



Forefield Matters

9th January 2026

Dear Parents, Carers and Children,

Happy New Year and welcome back!

It is the start of a new year and the start of Spring Term – although there is nothing spring-like about the weather at the moment! Fortunately, we appear to have been spared from Storm Goretti, but we couldn't escape the effects of the snow and ice on Tuesday. When the engineers told us that they would have to turn off the gas, and therefore the heating, we quickly moved the entire school over to the Infant's hall. Despite the issue being fixed, our building remained extremely cold and we had to make the decision to contact parents to collect children. Thank you, as always, for your support! The children were amazing and everyone was picked up within a couple of hours. Fortunately, the heating has since kept us warm despite the freezing temperatures outside.

We reflected in assembly this week that many people dislike January for a number of reasons (the weather being one of them) but we discussed lots of reasons to love January too. Following the traditional setting of 'New Year Resolutions,' this is always a good time to re-assess and either start something new or stop/change bad habits! As adults, we often think about being healthier – both physically and mentally at this time of year. For children too, the new year is a good time to make positive changes. With this in mind, perhaps a healthier choice for January may be to limit/reduce screen time in the evenings after school? To encourage this, I will be setting a weekly challenge throughout the half-term alongside our annual '25 day challenge.' So, next week, rather than 'scrolling' or 'gaming' why not spend some time responding to the first challenge...

FJS Portrait Competition – an A4 portrait of a member of Forefield staff, including a likeness and maybe some objects that give further clues to their identity. Please send entries in by Friday.

If art is not your thing, why not swap screen time for reading, playing board games, crafting, lego building etc or sign up to a new club/activity?

Please remember to sign your child's diary each week and support them with their reading, spellings and times tables.
Thank you!

PROUD:

PASSION,
RESPECT,
OPPORTUNITY,
UNIQUE,
DETERMINED



0151 924 3971



schooloffice@forefieldjuniors.co.uk



www.forefieldjuniors.co.uk



[pswift@ForefieldJS](https://twitter.com/pswift@ForefieldJS)



5R were awarded the Attendance Trophy today as they had 100% attendance. Well done, Mr Shannon's class!.

Diary for week beginning 12th January 2026

Monday: 9.45 – 11.15
10.15 – 11.45
12.15 – 12.40
3.30 – 4.30

4H Swimming
5S Swimming
Y5/Y6 Girls' Football (Miss Cain) - **CANCELLED**
Y3/Y4 Football (Active Sport)

Tuesday: 8.00 – 8.45
12.15 – 12.45
3.30 – 4.30

Y3/Y4 Sword Fencing (WL Fencing)
Board Games Club (Mrs Russell)
Y6 Football (Miss Cain) - **CANCELLED**

Wednesday: 8.00 – 8.45
12.15 – 1.15
3.30 – 4.30

Y3/Y4 Judo (Judo Education)
Y6 Chess (Mr Hall)
Y3-Y6 Dodgeball (Active Sport)

Thursday: 12.15 – 1.15
3.30 – 4.15
3.30 – 4.30

Y6 Chess (Mr Hall)
Y5/Y6 Drama (Limelight Speech and Drama Academy)
Y3-Y6 Football (Marine FC)

Friday: 12.15 – 12.45
3.30 – 4.30

SMOOTHIE FRIDAY
Y5 Football (Mr Shannon)
Y5/6 Badminton (Community Multisports Coaching)

MENU

Monday	Tuesday	Wednesday	Thursday	Friday
Meatballs in Gravy Mixed Vegetables & Seasoned Wedges	Sausage & Bean filled Yorkshire Puddings Mashed Potatoes	Roast Turkey & Gravy Carrots & Sweetcorn Roast Potatoes	Chicken Tikka Masala Yellow Rice Naan Bread	Fishy Friday Chipped Potatoes Peas & Sweetcorn
(V) Pizza Mixed Salad & Seasoned Wedges	(V) Pasta Bake topped with Mozzarella Cheese Garlic Bread	(V) Baked Quorn Sausage with Vegetarian Gravy Carrots & Sweetcorn Roast Potatoes	(V) Cheese & Potato Whirls Baked Beans	(V) Cheese & Red Onion Quiche Chipped Potatoes Peas & Sweetcorn
Homemade Biscuit	Jam & Coconut Sponge Finger	Frozen Yoghurt Pot	Fresh Fruit or Cheese & Crackers	Chocolate & Banana Muffin



My Screen Time Pledge

I pledge to be mindful of my digital habits.

I will reduce my non-essential screen time by at least **30 minutes a day**.

I will prioritise real-world connections, rest, and activities that nourish my mind and body.

I will use technology with intention — not out of habit.

I choose balance, presence, and wellbeing over endless scrolling.

Signed: _____

Date: _____

