



## CALENDAR DATES 2026

20 <sup>th</sup> JANUARY Re-scheduled date****	EARLY YEARS NIGHT WALK Please email the office if you are unable to attend the new date****
13 <sup>th</sup> FEBRUARY	EARLY YEARS – BIRD OF PREY WORKSHOP Details sent 9.1.26
16 <sup>th</sup> to 20 <sup>th</sup> FEBRUARY	HALF TERM – SCHOOL CLOSED All children return to school on Monday 23 <sup>rd</sup> February
25 <sup>th</sup> FEBRUARY 3:15pm to 6:45pm	PARENTS EVENING – IN PERSON AT THE SCHOOL Details sent out 13.1.26 on how to book your slot
26 <sup>th</sup> FEBRUARY 3:15pm to 5:45pm	PARENTS EVENING – IN PERSON AT THE SCHOOL Details sent out 13.1.26 on how to book your slot
3 <sup>rd</sup> & 4 <sup>th</sup> MARCH	AUTHOR VISIT JULIA JARMAN Details to follow
3 <sup>rd</sup> MARCH	YEAR 3 TRIP TO BRADWELL ABBEY Details to follow
5 <sup>th</sup> MARCH	WORLD BOOK DAY – NON UNIFORM Details to follow
10 <sup>th</sup> MARCH	EARLY YEARS MEASUREMENTS/AUDIOLOGY Email sent 23.9.25 – please refer to the details in the email
17 <sup>th</sup> MARCH	ST PATRICKS DAY – NON UNIFORM Wear something green/orange/white if possible
23 <sup>rd</sup> to 27 <sup>th</sup> MARCH	SHAKESPEARE WEEK
27 <sup>th</sup> MARCH 1pm to 1:30pm	FANTASTIC FINISH! Parents/carers invited to come and see the children's learning at 1pm then children to go home
30 <sup>th</sup> MARCH to 10 <sup>th</sup> APRIL	EASTER HOLIDAYS – SCHOOL CLOSED All children return to school on Tuesday 14 <sup>th</sup> April 2026
13 <sup>th</sup> APRIL	STAFF TRAINING DAY – SCHOOL CLOSED
14 <sup>th</sup> APRIL	CLASS GROUP PHOTOS
23 <sup>rd</sup> APRIL	ST GEORGE'S DAY – NON UNIFORM Wear something red/white if possible
14 <sup>th</sup> & 15 <sup>th</sup> MAY	YEAR 4 RESIDENTIAL TRIP

### EARLY YEARS – DRAWING FAMILY PICTURES CERTIFICATES



## Challenge Champions 9<sup>th</sup> January 2026



**Lynx: Mason**

**1A: Whole Class**

**2O: Willow**

**3P: Zehna**

**4G: Hadley**

**Bobcat: Jacob**

**1P: Whole Class**

**2M: Kairo**

**3J: Myla-Valentine**

**4DR: Emelia**



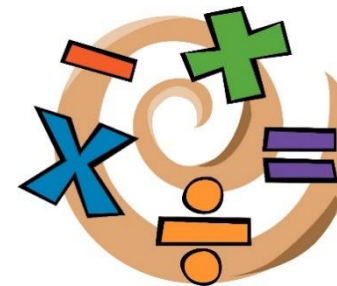
**Well done to all our Times Tables Rock Stars this week!**

**Jah-Nae, Scarlett, Pippa, Emilia, Francesco, Emilia, Elisheva and Abigail.**

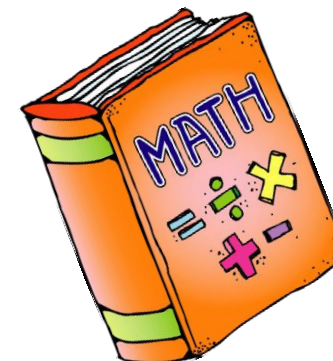
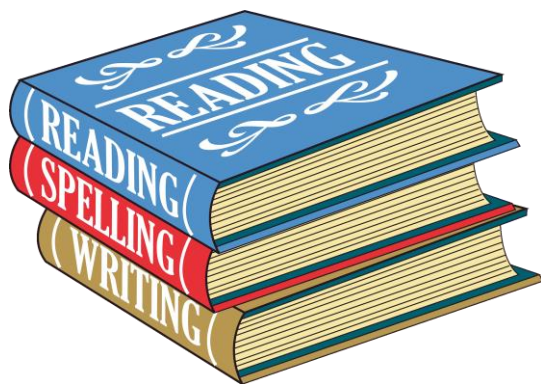
**Excellent work everyone!**



