



**08.05.26**

## **Executive Headteacher's Update**

Dear Parents/Carers,

Please can I remind you to come onto the school yard when you are collecting your child/children at the end of the school day, as we worry about accidents happening around the parked cars- thanks!

As we head into SATs week for our Y6 pupils, we want to take a moment to say **thank you** for all your support. These tests are simply a way for the children to show what they've learned, but they only capture a small slice of who your child is. Whether they are a brilliant artist, a kind friend, a talented athlete, or a tech whiz, these tests don't measure those wonderful qualities. Our main goal is for the children to feel proud of their effort and to stay relaxed. Reassure them that as long as they try their best, that is more than enough. No one can ask for more than their best effort!

To support a gentle start to each day, Sats breakfast club will be available from 8.00am Mon-Thu, with breakfast or snack available, along with some relaxation techniques and last minute revision, as needed. Please try to ensure that pupils are encouraged to prioritise sleep and remember that they are amazing: Year 6 pupils—you've got this!

Just a reminder about joining the school Facebook group, if you haven't done so already:

The group will be used for information, reminders and updates. We will continue to use Friday Flyers to share what we have been up to, as well as the website for information and publicity, and individual emails as needed. If you are a parent/carer, grandparent, governor etc., please use the QR code to find the group and we will try to get your access sorted as soon as possible.



Warm regards,  
Mrs Diane Lakey



# Embleton Vincent Edwards CE Primary School Friday Flyer

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, facts and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 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 criticism. 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. Using 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 practice spotting fake information.

#### Meet Our Expert

Adam Gilbert is Associate Vice Principal for Personal Development at Parsons Grammar School and works on a secondment one day a week for *Wake Up Wednesday*, which works with schools on improving their mental health provision.



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## Attendance

Class	Weekly attendance	Annual attendance
Starfish	98.44	96.75
Puffins	100	93.44
Seals	100	91.48
Orcas	100	92.8

**Did you know?** Each pupil has 175 non-school days a year to spend however they like. The table below shows the significant impact of absence over time.

Days of school add up to lost learning						
Days in school	190	186	180	175	171	170
Percentage attendance	100%	98%	95%	92%	90%	<90%
	Excellent	Excellent	Good	Caution	Cause for concern	Serious concern

**Absence Procedures** If your child is ill, please keep them at home until they are well enough to return to school. Please notify us by phone call or email before 9.15am if your child is to be absent, and continue to inform us on a daily basis if they continue to be ill.

**What are the risks of missing a day of school?** 'Being in school is important to your child's achievement, wellbeing and wider development. Pupils with the highest attendance throughout their time in school gain the best GCSE results. The higher a pupil's attendance, the more they are likely to learn, and the better they are likely to perform in exams and formal assessments.' The Education Hub - Department for Education.



## Classroom Updates - Starfish Class

It has been another busy week of learning in Starfish Class. Inspired by Daisy Hirst's 'I Like Trains', the children have been mastering the art of simple train timetables. The Reception children are becoming quite the experts at telling the time to the o'clock and half-past. We also explored the art of dialogue, using speech bubbles to imagine the reunion between Small Dog and his Granny in the story. To strengthen those all-important fine motor skills, the children have been busy drawing detailed steam trains, painting characters from the story and constructing train tracks from matchsticks and lollipops. The excitement continued on Thursday as we joined the rest of the school for a whole school beach day of outdoor adventure, building shelters and sandcastles, creating sand art, and diving into pirate drama. We rounded off the week with a very special milestone: Sir David Attenborough's 100th birthday. To celebrate this we headed outside to forage for natural materials to build a giant "100" and created a "Promise Tree," decorating it with leaves where we drew and wrote some small steps we can take to care for our wonderful world.





## Classroom Updates - Puffin Class

Last Friday, Puffins had a lovely walk along to the Church as part of their RE unit, which is 'Sacred Places'. They were looking at a Christians sacred place. Whilst there they explored some features of a Christian church and thought of some words to describe how it makes them feel. This week they have been finishing off their postcards based on the class text 'Emma Jane's Aeroplane'. The children have also continued to practise playing twinkle, twinkle little star on the glockenspiels. Puffins thoroughly enjoyed their whole school beach day on Thursday. They enjoyed mixing with the other classes to take part in a range of activities.





## Classroom updates - Seals Class

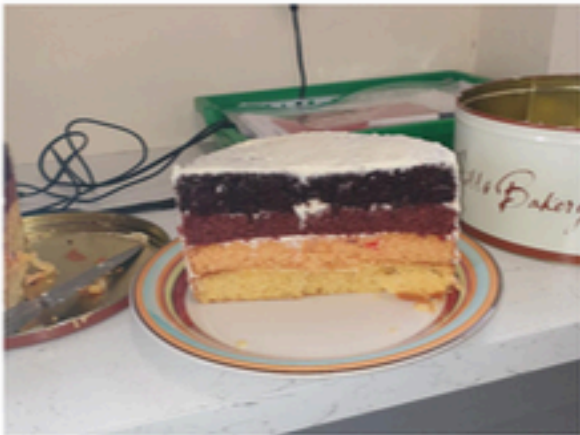
It may have been a shorter four-day week, but Seal Class certainly made every second count! We hope everyone had a wonderful and relaxing bank holiday weekend. In Geography, we have been putting our map skills to the test by locating the various volcanoes across Italy, while in Art, the children have been busy creating vibrant repeating patterns. Our Science lessons took a very practical turn as we discussed the importance of staying safe in the sun. The children came up with some brilliant "top tips" for staying protected, so be sure to ask them for their expert advice as the weather gets warmer! One of the highlights of our week was spending a fantastic day at the beach with the rest of the school. It was wonderful to see the children collaborating in mixed-age groups, taking part in a variety of outdoor activities and showing great teamwork. To wrap up the week, we enjoyed celebrating a very special milestone: Sir David Attenborough's 100th birthday! We spent time reflecting on his incredible legacy and his passion for protecting our natural world.





## Classroom updates - Orca Class

A short but very productive week this week in Orcas. I am not exaggerating when I say the pupils have written absolutely amazing pieces of work in English. It was no easy task to write a narrative of Macbeth, Act 1, Scene 1. But wow, did they achieve brilliant results! The description and dialogue was so imaginative and moody. In maths they have been working on translations and reflections and can feel confident in their ability to solve problems on the topic really well. In geography we continued looking at the Earth- in particular volcanoes. We had a wonderful treat on Monday as Amalia brought in the most delicious cake which represented the inner core, outer core, mantle and crust. Further learning on ancient Greece occurred in History this week, with children thinking about how they would address the Pnyx when trying to create new legislation. I want to give huge credit to Orcas for how well they showed care and compassion for the younger members of our school at the beach on Thursday- they were really great role models.





## Dates for your Diary

Monday 11th to Thursday 14th May	Y6 SATs Breakfast Club - Come into school for 8am
Monday 11th to Thursday 14th May	Y6 SATs
Monday 18th May am	Seals Class NUFC Multi-sports Festival
Wednesday 20th May	KS2 Visit to Newcastle City Mosque with Ellingham friends  Starfish Parents' Lunch
Friday 22nd May	Half-term begins

**PE days for Reception Starfish, Puffins will be on Mondays and Wednesdays. Y6 will have PE on Mondays. Y3, 4 and 5 will continue to swim on Mondays too. Please send your children to school wearing their PE kits on their PE days. Thank you**

## Stars of the week

### Names:

**Starfish:** Daisy

**Puffins:** Lucy

**Seals:** Rosie Be

**Orcas:** Cameron