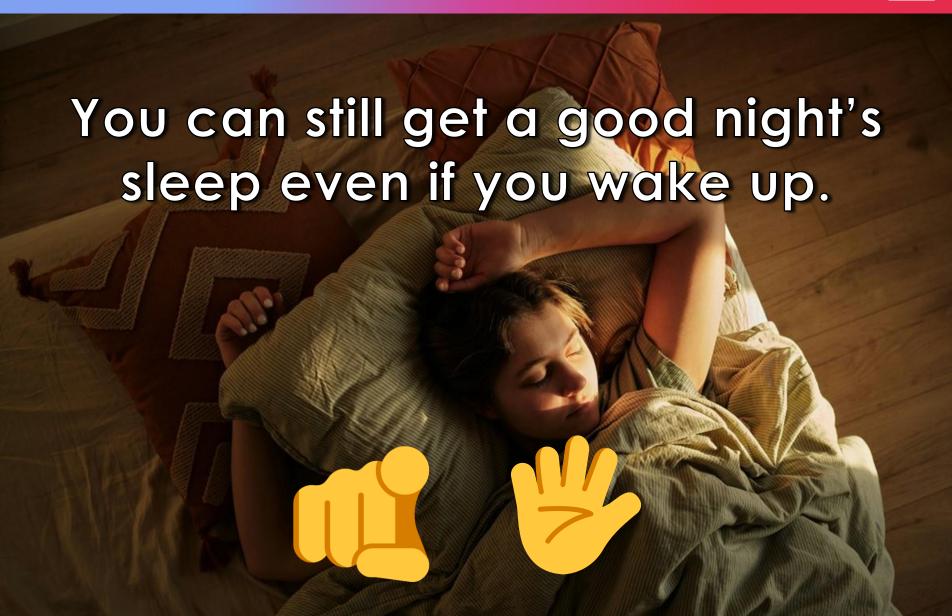


Point it out!

Over the next few slides, you are going to read some statements about sleep. If you think the statement is a **myth**, **point**. If you think it is a **fact**, **raise your hand**.

