



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

**Curlews - Esmae**

For a fantastic start to school and making so many new friends in such a short space of time!

**Curlews - Darcie**

For a fantastic start to school and making so many new friends in such a short space of time!

**Bitterns – Scout**

For being so 'switched on' with current affairs and her immediate surroundings

**Harriers – Finley**

For being so polite at lunchtime and caring about others

## PE kits

Don't forget PE kits must be in school every day.

Bitterns and Harriers are bowling again with Dan on a Tuesday. Please make sure children have warm sleeves too, as it can be quite chilly down at the green.

## Lunchtime Legends

Our 'Lunchtime Legends' this week are... Henry, Bertie, Sam, Jax and Arlo. Super children doing super stuff at lunchtime!

## Homework

Please don't forget to log into Mathletics and Spelling shed for homework, and complete any paper copies that are sent home. Homework consolidates learning class, and prepares children for secondary school – particularly those in KS2. If you haven't got time to complete homework in an evening, then reading is always priority!

## Friday Thought

This is why you pay taxes, for the authorities are God's servants, who give their full time to governing. Give everyone what you owe him. If you owe taxes, pay taxes; if revenue, then revenue; if respect, then respect; if honor, then honor. — [Romans 13:6-7](#)

## Church News

An informal service will be in the parish room at 09:00. The family service will be at normal time in the church at 10:30.

All welcome

## NISCU listening service

We welcome Sue Edmonson into school this term.

Sue will be with us on a Thursday morning – listening to children read, and providing an opportunity for them to talk and have an attentive listening ear. For more information, visit the [Niscu website](#).

## Half Termly Overviews

Our new theme is The Great Outdoors for the summer term. Please find half termly overviews on our website...

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

## SATS

Our year 6s will be sitting their Standards Assessment Tests WC 11.05.26. Miss Jackson will be providing breakfast. Please encourage children to come to SATS club on a Thursday night, and practise at home. These websites are great.

- **BBC Bitesize (Free):** Highly recommended for engaging videos, interactive activities, and quizzes covering the full curriculum for KS1 and KS2, including specific SATs revision sections.
- **MyMiniMaths (Free):** Excellent for daily arithmetic and reasoning practice, featuring dedicated Year 6 arithmetic papers.
- **CorbettMaths Primary (Free):** Known for its "5-a-day" feature, providing short, daily practice questions and video tutorials.
- **SATs-Papers.co.uk (Free):** A comprehensive, independent site providing past papers for both KS1 and KS2 from 1999 to 2026, which are essential for practice.



# Newsletter – WC 13<sup>th</sup> April 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 Forgiveness

## PTA Events

27th and 28th June – Arts Trail cafe

## Foodbank Collection

The foodbank collection will be leaving school next Wednesday. Please, if you have microwave rice, porridge sachets, tinned meat, toothpaste, long life fruit juice, oat/soya milk and toiletries, can you pop them in the box, so we can give to Lynn Peck.

Thankyou

## Gates

A reminder that the side gates will be locked in school time. They will be closed and locked by a member of staff at 09:00 and will be opened again at 15:00.

We will be inviting the Year 8 children back to officially open our playground in the summer term. It's only been 18 months in the waiting!

## Bag2School

Bag2School is the largest textile collection company working with schools in the UK. Founded in 1999, they have now paid over £48 million to schools, nurseries, playgroups, pre-school groups and churches which is helping the Circular Economy. They provide a free fundraising service for anyone wanting to raise funds using a resource EVERYONE has got in their wardrobe – unwanted clothes. Better still, the bags used for collections are all recycled!

**Our collection day is Friday 8<sup>th</sup> May.**

They collect...

Clothes, paired shoes, handbags, hats, bags, scarves and ties, bras, jewellery, socks, belts.

Please place all items in the bag and leave outside school on the Friday morning. We get money, so please do give generously.

## Lunches

**Week 1 WC 20.04.26**

## Class Blog

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

## Next Week...

20.04.26 – Mrs Accialini CPD  
20.04.26 – English writing moderation (internal)  
21.04.26 – Reception vision test  
22.04.26 – Mrs T English CPD  
23.04.26 – Miss S MIDAS training  
23.04.26 – English twilight

**Please don't forget to check the [online calendar](#) for future events**

## Attendance

**Well done to Harriers this week**

**Harriers 98.2 %**

**Bitterns 91.7%**

**Curlews 90.0%**

**AVERAGE SCHOOL 94 %**

## Big Walk and Wheel

'Well done' to everyone who has walked, scooted or cycled to school before the holidays. We came 27 out of 149 small schools. Our total journeys over the 2 weeks were 321, which is up by 118 journeys from last year. Bitterns were the overall winners with 144 journeys by bike, scooter or little legs! A huge shout out to all those who made a real effort to save fuel, save the earth and build stamina physically over the 10 days.



## Enrichment Clubs

Our enrichment clubs will be starting WC 13<sup>th</sup> April 2026 with  
Wednesday – Eco Club  
Thursday – Chess Club  
Friday - Football Club

## Vacancies

We have two vacancies in school. They would be a great opportunity for someone local to come and join our lovely school family.

Welfare Assistant

Monday, Tuesday, Wednesday 12:00- 13:00

After School Assistant

Monday, Tuesday, Wednesday, Friday, 15:00 – 16:30

Please contact Miss Sanderson if you are anyone you know, might be interested.

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

# What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

## WHAT ARE THE RISKS?

### ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

### PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

### LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

### HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

### BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

### SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

## Advice for Parents & Educators

### START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

### REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

### CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

### PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

## Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, Talk TV, and other major media outlets, supporting families across the UK.



#WakeUpWednesday

The National College

See full reference list on our website

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# 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**