



# GLEBE

## GLEBE PARENT NEWSLETTER



I hope you have all had a good week.

I am proud to report that, following a routine but unannounced Environmental Health inspection of our kitchen this week, we were once again awarded a 5 star hygiene rating. This is testament to the hard work of our kitchen team.



### Mystery Guest

The mystery guest last week was....David Bowie!

Well done to everyone who guessed correctly.



### Attendance No. of sessions missed this week (SESSION = 0.5 DAY)

RB	6
3D	6
4W	6
1M	7
5I	7
1B	11
3G	11
5F	12
2F	14
4V	14
3S	17
6M	17
RW	18
1S	19
4JL	19
2G	20
5K	20
2ME	22
6K	27
6L	31
RP	39

### Whole School

# 343

sessions missed out of a possible 5824

FRIDAY 16TH JANUARY 2026

# Young Carers



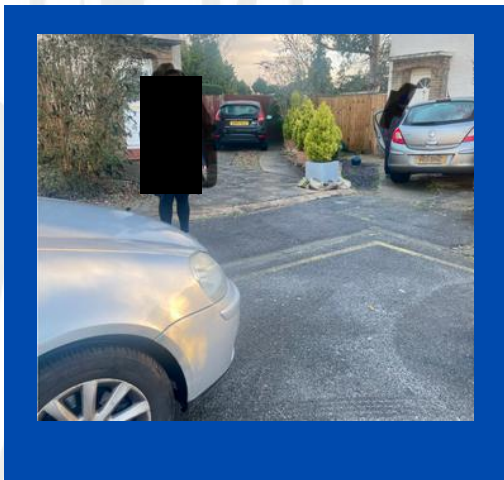
We wish to thank our 'Young Carers in schools' outreach programme for donating Amazon Voucher Gift cards for our registered Young Carers.

It was lovely to hear from our families how much joy this brought to the children and the wonderful things they were able to choose.

We understand that being a young carer can be very hard. That's why we're here with the Young Carers Trust to make things a little easier.

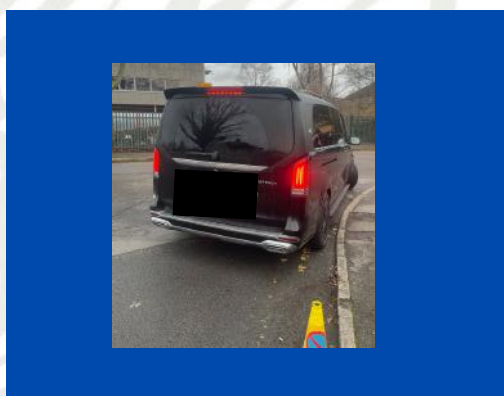
If you feel that your child could be registered as a young carer please take a look on our website for all the details or speak to Mrs Sheldon via the school office if you have any questions.

# PARKING PAGE



Late last week, I received an email with a photograph attached of a parent who had parked in Glebe Close blocking a drive. Although the parent wasn't parked across the drive, they had parked in such a way that the resident could not leave their driveway. They have a severely autistic son who was highly agitated as he knew he was going to be late for school.

I have said this countless times on this newsletter, please be considerate of others and use common sense when dropping off or collecting your children.



Another report of a car parking illegally on the corner of Sussex Road and Glebe Avenue on Friday afternoon. Apparently the car also skidded as it drove off at high speed.



I have had a request from a resident on Glebe Avenue to ask you to refrain from parking on the grass verges on Glebe Avenue. The grass here is now permanently damaged.

# REMINDERS



## **School Photos**

Just a reminder that all children need to be in full uniform on Monday as it is individual and sibling photograph day. Although year 6 pupils will not be having their individual photos on Monday, they may be involved in sibling photos on the day so should also be in full school uniform.



## **IMPORTANT: Reminder Regarding School Pick-Up Times**

This is a reminder that school pick-up is at 3:30pm. (4.15pm, if your child is booked to attend Homework or French Club, 4:30pm, if your child is booked to attend one of our sports after-school clubs).

In future, if the school is not informed in advance of a reasonable delay in collection, your child will be sent to PSD after-school care and there will be a charge for this provision.

Please see the attached link for PSD's after-school care details.

