

# Newsletter – WC 26<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 – Axel

For being so hardworking and resilient. You always try your best! Well done Axel!

### Bitterns – Fiadh

For such bravery when trying new things – sniffles to giggles in just three weeks!

### Harriers – Seb C

For a great sense of humour and a positive attitude. Seb's smile will always shine through!

### Friday Thought

Sitting down, Jesus called the Twelve and said, "If anyone wants to be first, he must be the very last, and the servant of all." —Mark 9:35

### Coffee Morning

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

Well done and thankyou, to everyone who helped at the coffee morning last Saturday. A big thank you to all who came along too. An even bigger thankyou to those of you who donated! We raised £571. It was a great morning raising money for school and blessing the community.

### Class Blog

It's Curlews' class this week to share their [blog](#). What a busy first week back they have had!

### Lunches



Week 2 WC 02.02.26

### Wonderful wellies

Thank you to all children who have remembered to bring wellies to school and remembering to keep them tidy in the shelter! Wellies mean children can play freely on the track and peripheral grass. We are trying to preserve the pitch for Friday football

### Watery World Week

Next week, we are starting our 'WATERY WORLD' week in school. There will be lots of reading, writing and creativity around this term's theme. The children will be fully immersed (pardon the pun) in lots of watery activities! **On Friday 6<sup>th</sup> February, we will be asking the children to dress up in watery themed clothes.** Fancy Dress! Yippee! Do we have any budding pirates, mermaids, rainbow fish out there? The children will also be sharing their work from the week in worship! Watch out for some crazy creativity in the corridors too!

### 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**

### Attendance

A massive well done to Curlews this week

Curlews	100%
Bitterns	98.3%
Harriers	91.7%
AVERAGE SCHOOL	95.8%

### Cross Country

Mrs Tetchner was so proud of our children on Thursday. They ran their little hearts out at the Cross Country at Archbishop Hutton primary school, Warton. Well done to Harry Smillie for coming first in his race. It was a first time for many of our younger children too. They did so well. We came fourth overall. Some schools had lots of competitors in each year group race, so we were pleased with our achievements.



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## Year 6 SATs

Year 6 SATs will take place WC Monday 11th May, and finish on Thursday 14th May. We know you won't be planning a term-time holiday as these are always unauthorized, but please ensure you avoid these dates

## FIRE DRILL AND LOCKDOWN PROCEDURES

We will be practising both fire drill and lockdown procedures before the end of this half term. Staff are forewarned, so as to support children who are noise sensitive. Our children are always fabulously behaved when we have our drills

## Valentines Disco

This will be on Friday 13th February 2026.

**It will be an 'own clothes' day in school.**

The disco will be 15.30 – 16:45 (those children staying for the disco will be 'delivered' to the hall at 15:30 by class teachers).

Sweets and drinks to be provided by PTA. £1 for mufti day and then £4 for disco. Money can be given to class teachers in the morning.

Volunteers needed.

Any children attending Friday football can join the disco after their session for 30 mins at a cost of £2.

## 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

## Lunchtime Legends

Our 'Lunchtime Legends' this week are...

Molly, George, Fiadh, Sam.

These children have been eating nicely, passing one another the water jugs, telling the adults funny jokes and trying foods they wouldn't normally try. Congratulations (and great effort) to those parents who make packed lunches a bit more creative without spending lots of money too! We have had watermelons, noodles and cheese twists this week! Miss Sanderson has been eating her lunch in the hall on certain days and was quite envious of some lunchboxes!

## Next Week...

02.02.26 – Mrs T Eng CPD

02.02.26 – Behaviour CPD at Yealand PS

03.02.26 – Curlews trip to Aquarium of the Lakes

03.02.26 – QofE Committee meeting

04.02.26 – Police talk assembly

04.02.26 – Mrs CT RE CPD

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

## Young Voices

We are taking just 7 children to Young Voices this year. It is always such a great experience to be in a huge arena with thousands of other primary schools from around the northwest of England. As we did in 2024, we will travel down to YV with Wilsons Endowed Primary school. Those parents who want to meet us straight after the concert and take their children, will need to talk to Miss Sanderson about the meeting place. Otherwise, the children will travel back to Over Kellet (coach drop off at Wilson's Endowed) and parents can collect from there. Mrs Taylor should have sent parents their tickets. Please don't forget to check your email inbox for them.

## Outdoor Learning

Forest school sessions will start again at the end of February – initially with Year 5 children. Our very own Reverend Eve is training to be a forest school practitioner! This will be so good for school, as we have so many areas to utilise when it comes to outdoor learning – Trowbarrow, the church, Eves wood, and of course our very own school grounds.

Miss Sanderson has also nearly finished her Lowland Leader qualification. This means we will be able to take children a little more 'off piste' in our wonderful surroundings. Roll on spring and summer!

Eve and Miss Sanderson both passed the Outdoor First Aid training course this week!

## Online safety workshop

If you are interested in online safety workshop, please can you let Miss Sanderson know. We need to gauge numbers before we book someone to deliver the workshop

# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

## WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

## POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

## RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

## LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

## IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

## MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

'EVERYONE HAS THAT'

## REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.



### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.



### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.



### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.



### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday®

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**