



# PARK ROAD

COMMUNITY PRIMARY SCHOOL

## WEEKLY UPDATE



16  
January  
2026



### Next Week in School at a Glance

| Monday 19  | Tuesday 20   | Wednesday 21 | Thursday 22   | Friday 23                                 |
|--|--|--------------|---|---|
| <ul style="list-style-type: none"><li>* Lunch Menu week 3</li><li>* Clubs for spring 2 go live across week</li><li>* 3.15 - 4.15 pm Disney Stars</li><li>* 3.15 - 4.15 pm Hockey Y3 - 6</li><li>* 3.15 - 4.15 pm R/1/2 Baking</li><li>* 3.15 - 4.15 pm Kids with Bricks Y1 - 6</li></ul> | <ul style="list-style-type: none"><li>* 3.15 - 4.15 pm R,Y1,2,3 Performing Arts</li><li>* 3.15 - 4.15 pm Y3/4 Baking</li><li>* 3.15 - 4.15 pm Y4,5,6 Choir</li></ul> | *            | <ul style="list-style-type: none"><li>* 3.15 - 4.15 pm Y5/6 Baking</li><li>* 3.15 - 4.15 pm Multisports R/1/2/3</li></ul> | <b>* 3.15 - 4.15 pm Y5/6 Crochet Club</b> |

### Unique Individuals Learning Together

#### Mrs. Quigley's weekly message:

This week, we have happily settled back into school life, completing our first full week of the term. It has been a pleasure to see such engaging and high-quality learning taking place across school.

Throughout the week, I have seen fantastic learning in PE, new provision areas in Reception and focused work in English and Maths across all year groups. The children have returned with enthusiasm and a real readiness to learn, which has been wonderful to see.

We were also delighted to welcome Mrs Thomas, who began working with our Year 5 pupils this week. The children have started to create a dance as part of the Primary Arts Network, which we will be taking part in again next half term. Alongside the performance element, children's artwork will also be created and displayed in the Golden Square - we very much look forward to sharing their creativity with the wider community.

Today, Mrs Akinyemi planned learning activities for World Religion Day. Classes explored different world religions, developing not only their knowledge but also their understanding, respect and appreciation of others. As part of this work, children created Unity Trees, symbolising how we can all work together and live in harmony - these look fantastic and reflect our school values beautifully.

Our Innov8 pupil team also met with Mrs Akinyemi this week and shared some exciting ideas about developing a careers programme within school. We are really proud of their ambition and leadership; please read further on in the newsletter for more details about this.

Finally, Mrs Oakes is working alongside the Schools Link Mental Health Team to organise a parent workshop linked to Children's Mental Health Week, which begins on Monday 9 February. The workshop will take place at 9:00 am on Monday 9 February and will be led by a Mental Health Practitioner, who will share practical tips, strategies and ideas to support both your own mental health and your child's wellbeing. Further information will be shared next week, but please save the date if this is something you may be interested in.

As always, thank you for your continued support. Have a lovely weekend, Mrs Quigley

## Picture News

The Picture News topic for next week is ...

**'Can awards encourage people to help others and care for the world?'**



Recently, a new award, called the Jane Goodall Earth Medal, has been created to celebrate people who work to help others and care for the world. It is named after Dr Jane Goodall, who spent her life protecting animals and encouraging people to look after nature. The award recognises kind and caring actions that make a positive difference, even when people are not looking for praise. The medal can be given to people from around the world who help animals, the environment or who help grow human connections with nature - they could be scientists, community leaders teachers etc.

Dr Jane Goodall was a scientist who became famous for studying chimpanzees in the wild - even described as a chimpanzee expert. She wanted to learn how animals live, think and behave. Her work helped people understand that humans and animals are closely connected. It also changed how scientists study animals.

### *Things to talk about at home:*

- \* What do you think about the new award? Share with someone at home. Do you believe it is important to recognise kind actions?
- \* Can you think of someone you know who helps others or cares for the world in everyday ways?
- \* Can you come up with other ways that people can be recognised for their actions?

## Hot Chocolate and Cake

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

|           |            |
|-----------|------------|
| Reception | Seth B     |
| Year 1    | Juliette G |
| Year 2    | Carter C   |
| Year 3    | Thomas B   |
| Year 4    | Harvey D   |
| Year 5    | Lexie S    |
| Year 6    | Oliver W   |

## Innov8 Careers Project



This half term, we have been finding out more about the interests and future career hopes of the children across school. We want to identify the most popular careers and would then be inviting parents and carers who would like to get involved to help us bring these roles to life.

We will be setting up 'Career Cafés' where volunteers can come in to talk to the children about their job, what they do and the learning journey that helped them get there. If you would prefer not to present, there will also be a chance to create a 'Career Newsletter' feature to share your story in our Weekly Update instead.

We look forward to sharing the roles the children are most excited about and beginning this project over the next few weeks. We can't wait to see which career pathway appears first.

## World Religion Day

Today we have been learning across school about different religions linked to World Religion Day.

Reception and KS1 have focussed on a religious story linked to their current learning/ religion. In KS2 children explored a range of religious celebrations and festivals. During the day, we had a broad overarching focus linked to our key values of tolerance, peace, respect, understanding, unity and how important it is to know and understand other peoples thoughts and beliefs.

Each class created their own 'unity tree' where every child created a leaf with wishes for peace/common values that they had gathered throughout the day.



## RSPB Big Schools' Birdwatch 2026

In Forest School this half term, Park Road is going to be helping their local wildlife by taking part in the RSPB Big Schools Birdwatch which runs throughout this half term. It involves the children watching and counting the birds that visit our Forest School area and we will then submit our results to the RSPB.