<https://www.glebe.hillingdon.sch.uk/attachments/download.asp?file=3617>

# REMINDERS



## **Dolce**

If you haven't already, please ensure you follow the instructions on pages 11-14 of this newsletter to sign up to SchoolGrid, Dolce's ordering app, so you can pre-order your child's meals. We still have a number of children who have not had a meal ordered as the parent/carer has not registered.



## **Allergies**

If your child has an allergy, please ensure you register this on the SchoolGrid app as it will eliminate any food options containing this allergen. If your child is allergic to cheese for example, but not other dairy products, you should specify vegan options.



## **Medication**

If we hold medication for your child, you would have received an email earlier this week alerting you to the fact it is due to expire and asking you to contact your GP and replace as a matter of urgency. Please ensure you drop the named medication directly to the school office on **Monday 19<sup>th</sup> January** so it can be inventoried.



# REMEMBER



## **Spring Term - 2026**



Monday 19<sup>th</sup> January -

School Photos - individuals (not year 6) and siblings

Thursday 22<sup>nd</sup> January -

3G Class Assembly\*

Thursday 5<sup>th</sup> February -

3D Class Assembly\*

Pre-loved uniform sale in the small hall from 3.15pm

Tuesday 10<sup>th</sup> February -

Parent Consultation Evening 4 - 7pm

Thursday 12<sup>th</sup> February -

3S Class Assembly\*

Parent Consultation Evening 4.30 - 7.30pm

\* parking on playground from 9.05 but not before for health and safety reasons

## ***Half Term - Monday 16<sup>th</sup> - Friday 20<sup>th</sup> February 2026***

### ***Advance Notice***

Friday 6<sup>th</sup> March - School Photos - year 6 individual and all classes

Monday 9<sup>th</sup> March - Reception spring show for parents - 10am (no parking on site)

Tuesday 10<sup>th</sup> March - Reception spring show for parents - 2.15pm (no parking on site)

Wednesday 11<sup>th</sup> March - Reception spring show for parents - 10am (no parking on site)

Friday 27<sup>th</sup> March - End of term - SCHOOL FINISHES 1 HOUR EARLIER (2.20/2.30)

# TERM DATES

## Academic Year 2026-27

### Autumn Term 2026

Wednesday 2nd September 2026\* – Friday 23rd October 2026

*Half term: Monday 26th – Friday 30th October 2026*

Monday 2nd November 2026\* – Friday 18th December 2026

*Christmas holiday: Monday 21st December 2026 – Friday 1st January 2027*

### Spring Term 2027

Monday 4th January 2027\* – Friday 12th February 2027

*Half term: Monday 15th February – Friday 19th February 2027*

Monday 22nd February 2027 – Thursday 25th March 2027

*Easter holiday: Friday 26th March – Friday 9th April 2027*

*(Easter weekend: Friday 26th – Monday 29th March 2027)*

### Spring Term 2027

Monday 12th April 2027\* – Friday 28th May 2027

*May Day Bank Holiday: Monday 3rd May 2027*

*Half term: Monday 31st May – Friday 4th June 2027*

*(Spring Bank Holiday: Monday 31st May 2027)*

Monday 7th June 2027\* - Thursday 22nd July 2027

**\* = Glebe Training Days:**

Wednesday 2<sup>nd</sup> September 2026

Monday 2<sup>nd</sup> November 2026

Monday 4<sup>th</sup> January 2027

Monday 12<sup>th</sup> April 2027

Monday 7<sup>th</sup> June 2027



# OPAL UPDATE



Part of the OPAL ethos is the saying “there is no such thing as bad weather, just bad clothing”. To that end, as we are spending more time outside; whatever the weather, we ask that you ensure your child comes to school with suitable outer clothing.

## UPDATES



This week's winners are

RP

5F



Well done to both classes



# PRE-LOVED UNIFORM SALES

Welcome back to school and hope you haven't lost any items of uniform yet!

Quick update....

Thank you to our new sorters who have managed to shift some of the backlog of items needing sorting and hanging. Staff were so busy before Christmas and this was so useful to have some more parent helpers! Thank you.

Pre-Loved Uniform Sales this year have changed from a Friday to a **Thursday after school**.

The next dates are: **Thursday 5th February and Thursday 7th May**.

Also, we hope to have a sale at the Summer Fair in July and at the end of August (before term restarts) but these are both still to be planned. Keep an eye on the school calendar.

Don't forget if you can't wait until the next sale uniform items can be requested via our email address:

[glebeuniformsales@gmail.com](mailto:glebeuniformsales@gmail.com)

Please let us know what you need in which sizes, plus your child's name and class so that we can deliver the items to you via them.

