



# PARK ROAD

## COMMUNITY PRIMARY SCHOOL



15  
May  
2026

# WEEKLY UPDATE



### Next Week in School at a Glance

Monday 18	Tuesday 19	Wednesday 20	Thursday 21	Friday 22
<ul style="list-style-type: none"> <li>* Lunch Menu Week 2</li> <li>* 3.15 -4.10 pm Disney Stars</li> <li>* 3.15 -4.15 pm KS2 Tennis <b>(last one)</b></li> <li>* 3.15 -4.15 pm R/1/2 Baking <b>(last one)</b></li> <li>* 3.15-4.15 pm - KS2 Mindfulness Monday <b>(last one)</b></li> </ul>	<ul style="list-style-type: none"> <li>* 8.15 am - Innov8 team meeting</li> <li>* Y5 Swimming</li> <li>* 2.40 pm Y1 &amp; Y5 Class musical performance</li> <li>* 3.15 - 4.15 pm R/1/2/3 Performing Arts <b>(last one)</b></li> <li><b>4.00 pm Performance for Parents</b></li> <li>* 3.15- 4.15 pm Y4/5/6 Choir</li> <li>* 3.15- 4.15 pm R/1/2 Baking <b>(last one)</b></li> </ul>	<ul style="list-style-type: none"> <li>* Y4 Swimming</li> <li>* 3.15 - 4.15 pm Y3/4 Gardening <b>(last one)</b></li> <li>* 3.15 - 4.15 pm Y5/6 Crochet <b>(last one)</b></li> <li>* 5.00 pm Intake 2026 New Starter Meeting</li> </ul>	<ul style="list-style-type: none"> <li>* 3.15- 4.15 pm KS2 Baking <b>(last one)</b></li> <li>* 3.15 - 4.15 pm R/1/2/3 Athletics <b>(last one)</b></li> </ul>	<ul style="list-style-type: none"> <li>* 9.15 am Rec/Y1/Y2 Sports day</li> <li>* 10.30 am Y3/Y4/Y5/Y6 Sports Day</li> <li>* 3.15pm <b>School closes for half term</b></li> </ul>

### Unique Individuals Learning Together

### Mrs. Quigley's weekly message:

I can't believe we are about to enter the final week of this half term– the weeks are flying by!

This week our Year 6 children completed their SATs and were just amazing. They worked so hard, supported each other and generally did their very best every single day! We are really proud of them. I'd also like to thank the rest of the school who have been so supportive, staying as quiet as possible and sometimes changing breaktimes to help too. At times like this, I always think how lucky we are to have such a wonderful school and children.

As a surprise, our Year 6 children have been treated to a park visit and a special party lunch. We even enjoyed a whole school disco over lunchtime so that everyone in school could join Year 6 in their celebrations.



Next week on Friday morning, it is our first attempt at Sports Day. Please note the timings on the next page. Last year we were very lucky as everything ran like clockwork and the sun shone - fingers crossed for the same again this year. The children have been busy practicing and, as always, for those parents who would like to join in, we will aim to squeeze in a parent race! I hope to see you there.

Wishing you all a wonderful weekend and I will see you Monday morning.

Mrs Quigley

## Picture News

The Picture News topic for next week is ...

**‘Do we learn more from winning or losing?’**



Last weekend, football teams Manchester City and Chelsea competed in the Men's FA Cup Final at Wembley Stadium. The FA (Football Association) Cup is one of the oldest football competitions in the world, with teams from across England and Wales taking part each year. Millions of people watched the match, supporting their teams and hoping to see them win the famous trophy. For the players, reaching the final is a huge achievement after months of hard work.

Things to talk about at home:

- \* Can you think of a time when you won something - what did you learn?
- \* What about a time you didn't win - what did that teach you?
- \* In your opinion, why do some people keep trying even after losing?
- \* Talk together about how you believe we should behave when you lose.

