



PARK ROAD

COMMUNITY PRIMARY SCHOOL



22
May
2026

WEEKLY UPDATE



First Week back in School at a Glance

Monday 1	Tuesday 2	Wednesday 3	Thursday 4	Friday 5
<ul style="list-style-type: none"> * Lunch Menu Week 1 * 3.15 -4.10 pm Disney Stars * 3.15 -4.15 pm KS2 Mixed Football * 3.15 -4.15 pm R/1/2 Baking * 3.15—4.15 pm KS2 Mindfulness Monday 	<ul style="list-style-type: none"> * NO Y5 Swimming * 3.15 - 4.15 pm R/1/2/3 Performing Arts * 3.15- 4.15 pm Y4/5/6 Choir * 3.15- 4.15 pm R/1/2 Baking 	<ul style="list-style-type: none"> * NO Y4 Swimming * Class Photographs * 3.15 - 4.15 pm Y5/6 Gardening * 3.15 - 4.15 pm Y5/6 Crochet 	<ul style="list-style-type: none"> * 3.15- 4.15 pm KS2 Baking * 3.15 - 4.15 pm R/1/2/3 Basketball * 6.00 pm MAT Factor - Choir at GSHS 	<ul style="list-style-type: none"> * Vikings Non - uniform day

Unique Individuals Learning Together

Mrs. Quigley's weekly message:



What a wonderful morning we have had! Sports Day, was as ever, a lovely experience with children trying their best, cheering each other on, and enjoying the activities planned by Miss Shirley and the Sports Crew. A special thanks must go to the team for their great organisation.

This week our Year 1 and Year 5 children gave us an insight into their music lessons with Mr Wiebe. We enjoyed seeing the children in Year 1 play their glockenspiels, with great confidence, including some lovely solos. We were then transported to South America to enjoy a samba performance. Although it was very loud, I was impressed with how well the children remained on their own rhythms—not an easy thing to do at all! Other year groups will be sharing next half term, and class teachers will share dates shortly.

Following the holidays, we will be planning lots of exciting opportunities for the children to complete their years learning. Our gardening club, with Mrs Wilkinson and Miss Harding, are going to be organising the flower show, which is always a brilliant event. In addition, Mrs Thomas is working with Mrs Oakes and Miss Shirley to organise the summer concert as mentioned last week, and finally the PFA are currently organising an exciting event for the last week of term. Please keep your eye out for further details coming soon - it's a completely new event to Park Road, and I can't wait for you all the here more; I know the children will love it!

Have a lovely half term, in the sunny weather and I'll look forward to seeing you all in a week for our final half term of the year.

Mrs Quigley

Picture News

The Picture News topic for next week is ...

' Why do people celebrate different things in different ways?'



This week, people in the UK and across the world are celebrating Eid al-Adha. Families and communities will come together to pray, share meals, and give to those in need, with celebrations taking place in many different ways. The festival is a time to reflect on kindness, generosity and the importance of helping others.

Things to talk about at home:

- * What celebrations are important in your family? Why?
- * Have you ever learned about a celebration that is different from your own? If so, which?
- * Why do you think people enjoy celebrating together?
- * What are some ways we can show respect for other people's traditions?

Sports Day Winners

Well done to Vikings, who gained the most points at Sports Day and they have won a non-uniform day on Friday 5 June as a reward.

Class Photographs Wednesday 3 June

Just a reminder that the photographer will be in school on Wednesday 3 June for the class and leaver photographs so you can arrange for haircuts over the half term if needed!

All children should come to school in their uniform (not PE kit) on that day.

Hot Weather Reminder

With the forecast of warm weather over the next few weeks, please can we remind you to send in a filled water bottle with children every day, we have a limited amount of spare water bottles in school which are often in use and it is important for children to have access to water to stay hydrated.

Don't forget to apply sun cream each morning before children come in to school and send in a sunhat if needed.

Attendance Guide

The chart below gives guidance on the number of days absence that will impact on your child's attendance. Attendance is affected by any absence, not just holidays - illness and medical appointments have an impact too. This means if you have a week's holiday and your child is then ill, it could lead to concerning attendance figures and your child falling behind.



What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



Community Pages

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



Computer Explorers
Bolton & Wigan

follow us @compXbolton  

CREATE, CODE AND XPLORE THIS HALF TERM

WARRINGTON

Give your child a head start in the digital world with our **Half Term Tech Club**

Providing fun, educational activities-

Tues-
Game Design/Code

Weds-
Robotics & Code
With a Minecraft Edu challenge each afternoon

 **Culcheth High School**

 **26th-27th May**

 **9am-3pm**

 **NEW**
Childcare Voucher payments now available.

BOOK! Visit the link or scan the code-
computerexplorers.co.uk/bolton-wigan/holidays

GOT QUESTIONS?
Email us bolton@computerexplorers.co.uk

Preparing children for the future



 **St. Mary's College Crosby**

Year 5 Taster Day

Wednesday 17th June, 10am - 3pm

Open Evening

Wednesday 1st July, 4pm - 7pm

Entrance Examination (2027 admissions)
Friday 13th November

St. Mary's College 0151 924 3926 www.stmarys.ac
The independent Catholic school for boys and girls of all faiths aged 0-18

Year 5 Discovery Day – A Day to Inspire, Explore and Enjoy Tuesday 23 June 2026



THE QUEEN'S SCHOOL



YEAR 5
Discovery Day
Tuesday 23rd June

Join us for our Year 5 Discovery Day at The Queen's School, a fun day designed to give your daughter a taste of life at our Senior School.

What to expect

Experience a day filled with exciting activities showcasing our diverse curriculum. From interactive workshops in languages and creative arts to engaging sessions in science and sport, you daughter will discover the breadth of learning and enrichment opportunities available at Queen's.

For parents and families

Join us at the end of the day to hear all about your daughter's experience, meet our wonderful teaching staff and learn about Queen's from our current pupils.

Sign up today

Places are limited, so [book now to secure your daughter's spot.](#)

The Queen's School - Chester