Here is a list of the items to accept and those we don't. Please check items are in a saleable condition, name labels have been removed and they are clean.

## **WE ACCEPT**

- White polos (with or without logo)
- School jumpers and cardigans (WITH logo)
- PE Hoodies (WITH logo)
- Reversible/fleeces (WITH logo)
- Generic grey items; dresses, trousers, shorts, culottes, skirts
- Red/white chequered/gingham summer dresses
- Jogging bottoms in PE colours
- Black school shoes (ONLY if in good condition)
- PE T Shirts (WITH logo)
- Book bags (WITH logo)

## **We DON'T accept**

- Red jumpers and cardigans (WITHOUT logo)
- Anything with a hole in!
- Socks, tights, pants, football kit, frying pans, lunch boxes, water bottles, small children

Clean, unnamed items can be donated in bags into the donation box in the small hall. Please speak to the office staff to drop off items.

Thank you so much, and hope to see you at the next sale in February

Mrs. J Whittaker, (SRP) Mrs. L Fitzwater (Nursery)

The Pre-Loved (and currently loved) Team

# SPRING CHOICE

BREAD AND SALAD BAR  
AVAILABLE DAILY

## WEEK 1

WC: 5th Jan, 26th Jan  
16th Feb, 9th Mar, 30th Mar

## WEEK 2

WC: 12th Jan, 2nd Feb  
23rd Feb, 16th Mar

## WEEK 3

WC: 19th Jan, 9th Feb  
2nd Mar, 23rd Mar

MONDAY

Margherita Pizza & Potato Salad (V) (VG)  
Spinach & Potato Curry with Steamed Rice (VG) (GF)  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)

Mixed Salad, Sweetcorn  
Fresh Daily Salad Selection, Homemade Bread

Ice Cream & Fruit (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Margherita or Pepper Pizza (V) (VG)  
Cheesy Bean Wrap (V)  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)

Baked Potato Wedges, Mixed Salad, Peas  
Fresh Daily Salad Selection, Homemade Bread

Chocolate Mousse (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Margherita or Sweetcorn Pizza with Coleslaw (V) (VG)  
★ Veggie-Ball Curry & Steamed Rice (VG) ★  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)

Mixed Salad, Sweetcorn  
Fresh Daily Salad Selection, Homemade Bread

Crispy Cake (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

TUESDAY

Oven Baked Sausages or Plant-based Sausages (VG)  
Fisherman's Pie (GF)  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)

Mashed Potatoes, Savoy Cabbage, Carrots, Gravy  
Fresh Daily Salad Selection, Homemade Bread

★ Peach & Forest Fruit Cobbler with Custard (V) ★  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Spaghetti Bolognese  
Seasonal Vegetable Hot Pot (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)

Broccoli, Sweetcorn  
Fresh Daily Salad Selection, Homemade Bread

Fruit Crunch & Custard (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

All Day Breakfast  
English Veggie Breakfast (V) (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)

Hash Brown, Baked Beans, Peas  
Fresh Daily Salad Selection, Homemade Bread

Fresh Fruit Salad (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

WEDNESDAY

Roast Chicken (GF)  
★ Fish Finger or Quorn Dipper (VG) Wrap ★  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)

Roast Potatoes, Carrots, Peas, Gravy  
Fresh Daily Salad Selection, Homemade Bread

Chocolate & Orange Cookie (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Chicken (GF)  
★ Butternut Squash Wellington (V) (VG) ★  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)

Mashed Potatoes, Cabbage, Peas, Gravy  
Fresh Daily Salad Selection, Homemade Bread

Jelly & Fruit (V) (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Roast Chicken (GF)  
Roasted Vegetable & Stuffing Tart (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)

New Potatoes, Carrots, Broccoli, Gravy  
Fresh Daily Salad Selection, Homemade Bread

Hot Chocolate Fudge Pudding (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

THURSDAY

Mild Chicken Korma (GF)  
Tomato & Herb Pasta Bake (V) (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)

Steamed Rice, Broccoli, Sweetcorn  
Fresh Daily Salad Selection, Homemade Bread

★ Jam Roly Poly & Custard (V) ★  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Cheese Topped Cumberland Pie  
Shepherdess Pie (VG)  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)

