



Hapton C.E./Methodist Primary School  
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Hapton C.E./Methodist Primary School

# Hapton's Weekly News

22<sup>nd</sup> May 2026



Our Christian Value this half term:  
**Compassion**

Over this last half-term, we have been placing a strong focus on **Compassion** as our Christian Value within school. Compassion sits at the heart of our Christian ethos, reminding us to care deeply for one another and to act with kindness, patience, and understanding in our daily lives.

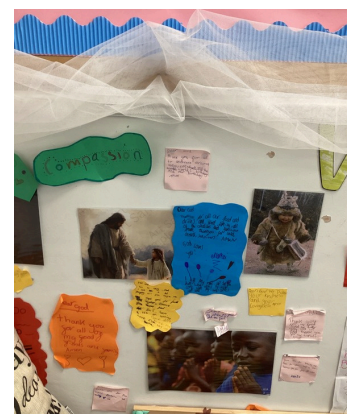
In the Bible, we are encouraged to “be compassionate and kind” (Colossians 3:12), and this message has guided many of our reflections and activities across the school. Pupils have been learning what compassion looks like in action.

We are delighted to share that this focus has already had a noticeable impact. Staff have observed:

- Increased kindness and support between pupils
- Greater respect for one another’s feelings and differences
- A calmer, more positive learning environment across the school

Children have been keen to celebrate acts of compassion, and many classes have introduced ways to recognise pupils who go above and beyond to care for others. These small but meaningful actions help to build a strong, supportive community where everyone feels valued and safe.

Thank you for your continued support!





## Achievements!

	Star	Star	Value
Class 1	Thomas A	Tommy H	Parker B
Class 2	Joey R	Olivia D	Thomas-Paul
Class 3	Aurora	Daniel D	Phoebe W
Class 4	Arron	Joey A	Emma

Attendance winners- Class 4, well done!! 🏆🏆

### Dates for the diary.

- Tuesday 9<sup>th</sup> June- Swimming @St Peter's Centre. Class 3
- Tuesday 9<sup>th</sup> June- New Intake Meeting. 5pm- 6pm.
- Wednesday 10<sup>th</sup> June- Phonics Screening
- Thursday 11<sup>th</sup> June- School nurse drop-in.
- Monday 15<sup>th</sup> June- Outdoor Elements for Classes 1, 2 and 3.
- Wednesday 24<sup>th</sup> - Friday 26<sup>th</sup> June- Hothersall Lodge- Class 4.



## Menu

School dinners for week commencing 8<sup>th</sup> June  
are:

**Monday-** Vegetarian Sausage roll, Tomato &  
Mascarpone Pasta or Jacket Potato

**Tuesday-** Pulled Pork Burrito, Mac'n' Cheese or Jacket  
Potato

**Wednesday-** Roast Chicken, Loaded Potato Wedges  
or Sandwiches

**Thursday-** Burger, Pasta & Tomato Sauce or Jacket  
Potato

**Friday-** Fish, Pizza or Sandwiches.



## Important Information!

**Please can all school trip money be paid as soon as possible!**

If you are experiencing any difficulties or need to discuss a payment plan, please do not hesitate to contact the school office—our staff will be happy to support you confidentially.

Thank you for your continued support.

## Parental Advice and Support!

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalonlinesafety.com](https://nationalonlinesafety.com) for further guides, tools and tips for adults.

# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

**GET OUT AND ABOUT**  
If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

**TRY A TIMED TRIAL**  
When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

**GO DIGITAL DETOX**  
Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

**LEAD BY EXAMPLE**  
Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

**AGREE TECH-FREE ZONES**  
Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

**HOLD A SCREEN TIME AMNESTY**  
As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

**BE MINDFUL OF TIME**  
Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

**'PARK' PHONES OVERNIGHT**  
Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

**SWITCH ON DND**  
Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

**TAKE A FAMILY TECH BREAK**  
Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

**SOCIALISE WITHOUT SCREENS**  
When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

**WIND DOWN PROPERLY**  
Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

**Meet Our Expert**  
Molly Bristol designed and delivered the UK's very specialist postgraduate mental health specialist course. They also coordinate and support educational organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is protected.

**DEVICE BOX**

**The National College**

**NOS National Online Safety**  
#WakeUpWednesday

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We hope you have a lovely half-term holiday! Enjoy the break, and we look forward to seeing you all in two weeks.

"I will lift up my eyes to the hills, where does my help come from? My help comes from the Lord, the maker of heaven and earth." Psalm 121 v 1-2