

Value for this week

- Empathy

A Note from the Headteacher

This week's value is Empathy, chosen by Thomas who said "when it is really hot we need to think about how other people are feeling." This week's Values Champions will be announced in next week's newsletter.

Year 4



What a busy and exciting couple of weeks it has been in Year 4!

Last week, the whole school came together for our annual Sports Day, and Year 4 did themselves proud. It was wonderful to see the children enthusiastically showcasing their sporting skills to parents and carers. Whether taking part in javelin, sack race or sprint races, the children demonstrated determination, resilience and excellent sportsmanship throughout the day.

"Cross-country was very tiring, but I persevered and kept going even in the heat!" said Evie.

We were particularly impressed by the way many of our Year 4 pupils looked after and encouraged some of the younger children, showing great maturity and kindness.

In English, the children have thoroughly enjoyed our explanation text unit. After learning all about the amazing Teacher-Pleaser Machine, the class set about designing their very own Parent-Pleaser Machines! We have been so impressed by the children's creativity and imagination.

Ahalisai commented, "Designing our own machine was great fun because we could actually design something that could help our parents!"

Ralph said, "I really like drawing my machine and explaining how it would actually work."



In Maths, we are incredibly proud of the effort Year 4 have put into learning their times tables this year. Last week marked the end of an important chapter as every child completed the Multiplication Tables Check. To celebrate not only completing the check but also winning their recent TTRS battle against Year 3, the children enjoyed a well-deserved movie afternoon. The class have since gone on to apply their times table knowledge when learning how to solve short division calculations. This week, we have moved on to exploring lines of symmetry and have enjoyed identifying and creating symmetrical patterns and shapes.

In Design and Technology, Year 4 have begun designing beautiful pieces of bunting inspired by nature. As part of this project, the children have been learning how to sew using both running stitch and back stitch. These newly acquired sewing skills will soon be put to good use when the children sew their printed fabric pieces onto their finished bunting.

Olivia commented, "My favourite stitch to learn was backstitch. Once I had learnt to sew, I liked being able to create my own designs."



Last week, we also said a fond farewell to our student teachers, as they completed their placements with us. The children have thoroughly enjoyed getting to know them and working alongside them over the past few weeks. It has been a pleasure to play a small part in their journey towards becoming teachers, and we wish them every success and happiness as they continue on this exciting path.

Well done, Year 4, for another fantastic fortnight filled with hard work, creativity and enthusiasm!

Weekly Safeguarding Spotlight!

This week focuses on developing awareness of the amount of time spent on devices to avoid turning into a 'screen zombie'!

A GUIDE ON HOW NOT TO BE A SCREEN ZOMBIE

It's not always easy to tell if you've been spending too much time on your device. Mobiles phones, tablets, games consoles, TVs; the list of devices you might have access to seems never-ending and switching between them can be seamless. However, too much time on your device could lead to certain problems and could be an indicator of an addictive habit. It's important therefore that you try and manage your screen time as much as possible and avoid becoming a 'screen zombie.'



TAKE CARE OF YOUR BRAIN

Spending too much time on social media, watching YouTube or playing games online can result in you becoming a screen zombie. This can affect your mood, how much sleep you get, how you perform at school and how you behave around others. Limiting your screen time will keep you alert, keep your mind focused and help to look after your own mental health and wellbeing.



BE PRESENT, NOT A ZOMBIE

Screen zombies often find that they spend a lot of time alone in front of their tablet or their mobile phone and reduce the time they spend with their friends or talk with their family. Zombies often lack communication skills. Always try to limit your screen time as much as possible - there's so much fun you can have with others!



SCREEN-FREE BEDROOMS

Keeping your phone in your bedroom means that it can be tempting to check every notification you get. Your phone could be the last thing you see at night and the first thing you see in the morning. This can contribute towards poor sleep and a lack of focus the next day. Try to keep your phone out of your bedroom or turn off all notifications before bedtime. This will mean you'll get a good night's rest and be ready for the next day.



DON'T GET TRAPPED INSIDE

Screen zombies usually find that they spend a lot of time inside as they lose interest in other things that don't include their device. It might seem obvious, but meeting your friends outside or doing outdoor activities like playing sports, trampolining, camping or just going for a walk are all healthy replacements for screen time and can help keep your mind fresh and active.