Green Beans, Carrots  
Fresh Daily Salad Selection, Homemade Bread

★ Yorkshire Parkin & Custard (V) ★  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Chilli con Carne & Steamed Rice (GF)  
★ Pasta Bar with a Choice of Toppings ★  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)

Sweetcorn, Carrots  
Fresh Daily Salad Selection, Homemade Bread

Dorset Apple Cake & Custard (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

FRIDAY

Breaded Fish Fingers or Fishless Fingers (VG)  
★ Cheddar & Broccoli Quiche (V) ★  
Jacket Potato & Fillings (V) (VG) (GF)  
Soft Roll with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup  
Fresh Daily Salad Selection, Homemade Bread

Banana Cake (V)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Crispy Crumb Vegetable Grill (VG)  
Baked Sweet Potato Omelette (V) (GF)  
Jacket Potato & Fillings (V) (VG) (GF)  
Baguette with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup  
Fresh Daily Salad Selection, Homemade Bread

Lemon Cookie (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

Breaded Fish Fingers or Crispy Golden Dippers (VG)  
Cheddar Cheese Pie (V)  
Jacket Potato & Fillings (V) (VG) (GF)  
Sandwich with a Choice of Fillings (V) (VG)

Chips, Peas, Baked Beans, Ketchup  
Fresh Daily Salad Selection, Homemade Bread

Lancashire Cookie (VG)  
Dolce Homebake, Seasonal Fruit, Fruit Yoghurt

★ NEW DISHES FOR 2025/26

V = Vegetarian | VG = Vegan | \*GF = Gluten Free

For full allergen information please refer to your School Grid Account. \*Gluten free products are prepared in a kitchen that handle products containing gluten. Any Halal menu variations will be displayed on SchoolGrid. Menus subject to change.



Dolce is a family run business, specialising in catering for education. As the new school term begins and preparations are made for the 'experience of a lunchtime' in your child's school, please take a moment to familiarise yourself with our simple meal ordering processes.

SchoolGrid enables you to pre-order meals, make card payments, add allergens, change personal details such as email address and password, view menus, recipes and ingredients etc.

## HOW TO SET UP YOUR SCHOOLGRID ACCOUNT

You do not need to do anything. Your school will add your child / children and your contact details to the system which will then activate your account. You will receive an email from SchoolGrid which includes your activation link. Please follow instructions carefully to fully activate your account. If you have not received this email, please contact your school office or Dolce Customer Care.

## HOW TO ORDER YOUR CHILD'S SCHOOL MEALS:

Please log into your SchoolGrid account and select [Order Meals]. You can scroll through the weeks and select meals for the full week or only the days you require.

The system will only allow you to pre-order a main meal, we do not take pre-orders for side dishes or desserts. These can be chosen by your child on the day and any dietary requirements will be taken into consideration by our trained serving team.

All pre-orders can be made in advance up until 08:55am on the morning of the meal to be taken.

Please note that pre-ordered meals will only be charged to your account once your child has collected their meal, at the time of lunchtime service.

To view Side dishes and Desserts available for a chosen day, please select:

[Full menu](#)

To view all of your selected pre-orders go to [Food] - [Current Orders]

## HOW TO VIEW ALL CHILDREN:

Move between your children's accounts on SchoolGrid by heading to the home page (click) and select **[other accounts]**. You can also change your child's name on the drop down box in the top right hand corner.



**Please note:** If you are using a mobile device you will need to select the three lines or three dots on the top right hand side, then select the option you require.

## FREE SCHOOL MEALS

All children are entitled to Free School Meals, so you do not need to make any payments for meals. The system already recognises this entitlement and will not charge you or ask for funds when placing pre-orders.

## HOW TO VIEW YOUR ACCOUNT HISTORY:

Once logged into your SchoolGrid account, please select **[account]** - **[view activity]**. This will show you all the meals that your child has received, charges applied and any payments you have made.

## HOW TO CANCEL A PRE-ORDERED MEAL:

If for any reason your child decides they no longer want the meal or they are absent from school, please cancel the pre-ordered meal. You can do this by logging into SchoolGrid, selecting the relevant day and then clicking **[cancel meal]**. You will need to do this no later than 8:55am on the morning of the meal to be taken.

## ALLERGENS:

If your child has any of the 14 main allergens or is diabetic, you can update this information directly on their SchoolGrid account:

- Go to **[Food]** > **[Allergens]**.
- Tick the relevant boxes and select **[Save Changes]**.
- Once selected, the system will automatically block meals containing your chosen allergens, preventing you from pre-ordering those dishes.
- You can view all dishes, their ingredients, carb counts and allergens by clicking on a dish. Go to **[Order meals]** and click on your chosen dish.