## Hot Chocolate and Cake

Well done to the following children chosen this week for demonstrating good manners and our school values at lunchtime:

Reception	Amelia R
Year 1	Killian R
Year 2	Elsa F
Year 3	Daisy H
Year 4	Mason N
Year 5	Sienna J
Year 6	Millie L

## REMINDER—Y1 and Y5 Class Musical Performance

As advised in last week's Weekly Update, we will be holding our next class musical performance on the date shown below, these sessions are to showcase the children's learning in music lessons.

Parents/carers for these classes are invited to come and watch the performance.

**Tuesday 19 May - Year 1 and Year 5**

- 2.35 pm KS2 gate opens for parents/carers
- 2.40 pm Promptly KS2 gate locked and performance starts
- 3.15 pm Performance ends

## Chicken & Guinea Pig Plea

**CHICKEN & GUINEA PIG HELP**

If you are available to help care for our chickens and guinea pigs over the half term break, please can you let the school office know either by seesaw or email

The dates for cover are

**23,24,25,28,29,30 & 31 May**

Any help you can offer would be greatly appreciated, we would need you to be able to do both morning and early evening on the day

Thank you

# Musician of the Month

As part of our music provision in school, we are looking in depth at a particular musician or composer each month. We wanted to share this with you in case you would like to be able to talk with your child at home or explore it more with them. There will be a mixture of classical composers, musicians from previous decades and even contemporary artists. Perhaps you will even discover some new music to enjoy yourselves.

This month, our composer is Antonio Vivaldi.



**Piece:** *The Four Seasons (Spring)*

**Focus:** Seasons, weather and how music can “paint pictures”

**Link:** Climate and environmental awareness.

[https://www.youtube.com/watch?v=FhgX\\_JekVyw](https://www.youtube.com/watch?v=FhgX_JekVyw)

## About Antonio Vivaldi:

Antonio Vivaldi was a composer from Italy and he lived about 300 years ago, during a time called the Baroque period. He was also a violin player and wrote lots of music for the violin. People sometimes called him “The Red Priest” because he had red hair and worked as a priest! He wrote hundreds of pieces of music, including very famous concertos.

## About the piece “May”:

*May* is part of a bigger set of music called *The Four Seasons*. Each piece in *The Four Seasons* describes a different time of year. *May* is part of Spring, so the music sounds happy, bright, and lively. You might hear music that reminds you of birds singing or flowers growing. The music often feels like nature waking up after winter.

## Fun Activity:

When you listen to Vivaldi’s music, try to imagine a spring day full of sunshine, birds, and fresh air - how would you describe the music?

## SPORTS DAY REMINDER - FRIDAY 22 MAY

Weather permitting, it will be our Sports Day on Friday 22 May. We will let you know via Seesaw if we have to cancel Sports Day for any reason (if it is cancelled, we will let you know as soon as the decision is made so if you don’t hear from us, it is still taking place).

It is important that you keep an eye on Seesaw messages, as each year we receive lots of calls asking for information that we don’t have so please **DO NOT** ring school in the morning to ask for an update. Don’t forget to arrange to pass on the information to anyone who does not have access to Seesaw. It will be a traditional style of Sports Day with sprints, egg and spoon race etc.

**IMPORTANT:** Children **MUST** wear their full PE kit (plain white, round necked t-shirt, black shorts or skort) with **BLACK OR WHITE TRAINERS** (not slip on pumps, pumps with Velcro fasteners would be ok) - they will be unable to take part without them. Depending on the weather, children will also need **NAMED sun hats and water bottles** - if needed, please apply sun cream at home in the morning.

**Early Years/KS1 (Reception, Year 1, Year 2)** The **KS1 gate** will be open from 9.05 am until shortly before 9.15 am (for safeguarding reasons, parents are unable to stay on the playground at drop off).

The Early Years/KS1 Sports Day will start at 9.15 am and will end by 10.15 am. Parents and carers are welcome to come along to watch but please arrive promptly as the gate will be locked again before the races begin. The **KS1 gate** will be opened at the end of the event to allow any parents who do not need to stay for the KS2 event to leave.

## **KS2 (Years 3 - 6)**

The **KS1 gate** will open at 10.15 am and will be shut shortly before the races start at 10.30 am. It is expected that we will finish by 11.30 am. Parents and carers are welcome to come along to watch but please arrive promptly as the gate will be locked again before the races begin.