**English Champion of the Week**  
**9<sup>th</sup> January 2026**



**Maths Champion of the Week**  
**9<sup>th</sup> January 2026**



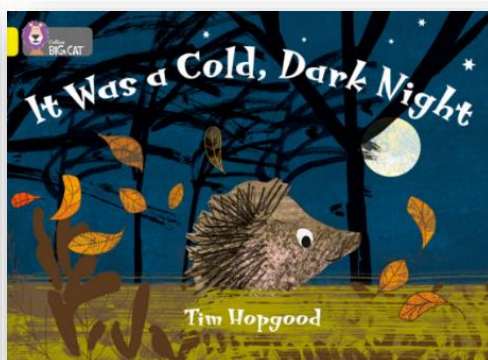
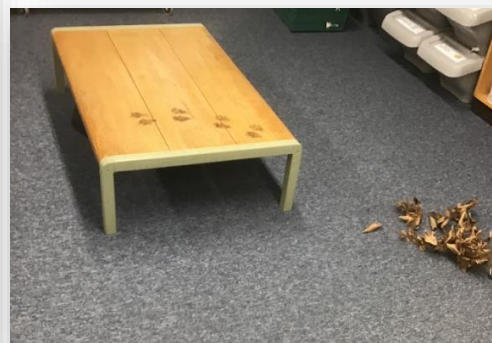




# EARLY YEARS HEDGEHOG WOW!



Early Years started their Spring Term with the book 'It was a Cold, Dark Night' by Tim Hopgood, where the children came in to find leaves and footprints all over their classroom. The children investigated and explored using magnifying glasses and footprint identification sheets to see who might have caused all the mess. They found some books hidden underneath the leaves which led them to find out that a hedgehog must have snuck in overnight!





# Glow!

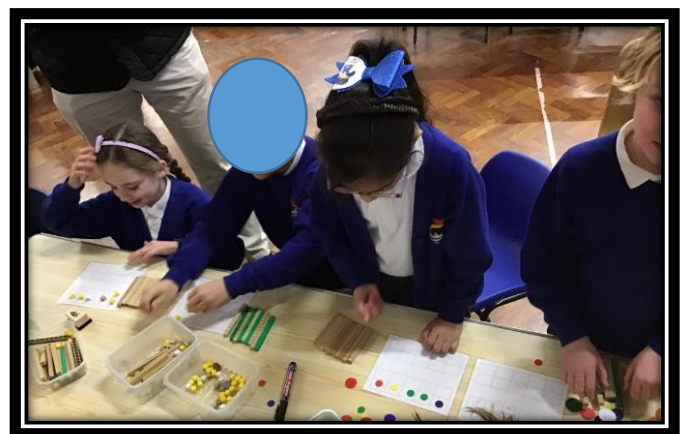
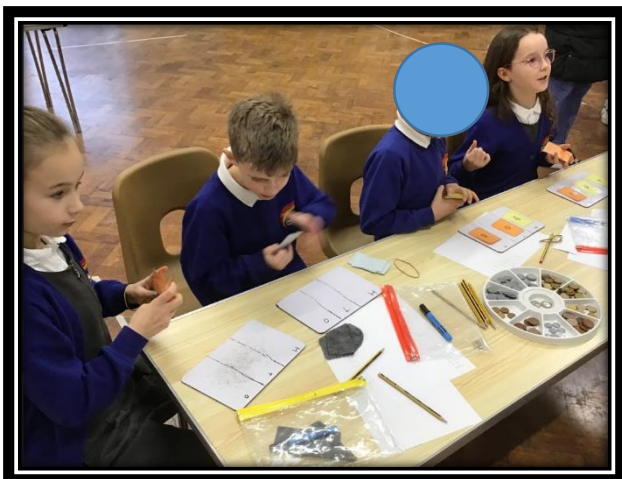
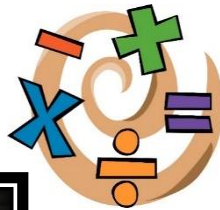
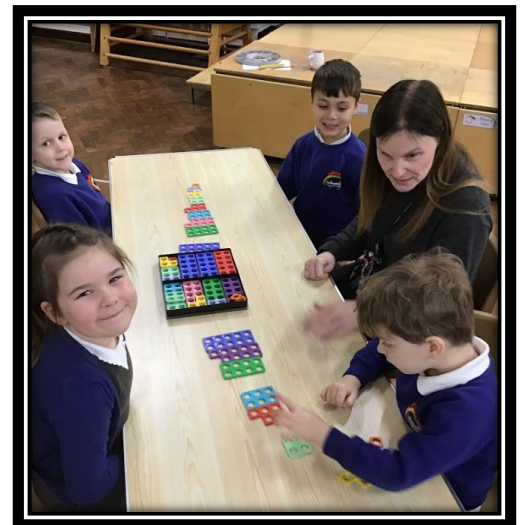
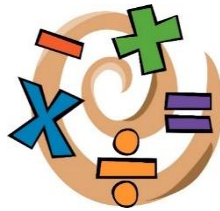
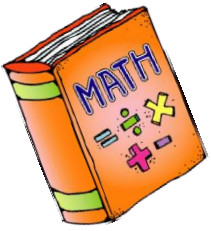
## Year 3 Glow in the Dark Dodgeball!