If your child has an allergen and you would like to discuss the menu choices further, please contact [customer@dolce.co.uk](mailto:customer@dolce.co.uk)/01942 707709 (option 1).

## SPECIAL DIET INFORMATION:

If your child has an allergy outside of the fourteen listed on SchoolGrid, follows a special diet or has other dietary requirements, e.g. vegetarian, vegan, Halal, please contact Dolce customer care where we may be able to add a dietary note to your child's account.

Please be aware that this note cannot prevent dishes being pre-ordered and so we strongly advise that you carefully check recipes and ingredients thoroughly before placing orders.

**Please remember that recording dietary information is the sole responsibility of the parent/carer and not the school. SchoolGrid operates independently from the school system, so Dolce kitchen staff rely solely on the information you, as a parent, provide on SchoolGrid.**



## SIDE DISHES AND DESSERTS

To view the full menu options please log on to your SchoolGrid account and go to [order meals]. You will see an orange tab [full menu] if you click this it will show you the full range of side dishes and desserts available for that day. This will also allow you to view all of the nutritional content.

Side dishes and desserts can not be pre-ordered but can be chosen, by your child, at the time of service. Dolce also provides a salad bar and fresh bread, each day.

## CHANGE OF ADDRESS OR PHONE NUMBER:

Go to [Account] - [Manage Contact Details] add your correct details and then click [Update]

## COMPLIMENT THE COOK:

If your child enjoys their meals, why not let the cook know! You can do this in [Account] - [Compliment the cook]. This is for simple compliments only, any feedback, complaints or questions should be sent to [customercare@dolce.co.uk](mailto:customercare@dolce.co.uk)

## CO-PARENTING / SHARED PARENTING

There can only be one main "standard" account holder on each child's SchoolGrid account. The standard account has full access to the above features.

A second parent can be added on a "Pre-order only account". This will allow you to make a pre-order only. If you would like to make a payment for school meals, you can only do this over the phone by calling customer care on 01942 707709 (option 1).

## FREQUENTLY ASKED QUESTIONS

### HOW DO I ACTIVATE A SCHOOLGRID ACCOUNT?

You do not need to do anything. Your school will add your child / children and your contact details to the system which will then activate your account.

### DO I NEED TO GIVE YOU NOTICE THAT MY CHILD WOULD LIKE SCHOOL MEALS?

We are very flexible and do not require notice for your child to have school meals.

### DO I NEED TO MAKE A PRE-ORDER?

We recommend you pre-order your child's meals to help ensure they receive their preferred choice and to avoid waste.

### HOW DO I VIEW THE PRE-ORDERS I HAVE MADE?

To view all of your selected pre-orders go to **[Food]** - **[Current Orders]**

### DOES SCHOOLGRID HAVE AN APP?

SchoolGrid does not have an app. Please log on to your SchoolGrid account through your device here <https://app.schoolgrid.co.uk/login>

### WHY CAN I NOT SEE THE MENU OPTIONS ON MY MOBILE?

If you are using a mobile device you will need to select the three lines or three dots on the top right hand side, then select the option you require.

### WHAT IF MY CHILD HAS AN ALLERGY?

If your child has one of the main 14 allergens or is Diabetic, you can tick this on their account **[Food]** - **[Allergens]**. Tick the relevant box and select **[save changes]**.

### WHAT IS THE LATEST I CAN PRE-ORDER A MEAL OR CANCEL A PRE-ORDER?

All pre-orders and cancellations can be made in advance up until 08:55am on the morning of the meal to be taken.

#### How to contact us:

Should you need any further assistance regarding the above information, please do not hesitate to contact Dolce Customer Care where a member of our friendly support team will be happy to help.

Email - [customercare@dolce.co.uk](mailto:customercare@dolce.co.uk)  
Phone - 01942 707709 (option 1)

## Instrumental and Vocal Tuition with Hillingdon Music Service

Dear parent or caregiver,

Learning to sing or play an instrument can help concentration, confidence and coordination, as well as being an enjoyable way to develop new skills.

If your child attends school in the borough of Hillingdon, we can arrange for them to have music lessons during the school day at their school.

