

Wisborough Green Primary School



Weekly Newsletter

Friday 6th March 2026

Focus for this half term - Positivity

A Note from the Headteacher

Congratulations to our Values Champions this week: Remy, Louisa, Max, Ollie, Dexter, Issy and Seth!

Year 1



Spring is here! The children are happy to see the sun is out and have enjoyed warmer weather and observing the changes as we enter this new season.

This week has been a rather eventful one for Oak Class. Our week began with Mrs Pavitt (Emilia's mum) coming in to visit. She taught us lots about the Chinese New Year and how this can be celebrated across the world.

'I liked learning about the different animals.' Matylda

'We found out about the different animals do each year.' Grace

Yesterday, we had World Book Day. The children were so excited to come dressed up as exciting characters from stories that they were familiar with. They also enjoyed sharing their favourite books with each other and making our reading crowns.

'I liked making my crown.' Oscar

'We used characters from the books.' Bonnie

'It was so much fun dressing up.' Louisa



Today we had our Arctic Explorers workshop. We very much enjoyed learning about life in the Arctic circle and how explorers would manage in the dangerous conditions. This was a fun and interactive session. The children were engrossed in this experience and had so many questions that they wanted to find out about too. Oak Class all agree this has been an exciting week!

Parent Teacher Meetings

An email has been sent out today about the upcoming parent teacher meetings. These are now bookable on MCAS. Thank you.

Choir Club

Due to parent teacher meetings, there will be no choir club on Tuesday 17th March.

Lodge Hill Meeting

We would like to remind parents that there will be a Lodge Hill Residential meeting on Monday 9th March from 3.30-4.00pm. Thank you.

Weekly Safeguarding Spotlight!

This week our safeguarding spotlight focuses on 'Digital Devices and Wellbeing' with key information about the impact of extended screen time and tips for how to manage the risks.

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

#WakeUpWednesday

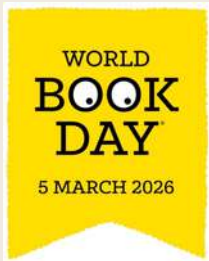
The National College

@wake_up_weds

Users of this guide.

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World Book Day

We all had a great time yesterday. The children's costumes were amazing - thank you for your support with making this a really memorable event. Please see our Instagram and Facebook for more photos!

Spring Concert Tickets

Please remember to book your Spring Concert tickets for Years 3 and 4 and Choir club. Tickets are available to purchase on MCAS. Thank you.

WOWSI

Join us online for our next
WOWSI Parent Chat Session



Our WOWSI Parent Chat sessions are friendly, relaxed online meetups led by parent carers who understand what it's like to support children dealing with fears, worries, and anxiety. It's a warm, understanding space to share experiences, listen, and connect with others who truly get it - while exploring ways to look after your own wellbeing as you care for a child who struggles with worries.

Join Us Online:

Tuesday
17th March
18:30 - 20:00

[Click to join](#)

You don't need to prepare anything - just come as you are.



Key Dates

March

- Monday 9th - Y5 Lodge Hill Parents Meeting 3.30pm
- Friday 13th - YR Trip to Washbrooks Family Farm
- Wednesday 18th - Y5/Y6 Mexican Art Workshop
- Friday 20th - Y5/Y6 Mexican Day
- Friday 20th - PTA Quiz Night
- Wednesday 25th March - Y3/Y4/Choir Spring Concert
- Thursday 26th - Friday 27th - Y5 Lodge Hill Residential
- Friday 27th - End of Term 2.00pm Finish (except Y5 for residential)
- Easter Holidays - Monday 30th March - Friday 10th April

April

- Monday 13th - Spring Term 2 Begins
- Friday 17th - Family Reading 9.00 - 9.20am

Congratulations to the
winner of
this week's PTA Cake
Raffle!



HOUSE POINTS

GREEN - 444
YELLOW - 457
RED - 387
BLUE - 436

For future diary dates, please visit our [website's school calendar](#). Thank you.