



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

Curlews – Roman

For fantastic work developing ideas for stories about trains. Well done Roman!

Bitterns – Abigail

For a mature attitude to friendships and being caring

Harriers – Jaxson

For being cool, calm and collected. You have a great attitude for behaviour and learning.

Mission Implausible

When Dr Yes kidnaps the esteemed scientist Professor Sandy Beach, our four (least capable) MI5's agents Harry, Seb C, Jaxson and Baine find themselves tasked with rescuing him and capturing Dr Yes. It wasn't easy though, not with the likes of Paws, Tic-Tac, Number Two and Rosy Webb standing in their way!

The children were absolutely brilliant throughout the production of Mission Implausible. It was fun, furious and fantastic! We had the year 2s join us this year, and they didn't let us down. James Park will send a live stream of the production for a donation of £5.

Please email Miss Sanderson, if you would like a copy.

Science Week

Mrs Hodgkinson has organised a trip to Rigmaden Estate in Kirkby Lonsdale to celebrate Science Week. The trips will run on **6th and 8th July** and will focus on the Science themes of 'Plants' and 'Living things and their habitats'. Please return consent forms asap

Outstanding payments

Please make sure all lunch and club outstanding payments are paid by the end of the term. Please see Miss Sanderson if you are struggling or need to chat

Friday Thought

By the grace given me I say to everyone of you: Do not think of yourself more highly than you ought, but rather think of yourself with sober judgment, in accordance with the measure of faith God has given you. —Romans 12:3

Lunchtime Legends

Our 'Lunchtime Legends' have been brilliant this week. Oscar, Axel, George, Adam, Scout Super children doing super stuff at lunchtime!

Arts Trail weekend

A HUGE thankyou to...

Carly, Andy, Lorna, Roz, Laurel, Kirstie, Lucy, Tom, Dave, Mrs Tetchner, Mrs Hodgkinson, Becks, Jonny, Trueman, Jonny, Claire, Faye, Louise, Chris, Andrew, Miss Jackson, James, Annie, Anna, Georgina, Nathan...

And to anyone else who helped on the day.

Also, to those who baked lovely cakes and sausage rolls, made soup and shopped for all the little extras. Wow! What teamwork and what a productive and fun weekend we had. We made well over £700!

Lunches

Week 3 WC 06.07.26

There'll be no school lunches on 20/21st July.
Children to bring own packed lunch

St John's Church foundation stone

Celebrating 140 years of the laying of the current St John's Church foundation stone.

There is a special service this **Sunday** at 10.30am with the Bishop of Blackburn, Philip North. As always, everyone is welcome. Please do come along. We would also like some children to help sing some songs. We have some wonderful voices amongst our children. Please see Miss Sanderson if you think your family might like to be involved.



Newsletter – WC 29th June 2026

Inspiring success through learning, community and faith.

I can do all things through Christ who strengthens me

– Philippians 4:13

Transition Morning

We are having a transition morning on Monday 13th July from 09:30-11:30. This will be an opportunity for children to get to know new class teachers and learning support staff, and even meet new children. It is a getting to know you morning. Fun, creative and a chance to develop new relationships

Attendance

Well done to Harriers

Harriers 98.8%

Bitterns 98.0%

Curlews 82.5%

AVERAGE SCHOOL 95.1%

Year 6 Leavers arrangements

Thursday 9th July 2026 – Leavers Photos

We will take photos of our Year 6 leavers which will be available to download free of charge. We will take individual photos as well as friendship groups.

Thursday 16th July 2026

Year 6 leavers Party – TBA

Monday 20th July 2026 – Shirt Signing

We are looking to give your child the opportunity to get their shirt signed in school, so please could you ensure your child has a shirt in school that they can have signed as well as the one that they are wearing.

Tuesday 21st July 2026– Leavers Presentation and picnic

11am in church. Our Year 6 children will take this opportunity to present to you their memories of primary school and look forward to their next challenges at secondary school. They will be handed their end of year trophies and Bibles.

