






SPRING TERM 2025/2026

Friday 16th January

Attendance

We had an amazing improvement in attendance this week with **94.76%**. Remember to visit [Should I keep my child off school](#) for advice when your child is ill.

			
	Attendance	Lateness	Class Dojo
Nursery	81.28%	5	
Reception	98.68%	6	5.5
Year 1	98.53%	2	9.4
Year 2	94.93%	2	7.4
Year 3	99.2%	4	5.5
Year 4	91.29%	10	5.5
Year 5	93.33%	1	4.7
Year 6	98.53%	5	2.5

Year 1 win the bonus break again for most average dojos this week.

St Martin's Stars

Well done to all our certificate winners this week!

			
	Shining Star	Purple Tie	Our Values
Nursery	Lotanna I		Bonnie-Faye C
Reception	Isla S	Munachi I	Michael M
Year 1	Maddison M	Albie C	Everleigh J
Year 2	Frankie K	Fraser H	Ava-Grace C
Year 3	Joshua E	William B	Corbyn S
Year 4	Aviana BK	Annie F	Maisie F
Year 5	Tyler R	Amelia B	Evie S
Year 6	Ewan W	Oscar H	Eva N

Walk to school Week

The Junior Safety Officers are running a 'Walk to school Week' during the week of **19th January 2026**. There will be individual prizes and prizes for the class that walks the most often. Well done to Ellenor Y2, Alice Y3, Maisie Y4, Amelia Y5 & Winter Y6 who won the poster competition.

Message from Mrs Ming

This week I would like to introduce Sarah Rowley, Education Support Practitioner to everyone. Sarah and her team have been allocated to schools to support us and you with a range of things such as chasing referral's, accessing health services, advice and support. If you feel you might benefit from her help please contact the office and we can put you in touch with her. Don't forget there is also a wealth of knowledge and support on the [family hubs](#) website.



We are also excited to announce our new school lottery but it does need people to buy tickets to help us fundraise and to make sure there is a prize to be won! You can buy [tickets here](#) and the first draw is on **Sat 7th Feb**. Have a lovely weekend.

Parent Notice Board

Monday 19th January

Whole school walk to school week

Monday 19th – Wednesday 21st January

Y5 Bikeability

Wednesday 21st January

Y2&Y4 Mass 10am

Thursday 22nd January

KS2 Learn to ride session

Friday 23rd January

Y6 Assembly

Clubs

Clubs next week

Please note **Homework club** is now on a **MONDAY**

Monday - Miss Rowe's Drama club **Y5&Y6**

Tuesday - Miss Harrison's Just dance **for YR, Y1 and Y2**

Tuesday - Mrs Monks' Recorder club **Y3&Y4**

Thursday - Mr Cullen's Sports Club **Y3&Y4**

Friday - Mr Scott's Choir **Y3-Y6**

Widnes Vikings

Widnes Vikings have once again given school some tickets that can be used at home games to help support us with our attendance drive. So in each month every child with 97% or more will be placed into a draw and will be given a family pass (2 adults, 2 children) for the games, which are a great day out. These are all in the DCBL stadium in widnes.

January draw – February 1st against North Wales Crusaders

February draw – March 8th against Hunslet RLFC

March draw – March 29th against Featherstone Rovers

April draw 2 winners – April 26th against Halifax Panthers and May 3rd against Sheffield Eagles

May draw – June 14th against Doncaster RLFC

June draw – June 26th against Oldham RLFC

Catholic Life and Reflection

The Wednesday Word is a resource for parents to use when discussing the [weekly Gospel](#) with their families.

Y2 and Y4 will be celebrating Mass on **Wednesday 21st January at 10am**. All families are welcome to join us ☺

A guide helping parents and educators understand how [digital devices affect children's wellbeing](#) and how to promote healthier habits.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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®