



Grove Road Community Primary School

23rd January 2026

Passionate
Resilient
Intrepid
Dependable
Empathetic

From all things and learning together with PRIDE

Upcoming Events

Tuesday 27th January- am
Pilkey dance workshop at
Ashville College

**Thursday 5th February-5:30-
6:15pm. Story evening**
Reception & KS1

Tuesday 10th February
Year 3/4 Ancient Egyptian
Day

9th-13th February
Children's Mental Health
Week

Friday 13th February
'Come As Yourself' Day

Thursday 5th March
World Book Day

**Tuesday 19th March-3:30-
6pm**
Parents evening in school

**Thursday 17th March-3:30-
6pm**
Parents evening in school

Friday 20th March
Red Nose Day

Weekly Update

Welcome to our weekly update; we hope you find the information useful.

Key dates and upcoming events

Please make a note of the key dates and upcoming events in the school.

Story evening Reception &KS1- Children are invited to enjoy stories from 5:30pm-6:15pm in their pyjamas. More details will be shared via Seesaw.

'Come As Yourself' Day

On Friday 13th February as part of children's mental health week, children can wear an outfit which makes them feel most comfortable, confident, and like they truly belong — whether that's cosy clothes, cultural dress, favourite colours, or something totally unique. Celebrate what makes you, you! Donations will be taken on the day and we encourage everyone to donate a suggested £2.

Staffing News

Today we say goodbye to Miss Bushell in Bright class: we wish her all the best on her travels. We also welcome Miss Flanagan who will join Bright class on Thursdays and Fridays from next week. The children have already had the opportunity to meet her in school.

Safeguarding Update

Please find below this week's safeguarding update

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, hints and tips, please visit 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 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

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Attendance

Please see below the attendance totals for each class- Monday 12th January to Friday 16th January.

Alborough	98.0%
Jeffers	93.3%
Bright	83.5%
Hendra	97.9%
Gray	94.4%
Pilkey	86.4%
Percival	93.1%
Morpurgo	96.1%
Taylor	100%
Reynolds	96.6%
Earle	93.6%

Warm Regards,

Richard Walker

Headteacher