ZOMBIE-FREE MEALTIMES

Mealtimes can be seen as a good time to sit down, relax and switch on your tablet or phone as you eat your food. But it can also mean that you're not interacting with others, sharing jokes at the dinner table or just talking about your day. Keep mealtimes for family time. Eating your food and staring at a screen means you're turning into a zombie.



BEWARE OF OTHER DANGERS

Spending too much time on your device and online can increase your chances of potentially encountering other online dangers. This could range from viewing inappropriate or harmful content to online bullying, grooming or fake news. Controlling how much time you spend online will reduce your risk of exposure. If you do see anything that makes you upset or if you're concerned about contact with others, always report it to a trusted adult.



BEWARE OF SNEAKY TRICKS

A lot of apps and games use certain ways of keeping you online and using their platform for long periods of time. This can include simple things like unlimited scrolling on a newsfeed, 'streaks' or uncovering hidden levels. Be mindful of how much time you're online and try to remember you're in control. You decide when you've had enough, not your device.



SAVE YOUR PARENTS!

Even though your parents will often be the ones telling you to limit your screen time, turn off your tablet or switch off your phone, sometimes they will forget to take their own advice. So it's up to you to make sure you remind them of the dangers of becoming a screen zombie!



UN-ZOMBIFY YOURSELF

If you think that you've already become a screen zombie, then don't worry, it's never too late to get help and support from your friends and family. Talk to your parents if you feel you've become addicted to your device, try to understand why and work with them to help you limit your screen time so that you can leave your zombie character behind.



Meet our expert

Pete Badh is content specialist with over 10+ years in research and analysis. He has written various expert pieces around online safety for children and parents and previously worked in a specialist role for the police, contributing work which was pivotal in successfully winning high profile court cases and writing as a subject matter expert for industry handbooks.



National Online Safety®

#WakeUpWednesday

Whole School End of Year Picnic - Chartwells Ordering

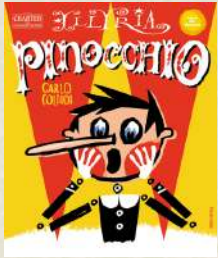
There is a change in the Chartwells menu for the last day of term, due to the Whole School End of Year Picnic. Instead of the roast dinner option, there will only be a packed lunch choice. If you would like to order a packed lunch for your child for the picnic, please do so on ParentPay (it will be down as a 'trip meal'). If you have already ordered a meal for this day, please log on and amend your booking. This includes for children in Reception, Year 1 and Year 2. Parents are welcome to bring along picnic lunches for themselves and their children. There will not be any spare Chartwells meals this day if you do not order.

Reception, Year 1 and Year 2 Open Air Theatre

As part of the Early Years and KS1 topic this term 'Traditional Tales' we have arranged for an professional Open Air Theatre Company (Illyria Theatre Ltd) to perform Pinocchio at school on Friday 3rd July during school at 1pm. Families (parents/carers/grandparents and younger siblings) can purchase tickets to join the children and watch the performance for £3 per ticket.

KS2 Tickets - If you have a child in Years 3, 4, 5 or 6 who would like to enjoy this show alongside EYFS/KS1, you can purchase a ticket for them for £2 (subsidised by the school). Tickets for KS2 children can be purchased on MCAS.

All tickets are non-refundable



ART EXHIBITION
POP-UP 2026 presents the
12th year of exciting creative
artwork from young talented
artists from
22 local schools and beyond

INVITATION TO THE OPENING

Wednesday 15 July 2026 at 4.30 pm -6.00pm

Venue: Fittleworth Village Hall RH20 1JB
RSVP: susie-coleman@outlook.com

Hours: Wednesday 15 to Saturday 18 July
10.00am -5.00pm

Free Parking

Access for buggies & wheelchairs



Supported by
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PETWORTH
FESTIVAL

Key Dates

July

- Friday 3rd - Open Air Theatre - Pinocchio
- Friday 10th - PTA Disco
- Wednesday 15th 5:30pm - Year 5/6 End of Year Production
- Thursday 16th 9:15am - Year 5/6 End of Year Production
- Friday 17th - Open Afternoon
- Wednesday 22nd - Y6 Leavers Assembly & Whole School Picnic
- Wednesday 22nd - Last Day of Term 2.00pm Finish

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



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