



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

Curlews – Elora

For displaying good skills and control in football and cricket! Well done Elora!

Bitterns – Joe

For working hard across all areas of the curriculum and always being willing to share his ideas in class.

Harriers – Jaxson

For always being calm and collected and learning ready

THE STARS OF THE WEEK WILL ENJOY THE TOP TABLE FROM NOW ON WITH THE LUNCHTIME LEGENDS

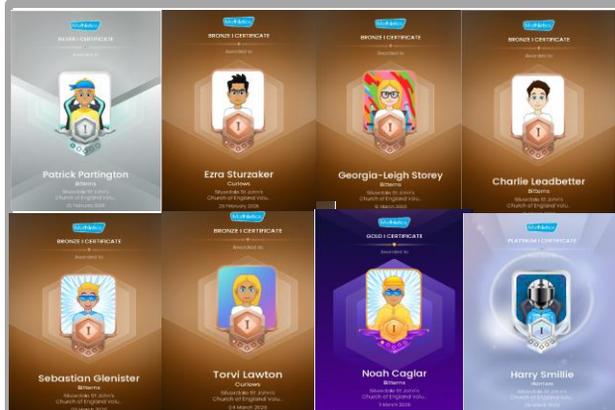
Class Blog

It's Harriers' class this week to share their [blog](#). Why not take a look to see what they have been doing in and out of class.

Spring Horticultural Show

Spring Day was amazing in school today. Although the lack of sunshine, didn't make it feel very spring like! Ruth, Melanie, Helen and Jane worked in all the classes. They helped the children make miniature gardens, make cross stitch pictures and alt dough sea creatures

Mathletics



Chess

Our chess sessions have been running in Harriers' class for a few weeks now. Thanks to Glenn for his expertise and intuitive approach to teaching chess to children! Amazingly, every child is absolutely loving these sessions! Thanks to the 'chessinschools' team for providing us with these opportunities

Curriculum Overviews

Curriculum overviews for this half term, are now available to read on the website. Your child should have brought a paper copy home too.

[Curlews](#) [Bitterns](#) [Harriers](#)

Friday Thought

The Lord your God is God; he is the faithful God, keeping his covenant of love to a thousand generations of those who love him and keep his commands. —Deuteronomy 7:9

Church News

Why not pop along to the 9am service (Parish room) or the 'all family' service on Sunday at 10:30. Eve and the parishioners would love to see you!

PE Kits/Uniforms

There are some interesting PE kits creeping into school! This is a polite reminder that PE kit is blue round neck t-shirt and plain royal blue/black shorts Black pumps/plimsolls (R – Year 2), pumps or trainers (Year 3 – 6).

Children should not wear trainers as part of school uniform.

Please remember to provide alternative footwear for children that want to play on the grass – wellies or old trainers.

Attendance

A Massive Well done to Bitterns this week

Bitterns 97.2 %

Curlews 97.1%

Harriers 96.5%

AVERAGE SCHOOL 96.9%



Newsletter – WC 9th March 2026

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me

- Philippians 4:13

The words of Jesus: Our Christian Value this week is Compassion

PTA Events

Mothers' Day secret shop- TODAY at 13:30!
Easter Bingo – Tuesday 24th March

Foodbank Collection

To help encourage generosity and spread some kindness during Lent we will be collecting for Morecambe Foodbank over the next couple of weeks. Items they are short of include: microwave rice, porridge sachets, tinned meat, toothpaste, long life fruit juice, oat/soya milk and toiletries. Any donations can be brought to school and left in the box in the foyer.

Governor news

Chris Kelly has been appointed as LA governor, and we are very pleased to have him with us. Chris knows Silverdale and some of our families well. Alex, Georgina and Chris have already completed governor induction, and are keen to get to know school and be part of the school development plan

Lunchtime Legends

Our 'Lunchtime Legends' this week are... Caspian, Georgia, Finley, Abigail. Super eating, super manners, super children!

Easter Bingo

We cannot wait for our Easter bingo night on Tuesday 24th March. This is open to all children from Starlings' to Harriers 'class. We will start straight after school and finish around 4:45pm. Children will all have the chance to win easter eggs, and will be given something of their own to take home. It is £3.00 to enter. If your child is already booked into ASC club that night, they can come at no extra charge.

Adapted teaching

Thanks to Alex for donating an exercise bike to us. We've had a many a giggle on it already (that's just Miss Sanderson!) Some of our children are really challenging themselves with it, and helping to regulate their emotions.

Next Week...

16.03.26 – Pathways to spirituality CPD staff and Govs
17.03.26 – Candle Enterprise in school
17.03.26 – History subject leader CPD
18.03.26 – CPI CPD Carnforth Community
18.03.26 – Class photos
19.03.26 – Calm Together in school
20.03.26 – Lent Quiet Day
20.03.26 – Interim appraisals teaching staff
Please don't forget to check the [online calendar](#) for future events

Mothers' Day cuppa

Thanks to all the mums, grandmas and 'motherly figures' that came to the coffee morning after worship today. It was lovely to see school council waiting on and treating our mums to cake, hot drinks and chatter about how wonderful we think they are.

Lunches

Week 2 WC 16.03.26



Big Walk and Wheel

It's that time of year when we take part in the Big Walk and Wheel at school. From Monday 16th March, to Friday 27th March, we are encouraging children to walk, cycle or scoot to school; this will help them (and you) to get healthier and also keep cars off the road. Our Eco group will be coming round each day to record the children who have come to school in this way, and will let us know in worship each week which class is the healthiest. If you live far away, you can still get involved by parking in the methodist church car park and cycling, scooting or walking from there.



Dallam Cross Country

Well done to all of those children from years 2,3,4,5,6 that took part in the cross country. For some children it was their first time taking part in a sporting event. They were so brave, and guess what? We came home with a gold again!!
Whooppee!

What Parents & Educators Need to Know about STREAMING SERVICES

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

WHAT ARE THE RISKS?

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator, and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government, comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

See full reference list on our website

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

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h.robison@silverdale.lancs.sch.uk

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

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