This will be in church, followed by a whole school family picnic.

Bikeability

Harriers need to bring bikes on 16th/17th July. Please bring a lock, if you are worried about theft. Please also discourage children from riding bikes on the playground at drop off/pick up.

Next Week...

06.07.26 – Jess W in school – work experience
06.07.26 – KS2 trip to Rigmaiden Kirkby Lonsdale
07.07.26 – QES induction Day
07.07.26 – Young Leaders training Year 4/5
07.07.26 – Miss S Educational trip training
08.07.26 – Young Leaders training Year 4/5
08.07.26 – KS1/EYFS trip to Rigmaiden Kirkby Lonsdale
09.07.26 – Safeguarding audit
10.07.26 – Science week worship
Click on the [online calendar](#) for future events

Final Family Worship

Tuesday 21st July will be our final family worship of the year at 13:00.
We will be celebrating achievements from throughout the year. It will be a lovely celebratory occasion. All welcome.

Parent Governor

We have a new parent governor. We welcome Kirstie Harrison to our governing board. Her creativity, care and love will be much appreciated.

Reports

Reports will go home on **Friday 17th July**, with opportunity to meet teachers on **Monday 20th July**. Please don't forget to return the report slip with your comments

Class Blog

It's Curlews' class this week! Please [click](#) on the link to gain an insight into what the children have been learning in class.

Giving Fortnight

Giving fortnight began WC 29th June. If you would like to give to the PTA fund, please click on this [link](#). We need funds to finish our playground and hopefully have some money to lease or buy a minibus. It will take a long time to raise these funds, but our faithful PTA are up to the job. Please support them and school.

10 Top Tips for Parents and Educators

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS

Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



#WakeUpWednesday

The National College

See full reference list on our website

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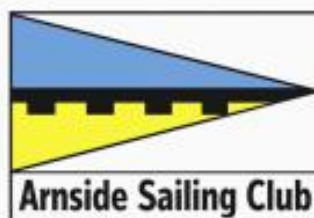
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YOUTH NEWSLETTER

SAIL • PADDLE • LEARN



Youth Club Sailing Sessions

Ages 8+. Youth dinghy sailing club for all ability levels. Friendly instructor-led sessions with on-water supervision from a safety boat. Beginners can also sail with support from our youth assistants.

23 May - 9.30-12.30 (K)
30 May - 10.30-2.00 (A)
6 Jun - 9.30-12.30 (K)
13 Jun - 9.30-1.00 (A)
20 Jun - 3.15-6.15 (A)
27 Jun - 9.30-12.30 (K)
4 Jul - 2.15-5.15 (A)
11 Jul - 9.30-12.30 (K)
23 Jul - 1.30-4.30 (A)
6 Aug - 1.30-4.30 (K)
20 Aug - 1.30-4.30 (K)
27 Aug - 1.30-4.30 (K)

Key: Killington (K), Arnside (A)
(Not RYA courses)



RYA Sailing Courses

26-27 May Stage 1 (2 day)
26-27 May Improvers (2 day)
26-29 May Stage 1-2 (4 day)
28-29 May Stage 3-4+, intermediate/advanced (2 day)
27-30 Jul Stage 1-2 (4 day)
27-30 Jul Intermediate (4 day)
10-13 Aug Stage 1-2 (4 day)
10-13 Aug Intermediate (4 day)
18 Oct Advanced skills, i.e. Seamanship (1 day)

Looking for extra activities?

There's plenty to dive into beyond sailing:

- Giant paddleboarding at Killington
- Powerboat Level 1
- Paddle sessions
- Wing surfing
- Wind surfing

Contact us for more information.

Next steps ...

Have you finished stage 4? Keen to become an assistant instructor?

Support our instructors on shore, in the powerboat, or on the water, and help inspire the next wave of youth sailors. It's ideal if you're working toward an advanced module such as Seamanship Skills, Start Racing, or Spinnakers.

For more information and booking:

Email chiefinstructor@arnsidesailingclub.org.uk
Or, scan the QR code ...



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