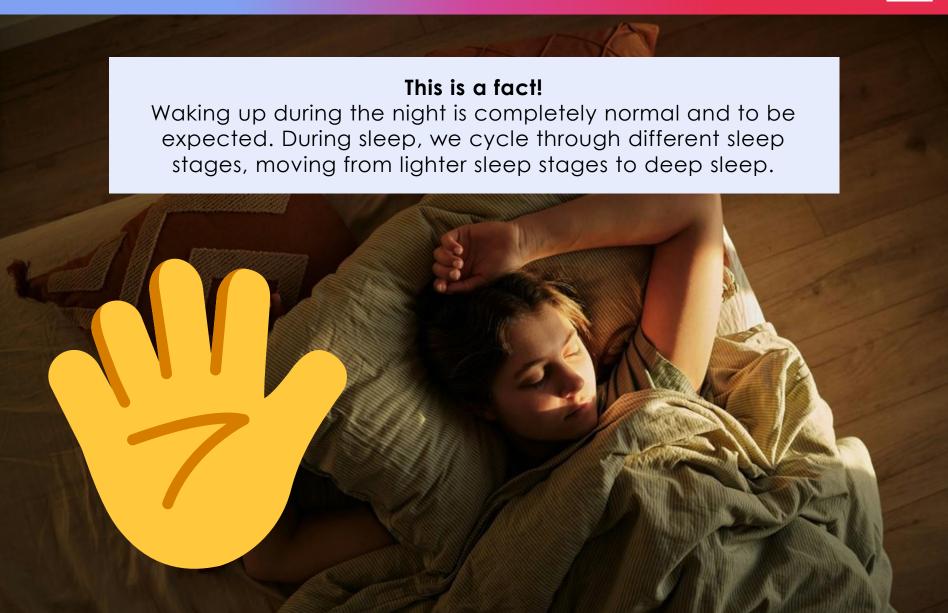












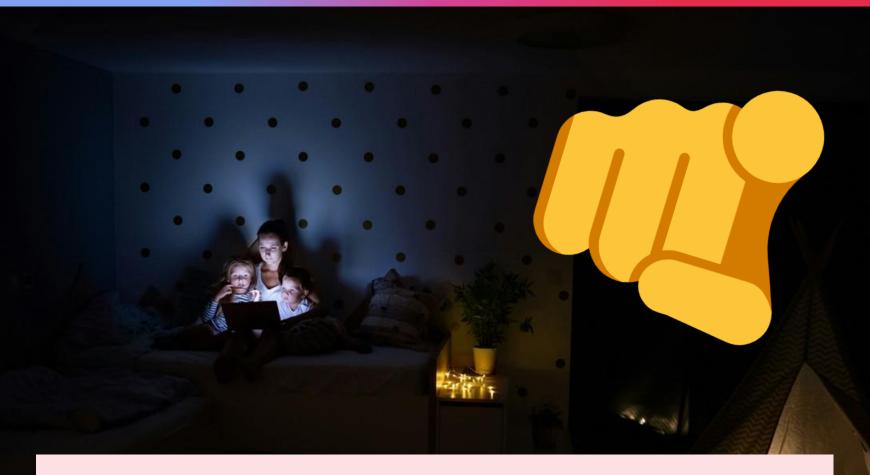












This is a myth!

Although some people might find that 8 hours of sleep at night suits them, we're all individuals and have different sleep needs.





Waking in the morning and still feeling dozy is a sign of a poor night's sleep.







This is a myth!

Very few of us probably wake up in the morning and immediately spring out of bed ready for the day. It's more likely that people wake up and take a few minutes to shake off sleepiness.







You can "catch up" on the sleep you've missed.







This is a myth!

Scientific studies show that you can't make up for lost sleep by having more on the weekends or in the school holidays.







Now we **know** a bit **more** about sleep, what do you think you could do to **improve** your **own**?

Thinking it over...

Over the next few slides, you are going to think about how you could get better rest. For each tip, reflect on whether you could do this.

Challenge!

How else might these tips help you feel healthier and happier?



















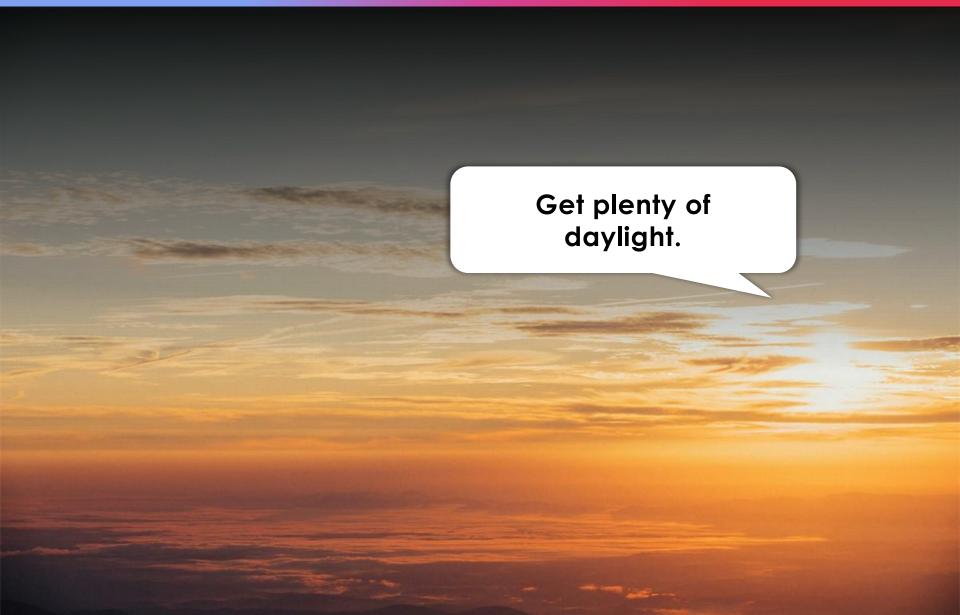


















This week you're discussing: "Should lessons start later in the day?"

Yes

This would give us the chance to eat, chat, read and pick what we wanted to learn.

I would really like a bit of time at the start of the day to wake up and switch my brain on for my lessons.

I think a later start would improve my health and wellbeing.

How will we fit in all our lessons if we start them later on in the day?

I think it is best to just get started on lessons straight away, so we don't get distracted. If I could wave a magic wand, I'd change the timings of the school day completely. I'd opt for finishing school earlier in the afternoon!

No

Join the national conversation by logging into your VotesforSchools account or sharing your thoughts with your teacher!