Tuition is available on piano and keyboards. There is also the opportunity to play and sing with others in choirs, bands, orchestras, ukulele and steel pan groups. See more at:

<https://www.hillingdon.gov.uk/musicschool>

### Fees and timetables

Fees and charges are available on [our website](#), including reduced charges for those who are unable to meet the cost.

Lesson times are set by the school and our teachers to fit with their timetables – students will leave their classrooms to attend lessons. Most schools will operate a rota, so students do not miss the same lessons each week.

### How to sign up

To be considered for lessons, you will need to sign up for your school's waiting lists for your preferred instrument on our [website here](#). If your preferred instrument is not on the list, that means it is not possible to learn that instrument in your school.

When a place becomes available, our teacher will contact you. To find out more and register for the waiting list, visit <http://www.hillingdon.gov.uk/startmusic>.

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Hillingdon Music Service



# **BREAK THE RULES DAY 2026**

## **FRIDAY 23RD JANUARY**

**FOR ONE DAY ONLY YOU CAN BREAK ANY  
(OR ALL!) OF THESE RULES...**

1. NO Colourful Socks or Tights
2. NO Luckies

3. NO Messy or Crazy Hair
4. NO Nail Varnish or Tattoos

5. NO Party Clothes or Fancy Dress
6. NO Non School Shoes

7. NO Pyjamas
8. NO Tracksuits or Football Kits

## **£1 TO BREAK THE RULES**

**ALL OTHER SCHOOL RULES APPLY AS NORMAL  
£1 TO BE PAID TO YOUR CLASS TEACHER**

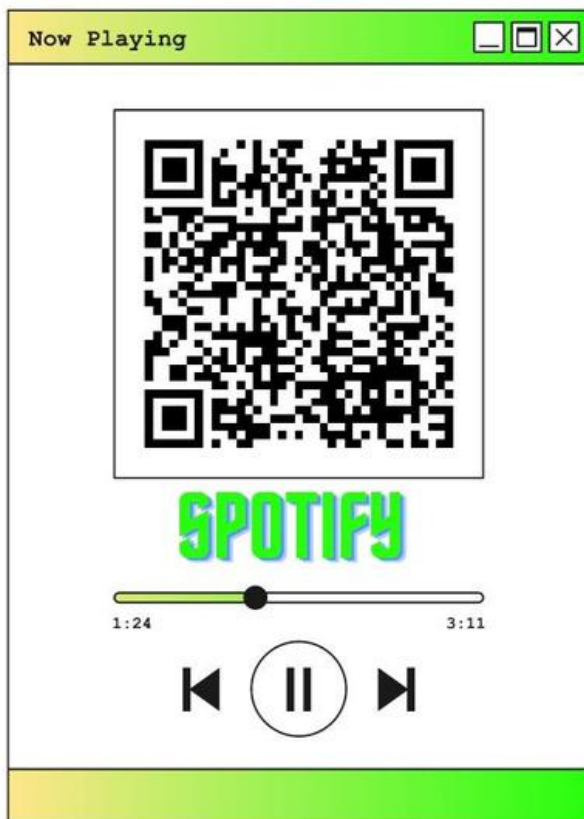
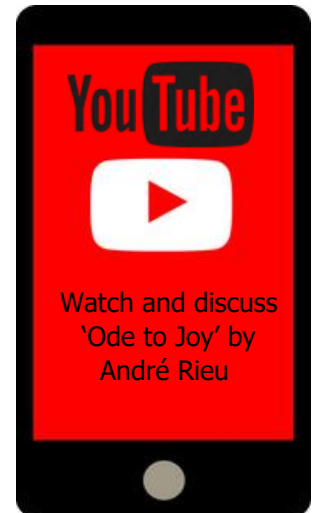


# HOME INFORMATION



## January's Musician of the Month

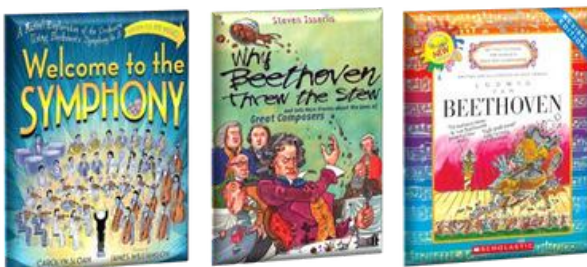
Ludwig  
Van  
Beethoven



**About:** Ludwig van Beethoven (17th December 1770 – 26 March 1827) was a German composer and pianist who remains one of the most admired composers in the history of Western music; his works rank among the most performed of the classical music repertoire and span the transition from the Classical period to the Romantic era in classical music. In his early period, he forged his craft whilst his middle period showed an individual development from the styles of Haydn and Mozart. During this time, he began to grow increasingly deaf. In his late period, he extended his innovations in musical form and expression.