There will be a session dedicated to completing the birdwatch and it is a great opportunity for us to participate in a UK-wide science project. Over a million children have taken part in this event and it has helped give the RSPB a valuable snapshot of how birds are coping in UK schools with them now facing so many challenges from changes in habitats, bird flu and climate change - every count completed will help!

You can also get involved as a family in the Big Garden Birdwatch 2026, the worlds largest garden wildlife survey, which runs from Friday 23 to Sunday 25 January. All information and resources that you may need can be found on the RSPB website <https://www.rspb.org>.

If you require any more information please message Mrs Preston on Seesaw.



## Rock Kidz Coming to School

Rock Kidz is officially coming to our school on Friday 13 February, the last day of term, to deliver the most exciting rock 'n' roll workshops in the UK!

Throughout the school day they'll be transforming the whole school into Rockstars and inspiring the children to be the best they can be. Their visit last year was a great success!

Children can come to school dressed as 'Rock Stars' or in a rock style - there is no need to buy anything new for this! Please remember the clothing and outfit must still be appropriate for school. Accessories are permitted as long as they are attached securely to the outfit, no loose microphones or inflatables as it would be a shame to spend money on this only for them to be lost in school.

At the end of the workshop day, the team will be outside conducting a '**Meet & Greet**' for the school community where there will be an opportunity to meet the team and purchase the **official Rock Kidz Merchandise** for your child - when we have more information on the items that will be on sale, we will let you know.

## Clubs - Spring 2 - please read carefully

Details of the after school clubs on offer for next half term can be found below. The clubs will be available to book via Parentpay - Choir was booked last time for the full term up until Easter so isn't available to book this time.

The clubs will be published from Monday (please bear with us as we fit this into the working day) and registration will close on 9 am Monday 2 February. Please bear in mind that the clubs are popular with limited availability and are often booked up within a couple of days.

Please only sign up if you can attend each week as there will be no refunds if your child is unable to attend a session and **please take care when booking as we are unable to refund mistakes**. School pays a fee for every transaction (both payment to us and for refunds).

**IMPORTANT SAFEGUARDING REQUEST:** If a child can't stay for a club, **please remember to let the OFFICE know in advance** (not the class staff) so that the registers can be updated and your child will be able to leave as usual rather than going to the club. The office has to follow up any child not attending a club (where they haven't been notified in advance) to ensure they are safe and it could delay them identifying a serious safeguarding issue if they have a lot of children to follow up.

Finally, **please make a note of the clubs you book and of the details below as a reminder (perhaps take a photograph so you have it available on your phone as reference)** - you can always look on the Weekly Updates on Seesaw or our website if you do lose it. All clubs run from 3.15 - 4.15 pm and don't forget to let the person picking up know which gate they need to collect from.

| Day | Clubs           | Years      | Collect from  | Dates                              | Details  |
|-----|-----------------|------------|---------------|------------------------------------|--|
| Mon | Basketball      | 3 - 6      | Main entrance | 23/2 - 30/3                        | £4 per session, 6 sessions                           |
|     | Baking          | R, 1, 2    | KS1 Gate      | 23/2 - 30/3                        | £2.00 per session, 6 sessions                        |
| Tue | Performing Arts | R, 1, 2, 3 | Main entrance | 24/2 - 31/3<br><b>(not on 3/3)</b> | £1.25 per session, 5 sessions                        |
|     | Choir           | 4, 5, 6    | KS2 Gate      | 24/2 - 31/3<br><b>(not on 3/3)</b> | Sessions booked last time for full term until Easter |
|     | Baking          | R, 1, 2    | KS1 Gate      | 24/2 - 31/3<br><b>(not on 3/3)</b> | £2.00 per session, 5 sessions                        |
| Wed | Crochet         | 5, 6       | KS2 Gate      | 25/2 - 1/4<br><b>(not on 4/3)</b>  | £1.75 per session, 5 sessions                        |
|     | Gardening       | 2          | KS1 Gate      | <b>11/3 - 1/4<br/>(not on 4/3)</b> | £1.25 per session, 4 sessions                        |
| Thu | Baking          | KS2        | KS1 Gate      | 26/2 - 26/4                        | £2.00 per session, 5 sessions                        |
|     | Gymnastics      | R, 1, 2    | Main Entrance | 26/2 - 26/4                        | £4 per session, 5 sessions                           |

**\*\*\* REMEMBER TO ADD EMERGENCY CONTACT NAME, NUMBER AND WHO WILL COLLECT YOUR CHILD IN THE NOTES SECTION \*\*\***

# 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 seconday one day a week for Minds Ahead, which works with schools on improving their mental health provision.



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## Community Pages

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



**JIREH CHURCH**

**HOLIDAY BIBLE CLUB**

**16TH-19TH FEBRUARY 2026**

**10AM-12PM**

**CRAFTS**

**PRIZES**

**STORIES**

**SNACKS**

**GAMES**

**SINGING**

**FREE FOR ALL PRIMARY SCHOOL AGED CHILDREN**

**NO REQUIREMENTS TO ATTEND ALL DAYS, WE WOULD**

**LOVE TO SEE YOU FOR ONE, SOME, OR ALL FOUR**

[WWW.JIREHCHURCHWARRINGTON.CO.UK](http://www.jirehchurchwarrington.co.uk)

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www.jirehchurchwarrington.co.uk

SCANT ME

The poster is yellow with a sunburst background. It features a central wooden cross with an open book in the center. Surrounding the cross are six words in different colors: CRAFTS (red), PRIZES (blue), STORIES (green), SNACKS (purple), GAMES (red), and SINGING (blue). At the top right is a logo with the letters 'JC' and social media icons. At the bottom left is the church's website and address. A QR code is at the bottom right.