



Shurdington C of E Primary School

Be the **BEST** we can be, through love.

Believe Enjoy Succeed Together

SpringTerm Newsletter - 13/01/2026

Dates For The Diary

27.01.26 Cricket workshops

05.02.26 School Prayers

05.02.25 Y5 Living Rain Forest Trip

10.02.26 Young Minds Matter Parent Workshop 9-10

11.02.26 PTFA Disco (KS1 4:30pm and KS2 6pm)

13.02.26 Last day of Term 3 (normal finish time)

23.02.26 INSET day

24.02.26 First day of Term 4

26.2.26 Feet First Festival for Y3 and Y5

3.03.26 Parents Evening

4.03.26 Apple Class trip to Waterstones

5.03.26 School Prayers

5.03.26 Parents Evening

25.03.26 PTFA Colour Run

27.03.26 Last day of Term 4 **2:15 Finish**

13.04.26 INSET day

14.04.26 First day of Term 5

WC 11.05.26 Y6 SATs

22.05.26 Last day of Term 5

01.06.26 First day of Term 6

11.06.26 Sports Activity Day (no parents)

19.06.26 Sports Day (TBC) Parents invited

10.07.26 Summer Fete

17.07.26 Last day of Term 6 **2:15 Finish**

Visit our [website](#) to find out more about our school and your childrens learning.

Recently updated pages include:

- Class pages

Absences

Please call the office if your child is absent rather than email or reply through teachers2parents.

"Love God and Love your neighbour as you love yourself" Matthew 22:37 and 39

PTFA Disco

School discos are on 11th Feb - (KS1 4:30pm & KS2 6pm) please click the link below to purchase your child/rens tickets.

[Shurdy PTFA](#)

ParentPay

Please ensure bookings for Breakfast & AfterSchool clubs (BASC) are made 48hrs in advance. There will be a charge of £1 for any late bookings made. Breakfast club now opens at 7.45 at a charge of £5. Afternoon session (until 4.30) is £5 and afterschool session (until 6pm) is £7.



Carpark

Please can we remind parents not to use the school car park to park in unless authorised by the school e.g. disabled access. ***Please do not use the drive to turn around/reverse into the road*** as we have had a near miss lately where a parent almost knocked over some of our children as they didnt see them as reversing. Can all pedestrians please use eth pedestrian gate rather than walk through to ensure your children are kept safe.

Dinner Menu Wk Comm 19.01.26

A	Cheese & Tomato Pizza with New Potatoes	Meatballs with Rice	Roast Gammon	Chicken Curry & Rice	Fish Fingers & Chips
B	Vegetable Pasta Bake	Vegan Burger with Wedges	Quorn Roast	Macaroni Cheese	Cheese Whirl & Chips
C	Jacket Potato with Filling available daily				

Dinner Menu Wk Comm 26.1.26

A	Mexican Chilli & Rice	Sausage & Mash	Roast Chicken	Spaghetti Bolognaise	Fish Fingers & Chips
B	Vegan Meatballs	Lentil Curry & Rice	Vegetable Wellington	Vegetable Pizza	Red Pepper Frittata
C	Jacket Potato with Filling available daily				

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.

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



#WakeUpWednesday

The National College

10 Top Tips for Parents and Educators

ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

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