# Maths Workshop

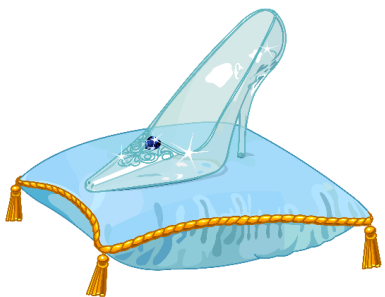
## Success!





# Cinderella

**What a fantastic show! Our Early Years and Year 1 children had an amazing experience!  
Here are some photos of the scenes, with Mrs Pearce and Miss Axten joining in the fun too!**







# CONNEXION

MARTIAL ARTS

## KICKBOXING CLASSES



**TIMETABLE**  
**MONDAYS**  
**4.30 - 5.30PM**

**AGES 6+**

### LOCATION

22 HARMILL INDUSTRIAL ESTATE  
LEIGHTON BUZZARD LU7 4FF

**BOOK A FREE TRIAL!**

[www.connexionbjj.co.uk](http://www.connexionbjj.co.uk)

**GET YOUR CHILD**  
**FIT, HAVING FUN &**  
**DEVELOPING RESILIENCE!**

COME JOIN US IN KICKING OFF OUR  
40TH ANNIVERSARY EVENTS...



# CHARCUTERIE, CHEESE & WINE

## Evening

FRIDAY 6 FEBRUARY 2026  
@ THE CLUBHOUSE

**7:30PM**

**£30**



PLEASE CONTACT JO BAGGALEY@HOTMAIL.CO.UK

**07807 095652**



# 10 Top Tips for Parents and Educators

## ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

### 1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

### 2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

### 3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

### 4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

### 5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

### 6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

### 7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

### 8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

### 9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

### 10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

## Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday

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



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# REMINDERS

## Start & Finish Times for September 2025 – July 2026

Year	Start time	Finish time
Years 3 & 4	8.40am	3.00pm
Years 1 & 2	8.40am	3.00pm
Reception	8:40am	3:00pm

**PLEASE FOLLOW THE ONE WAY SYSTEM AROUND THE SCHOOL, EVEN IF THIS MEANS YOU WALKING BACK AROUND THE BUILDING FOR A 2<sup>ND</sup> LAP.**



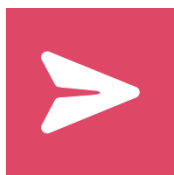
### Change of contact details/address

If you have changed your address or phone number recently, please let the school office know your new details. Thank you.



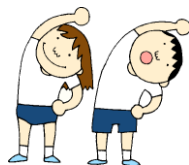
### Absences/lateness

***Can all parents ensure that all absences are reported to the School Office by 9.30am on the day of absence.*** It is also very important for the school to know if your child is sick, or if they have a medical appointment. If your child arrives into school late (after 8.40am), Parents are asked to please bring their child to the school office.



### School App

We now have a new school app. It is available to download free from the App Store on any mobile device. Search for '**reach more parents by weduc**'. Please be sure to download the app onto your phone as it will be our main method of communicating via text with Parents.



### PE Kit

**September 2025** – Please can all children bring in their PE kits at the beginning of the week so they can change into them during school time on their nominated days.



### School Lunches

Ordering and paying for school lunches is now done on [www.parentpay.com](http://www.parentpay.com). Parents should have received letters that features login details. Please order all school lunches by 8am each day or book in advance.

**Beaundesert has a strict 'No Nuts' policy, and we ask parents to not send in food items such as peanut butter, cakes or biscuits that may contain nuts!**



### **Breakfast Club and After School Club**

Advance bookings for **both the Breakfast club and After School Club** need to be made online at <https://www.kidzzzoneclub.com/>. For same day bookings please can parents email [hello@kidzzzoneclub.com](mailto:hello@kidzzzoneclub.com) or call their office on 01525 591036 (between 9am and 2pm). Please note a parent/guardian must complete a 'Kidz Zone' child registration form either online via the website or with a member of the Kidz Zone team for the booking to be accepted – this information is required to meet Ofsted regulations.



### **Bikes and Scooters**

**Please can everyone remember to dismount bikes and scooters whilst on the school grounds, as accidents can occur on pathways at busy times.**



### **Car Parking**

Just a reminder for some parents when parking outside of the School that it is very important to park as considerately as possible. Parents and carers dropping their children off at school should not be parking on pavements. Car number plates may be reported to the Police if this continues to happen. Can parents also remember that parking in the Staff car park or the Kitchen car park is also not permitted. Thank you.



### **PTA Second Hand Uniform Shop**

The PTA have set up a pre-loved uniform shop. Please click on the below link to browse and make your purchase.

**Link:** <https://app.uniformd.co.uk/items/beadesert-lower-school>