

# Newsletter – WC 12<sup>th</sup> January 2026

Inspiring success through Learning, community and faith.

I can do all things through Christ who strengthens me

– Philippians 4:13



A massive St John's 'well done' to all our Silverdale Stars this week.

### Curlews – Robin

For super maths skills, finding fact families and problem solving. Fantastic work Robin!

### Bitterns - Sam

For being super helpful with younger children. You are so kind and patient

### Harriers - Harry

For being kind, caring and always looking out for others.

### Friday Thought

If anyone says, "I love God," yet hates his brother, he is a liar. For anyone who does not love his brother, whom he has seen, cannot love God.

—1 John 4:20-21

### Attendance

A massive Well done to Curlews and Bitterns this week

Curlews	100 %
Bitterns	100 %
Harriers	98.9%
Average school	99.5%

### Coffee Morning

Coffee morning – Saturday 24<sup>th</sup> January

We need cakes, donations for tombola and raffle, sweets and any Bric-a-Brac items! We also need help on the day. Please see Carly if you can contribute – your time on the day, or donate a prize, or bake a cake. Please take all cakes to the Gaskell hall on Saturday morning. Anything else can come to school.

### Class Blog

It's Bitterns' class this week to share their [blog](#).

What a busy first week back they have had!

### Lunches



Week 3 WC 19.01.26

### Outdoor education

These trips will be taking place WC 2nd March 2026. They are always such a good opportunity for children to develop their resilience in the outdoors, to work collaboratively and to have new and exciting experiences. We will be working with the team at Borwick Hall this year.

Borwick have climbing walls on site and rope courses. Our first trip will be with Nursery and Reception on 03.03.26. Year 1 and 2 have theirs on 04.03.26. Year 3/4 are having their overnight stay/trip on 05.03.26/06.03.26. We will also be taking the Year 5s sailing in June.

**Payments for Borwick Hall trips are due by 13<sup>th</sup> February 2026**

### Old books for New books

We have quite a lot of lovely books that are not on the accelerated reader system. We would like to sell these books to you, or to anyone in our community. A 'book stall' will be outside school on **Thursday 22nd January**. We will accept any donation – large or small. All money will go towards new books to 'top up' or accelerated reader library. Please give generously

### School Field

We are so blessed to have wonderful grounds. We are currently discouraging children from wearing school shoes on the field, as it is so muddy. If children want to play on the grass area (not the football pitch) then they MUST bring wellies or alternative footwear in to school. Children must change into this footwear in the shelter, NOT in school. We need to preserve our carpets!

### Start of school day

Please remember school starts at 08:45.

Children need to be in the line on the playground, just before this time. Please encourage children to come in the building by themselves. It can feel like quite a tight bottle neck at the back door with parents saying goodbye to children.



# Newsletter – WC 12<sup>th</sup> January 2026

**Inspiring success through learning, community and faith.**

I can do all things through Christ who strengthens me

- Philippians 4:13

## Nuts and Grapes

We try to maintain a nut free school status.

Please ensure no nuts or products containing nuts are brought into school for snacks or lunches. We also ask that if you send grapes or strawberries they are cut into quarters lengthways to help prevent the risk of choking. Thank you for your help keeping our children safe.

## Playground equipment

We love our new playground equipment, and it is great to see the children using it. Please be aware that children must be supervised by parents when using it before or after school, especially the younger children.

## Curriculum Overviews

New curriculum overviews are now on the website. The creative curriculum theme for this term is 'Watery Worlds'. We have an English week planned, trips to Aquarium of the Lake, walks to the shore and so much more. It's going to be a brilliant term, with lots to see and do and learn. Curriculum overviews are available for... Curlews [here](#) Bitterns [here](#) Harriers [here](#)

## Early Years Entitlement

For all new or current nursery children, the new [early years funding agreement](#) is now available to view on the website. Please read carefully

## University of First Age

Thanks to all our volunteers for their time and support with this. This week's sessions continued with...