Books to read...

If you like Beethoven, try...



- Franz Joseph Haydn
- Kaija Saariaho
- Claude Debussy

# 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.



### 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.



### 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.



### 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.



#WakeUpWednesday

The National College



# Flu community catch up clinics

If your child has missed their flu vaccination at school, you can book an appointment for their vaccine at one of our local community clinics.

**Winter season is upon us, and with colder weather keeping us indoors and in close contact, it's easier than ever for the flu to spread.**

Protect yourself, your loved ones, and your community by getting your flu jab today. The flu vaccine is your best defense against severe illness, hospitalisation, and missed work or school. Let's work together to keep everyone healthy this winter.

### Stay Well:

Avoid the misery of flu this winter.

### Protect Others:

Especially children, the elderly, and those more vulnerable.

### Stop the Spread:

Help prevent flu outbreaks in your community.



For our clinic locations and contact details for the Vaccination UK teams please scan the QR code or follow the links below:

<https://www.schoolvaccination.uk/contact>

<https://www.schoolvaccination.uk/catch-up-clinics>



Vaccination UK  
Immunisation Provider for  
**NHS**

# NURSERY



*This week in  
Nursery...  
Crime Scene  
Investigation - Who  
hurt Humpty  
Dumpty?*



*In extended nursery we  
also looked at the  
rhymes 'I'm a little  
teapot' and 'Hickory  
Dickory Dock'.*



PIC • COLLAGE

# HIGHLIGHTS

# RECEPTION



We have been reading 'Tiddler' by Julia Donaldson



In Maths we explored the composition of 5



In P.E. we practised ball skills



PIC•COLLAGE

# HIGHLIGHTS

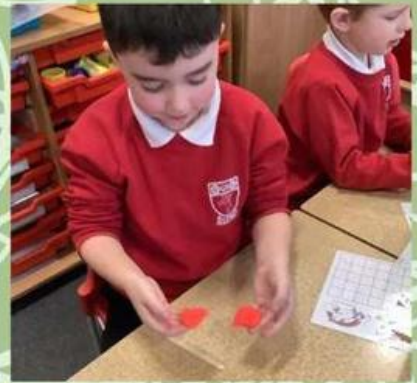
# YEAR 1



Art  
African  
animals at  
sunset.



Maths  
Finding  
half of a  
quantity  
practically.



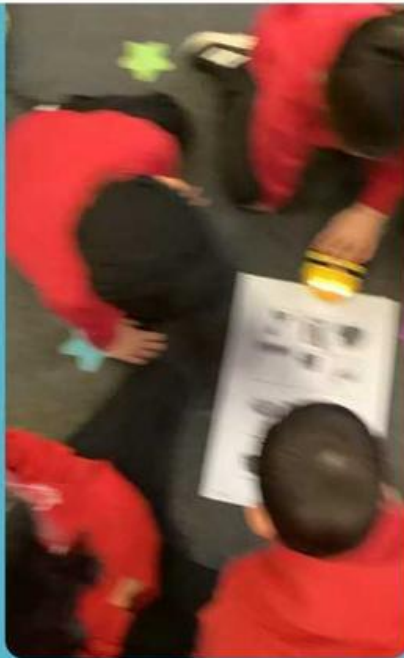
PIC·COLLAGE

# HIGHLIGHTS

# YEAR 2



Year 2 have been  
programming  
Beebots



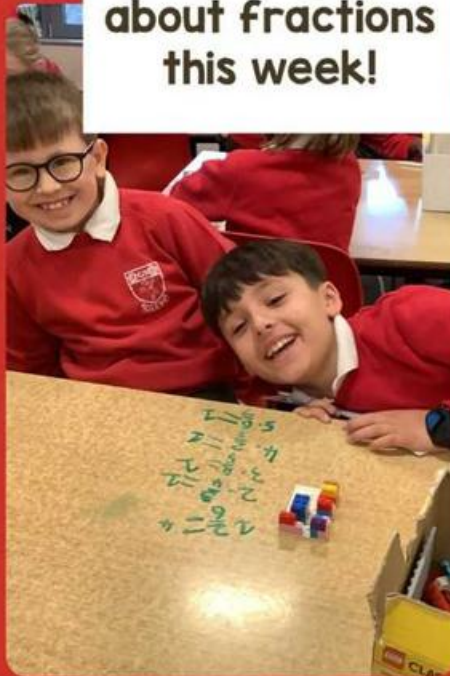
PIC•COLLAGE

# HIGHLIGHTS

# YEAR 3



In year 3, we have been learning all about fractions this week!

