

## Weekly Newsletter

Focus for this week -

Friday 17<sup>th</sup> April 2026

Creativity

### A Note from the Headteacher

Congratulations to our Values Champions this week: Callie, Rosie, Piper, Henry, Jack and Asher!

#### Year 6



Our lovely class has come back from the Easter Holidays energised and ready to work hard! It has been lovely to see the children get stuck into their learning straight away.

In English, we have been honing our writing skills as we explore our new text - 'The Children of Benin Kingdom'. This relates to our exciting new topic on the ancient African civilization of Benin. Together, we have uncovered some of the intriguing feelings and motives behind some of the characters in the novel. We can't wait to see where the learning takes us.

In Maths we have been working in overdrive to make sure our arithmetic knowledge is as strong as possible. Alongside this we have delving into the world of Algebra! This has been an enjoyable challenge for the children.



Perhaps the biggest highlight over the last few school weeks has been our Mexico themed day and Mexican Art Workshop. The children loved having some local artists visit and produced some amazing traditional Mexican art! On Mexico Day, the children's traditional dress and costumes did not disappoint. There was one hundred percent participation from all!



Lots of fun has been had in between all the focus from the children. Ask us about some of the games we have learned to play!

*"I enjoyed trying all the different Mexican food on Mexico Day. I like the jalapeños because they were quite spicy and I enjoy spicy food."* - Charlie

*"I liked being creative with the tiles during the Mexican Art Workshop because we got to do any design we wanted!"* - Coco

*"In PE I've enjoyed playing dodgeball. I've definitely become better at the sport!"* - Alice

*"In Science, I've enjoyed studying the eye and the different parts. Did you know that the eye has six muscles that help it move?"* - Gus

This week our safeguarding spotlight focuses on the impact that digital devices can have on wellbeing and how we can 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. Using a visual schedule or timer app can help children understand and stick to limits.

### 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.

### 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.

### 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 Peristone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



## Outdoor Learning

Outdoor Learning starts next week. Please bring NAMED wellies or old shoes, old trousers and a top in a named bag (to be kept in school). The schedule for the classes is below:

**Mondays - Year 5 and EYFS**

**Wednesdays - Year 1 and Year 3**

**Thursdays - Year 2 and Year 4**

**Fridays - Year 6**

## 'This Girl Can'

On the last Wednesday before the Easter holidays, the Year 6 girls went to "This Girl Can" at The Weald. They chose the hockey section and were a bit nervous as some had never played this sport before. The girls played with determination and showed excellent team work.

The team won their first match 3-2 and went on to draw the next two games - what an amazing achievement for the Year 6 girls!



<b>April 2026 Timetable</b> <small>All regular sessions delivered live online via zoom, 90 minutes long</small> <b>£24 each or FREE with School Membership</b> <small>Book online at <a href="http://facefamilyadvice.co.uk">facefamilyadvice.co.uk</a></small> <small>Recordings available for 48 hours</small>	
Understanding Anger	6 April 10am
School Anxiety	6 April 7pm
Facing Defiance	7 April 10am
Supporting Healthy Screen Use	7 April 7pm
Anxiety Explained	13 April 10am
Cannabis and Ketamine Awareness	13 April 7pm
Introduction to OCD	14 April 10am
What is ACT?	14 April 7pm
Decreasing Depression	20 April 10am
Raising Self-Esteem	20 April 7pm
Understanding the Teenage Brain	21 April 10am
Supporting Healthy Sleep	21 April 7pm
<b>FREE Decreasing Depression</b>	<b>23 April 7-8pm</b>
Improving Family Communication	27 April 10am
Autism: Improving Communication	27 April 7pm
Supporting a Child with ADHD	28 April 10am
Understanding Addictive Behaviour	28 April 7pm

### TRAINING

#### SUMMER TERM 2026

#### WORKSHOPS

Making Sense of Behaviours that Challenge in Adolescence	Tuesday 21st April	7.30 - 9.30 pm
Making Sense of Maching	Thursday 23rd April	10.30 am - 12.30 pm
Understanding Attention Deficit Hyperactivity Disorder (ADHD)	Monday 27th April	7.30 - 9.30 pm
Making Sense of Wellbeing: Communication skills for parents and carers	Tuesday 28th April	7.30 - 9 pm
Understanding Demand Avoidance	Wednesday 4th May	7.30 - 9.30 pm
Making Sense of Education Health & Care Needs Assessment and Plans (EHCP)	Thursday 7th May	10.30 am - 12.30 pm
Understanding Autism in Girls	Thursday 14th May	10.30 am - 12.30 pm
Making Sense of Disability Living Allowance (DLA)	Tuesday 19th May	10.30am - 12.30 pm
Making Sense of SEN Support at School	Wednesday 30th May	7.30 - 9.30 pm

#### THE SEND FOUNDATION COURSE

An Introduction to SEND and the key issues parent-carers will encounter as their children grow and develop.

Wednesday, 12nd & 29th April 10.00 am - 1.15 pm

All of the above training will be delivered on Zoom  
For further information visit our website or email: [outreach-training@reachingfamilies.org.uk](mailto:outreach-training@reachingfamilies.org.uk)

SCAN ME

All our workshops are free of charge. For more information or to book a place, please visit our Eventbrite page or scan the QR code.

[reachingfamilies.eventbrite.com](http://reachingfamilies.eventbrite.com)

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## Key Dates

### April

- Monday 20<sup>th</sup> - Y1 Phonics Parent Meeting @ 3.30pm
- Tuesday 21<sup>st</sup> - Class & Leavers Photos
- Thursday 23<sup>rd</sup> - SEND Meetings
- Thursday 23<sup>rd</sup> - Y6 SATs Parent Meeting @ 3.30pm

### May

- Friday 1<sup>st</sup> - Y3/Y4 Monarchs Day
- Wednesday 6<sup>th</sup> - Y2 Multiskills at The Weald
- W/C Monday 11<sup>th</sup> - Y6 SATs
- Wednesday 13<sup>th</sup> - Golf Event at The Weald (further info to follow)
- W/C Monday 18<sup>th</sup> - Assessment Week and Walk to School Week
- Friday 22<sup>nd</sup> - End of Term
- Monday 25<sup>th</sup> - Friday 29<sup>th</sup> - May Half Term

### June

- Monday 1<sup>st</sup> - INSET Day
- Tuesday 2<sup>nd</sup> - Start of Summer Term 2

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



For future diary dates, please visit our [website's school calendar](http://www.reachingfamilies.org.uk). Thank you.