- Outdoor crafts
- Mindfulness Art
- European cooking
- Poetry and drama walks
- Embroidery
- Water music
- Bell ringing

## Next Week...

- 19.01.26 – Life Education team in school
- 20.01.26 – Virtual archery sessions
- 22.01.26 – Book stall after school to raise money for Accelerated Reader library
- 23.01.26 – Speech and Language therapist in
- 23.01.26 – Miss J CPD

[CHECK THE SCHOOL WEBSITE](#) FOR FUTURE DIARY DATES

## Swimming

KS2 started swimming last week. These sessions will run for the whole of Spring 1. It is important children attend, as it gives them good swimming and water safety skills. If you have any questions about swimming, please let us know. The children swim at Carnforth swimming pool, supervised by our staff, and taught by specialist swimming teachers.

## Online Safety

[Digital guide for parents](#) The children's commissioner, Dame Rachel de Souza, has produced a guide for parents on managing children's digital lives. With advances in technology ever increasing, it is vital that we all know how to keep our children safe online. This guide has lots of information that we hope you find useful. This time of year is always tricky as children may have been bought tech (phones etc) as Christmas presents. As a school, our advice is to limit your child's screen time, and monitor their messages on whatsapp; children often find it difficult to ensure they are sending appropriate messages, particularly when on a group chat. It is really hard, but parents modelling good habits often helps in terms of scrolling and screen time. We continue to ensure E-safety is a strong part of our computing and PSHE curriculum.

## Lunchtime Legends

We had our first 'Lunchtime Legends' this week! Well done to Adam, Marnie, Alfie and Robin. The children had a great time at the top table, reading jokes, colouring, and drinking out of goblets! Lunchtime legends are chosen Mon-Fri for good manners, kindness, scraping and eating as much food as possible!



# COFFEE MORNING



**Silverdale St. John's  
Church of England Primary School, Silverdale**

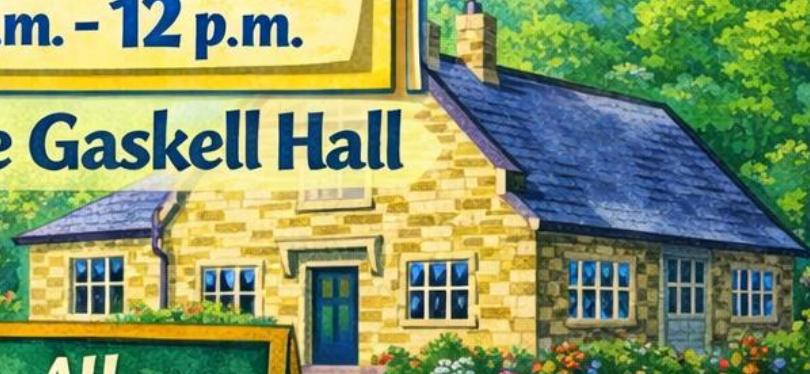
**SATURDAY**

**24<sup>th</sup>  
JANUARY  
10 a.m. - 12 p.m.**

**at The Gaskell Hall**



**All  
Welcome!**



**All donations to go into school PTA funds.**



# 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 secondimon one day a week for Minds Ahead, which works with schools on improving their mental health provision.



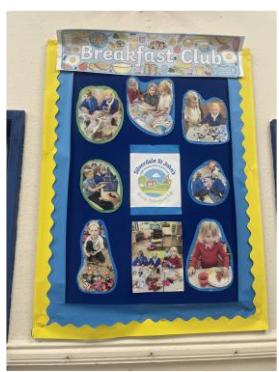
#WakeUp  
Wednesday®

The  
National  
College®



# Breakfast & After School Club

Safe, fun, and friendly care for your children before and after school!



## Breakfast Club

7:45 AM - 8:45 AM

Enjoy a healthy breakfast, fun activities, and great start to your day!



## After School Club

3:15 PM - 5:30 PM

Homework support, games, creative activities, and lots of fun with friends!



Book Your Place Today!

Contact: 01524 701467

[bursar@silverdale.lancs.sch.uk](mailto:bursar@silverdale.lancs.sch.uk)

[h.robinson@silverdale.lancs.sch.uk](mailto:h.robinson@silverdale.lancs.sch.uk)

- Experienced and caring staff
- Safe, welcoming environment
- Snacks and drinks provided

[www.silverdale.lancs.sch.uk](http://www.silverdale.lancs.sch.uk)

# STAY & PLAY



Our sessions are  
every Friday  
morning.  
Term time  
In our early years  
classroom.  
09:00-10:30  
All welcome



**Silverdale St John's Primary School**