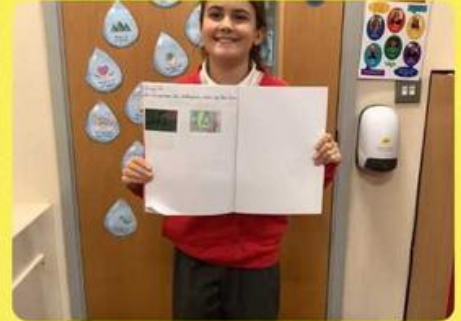
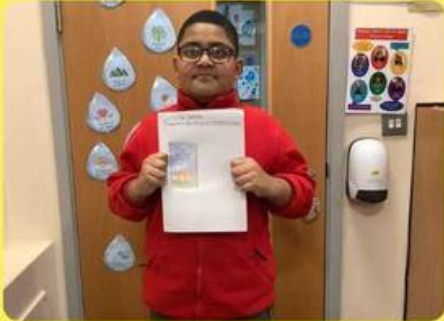


PIC•COLLAGE

# HIGHLIGHTS



# YEAR 5



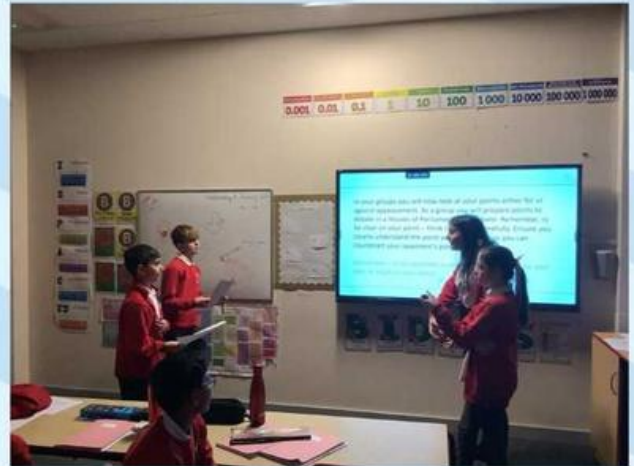
Practicing  
artwork in the  
style of Hiroo  
Isono!

PIC•COLLAGE

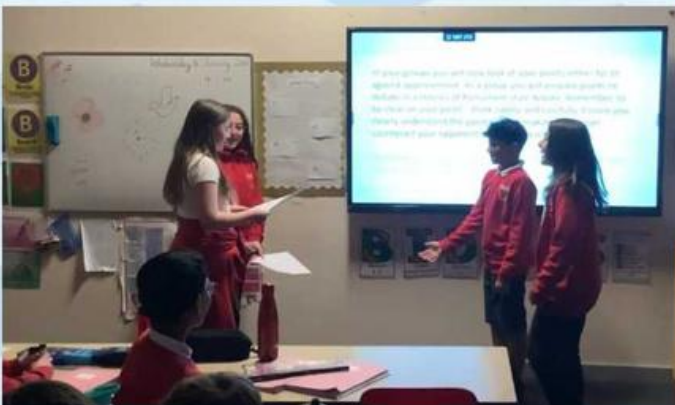
# HIGHLIGHTS

# YEAR 6

WHY DID BRITAIN HAVE TO GO TO WAR IN 1939?



YEAR 6 HAVE STARTED THEIR NEW TOPIC, WW2, BY LEARNING ABOUT AND DEBATING APPEASEMENT



PIC•COLLAGE

# HIGHLIGHTS

Wishing you all a  
lovely weekend

Mrs Penney

## Mystery Guest

Clue 1: I was born in Scotland on 18<sup>th</sup> January 1882 .

Clue 2: I was an author and created one of the most famous book characters in the world.

Clue 3: This character is based on a teddy bear my son had.

Clue 4: The only human character in my most famous stories is named after my son.