Please could we ask that parents/carers stay in the designated viewing area and not distract their children as they will be under the supervision of teaching staff and there are lots of races to get through! Thank you for your support!

# 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

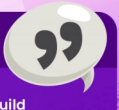
### SET CLEAR BOUNDARIES

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

Any items shared on these pages are for information only and are not endorsed or vetted by school.



# Does your child love making new friends?

The award-winning makers of *The Dog House* are casting for a brand-new BBC series about friendship.

We are looking for children aged 5 to 8 from all over the UK who are sociable and enjoy making new friends.

If your child is interested (with no pressure to take part) please apply at:

[makingfriends.tv](http://makingfriends.tv)



# Inflatable Family Fun Day

At Lymm Rugby Club!

3hr sessions for 2-12 yrs  
10:30-13:30 or 14:00-17:00

£10 per Child all inclusive  
access to ALL inflatables

Trampolines & bumper carz  
(extra charge)

Character meet and greets

Food and drink stalls

Adults FREE – not permitted  
on inflatables

WA13 OAT FREE PARKING

No booking required – pay on gate



6th & 7th June

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

## May Half Term Edition Kids Activity Pack

Packed full of family friendly fun activities and challenges for everyone!



Trans Pennine Trail

[www.transpenninetrail.org.uk](http://www.transpenninetrail.org.uk)



Explore Nature, Art, Science and Technology across West Cheshire Museums at Museum Explorers club!

Come and make some exciting discoveries with us this Spring!

### Under the Sea

Wednesday 27<sup>th</sup> May  
11am-12pm & 12pm-1pm



Weaver Hall  
Museum & Workhouse

### Medieval Mayhem

Thursday 28<sup>th</sup> May  
11am-12pm & 12pm-1pm



Grosvenor  
Museum



### Light, Camera, Action!

Friday 29<sup>th</sup> May  
11am-12pm & 12pm-1pm



Lion Salt  
Works

Booking necessary, £5 per session. To book, pop in to see us or call:

Weaver Hall Museum: 01606 271646

Lion Salt Works: 01606 275066

Grosvenor Museum: 01244 972197

TransPennine pack can be downloaded from their Children's page at:

<https://www.transpenninetrail.org.uk/childrens-page/>

## Community Pages

Any items shared on these pages are for information only and are not endorsed or vetted by school.



**CHILDRENS FREE  
CRAFTS  
THIS MAY HALF TERM**



**10:30am - 3:30pm**  
**Tuesday 26<sup>th</sup> & Wednesday 27<sup>th</sup> - Coat of Arms @ Grosvenor  
Museum, Chester**  
**Wednesday 27<sup>th</sup> & Thursday 28<sup>th</sup> - Sunset Scenes @ Lion Salt  
Works, Northwich**  
**Thursday 28<sup>th</sup> & Friday 29<sup>th</sup> - Jellyfish @ Weaver Hall Museum &  
Workhouse, Northwich**

## Polish Centre of Education and Culture in Warrington [www.pceik.co.uk](http://www.pceik.co.uk)

The Polish Centre of Education and Culture in Warrington – a friendly and growing educational and community centre for children and families.

Our Saturday school supports children aged 4–16 in developing Polish language skills, confidence, bilingualism, and cultural identity in a welcoming and inclusive environment. We warmly welcome children from Polish, mixed-language, and multilingual families — including children who are only just beginning to speak or learn Polish.

Our offer includes:

- Polish language classes for different ages and ability levels,
- support for bilingual and multilingual development,
- GCSE Polish preparation,
- cultural events and creative activities,
- a caring and experienced teaching team, many of whom also work within UK education settings, a warm and supportive community for both children and parents.

We currently teach around 100 pupils and are proud to provide a safe, supportive, and community-focused environment where children can grow in confidence, build friendships, and celebrate their bilingual identity.

We are more than a language school — we are a community where children grow with confidence, culture, and connection.

More information about our school and enrolment can be found here:  [www.pceik.co.uk](http://www.pceik.co.uk)