



PARK ROAD

COMMUNITY PRIMARY SCHOOL

WEEKLY UPDATE



30
January
2026



Next Week in School at a Glance

Monday 2	Tuesday 3	Wednesday 4	Thursday 5	Friday 6
* Lunch Menu week 2 * 3.15 - 4.15 pm Disney Stars * 3.15 - 4.15 pm Hockey Y3 - 6 * 3.15 - 4.15 pm R/1/2 Baking * 3.15 - 4.15 pm Kids with Bricks Y1-6	* 3.15 - 4.15 pm R, Y1, 2,3 Performing Arts * 3.15 - 4.15 pm Y3/4 Baking * 3.15 - 4.15 pm Y4,5,6 Choir	* 3.15 - 4.15 pm Y5/6 Crochet Club	* 3.15 - 4.15 pm Y5/6 Baking * 3.15 - 4.15 pm Multisports R/1/2/3 * Young Voices's Concert at the Coop Arena	*

Unique Individuals Learning Together

Mrs. Quigley's weekly message:

What a wonderful week it has been in school, yet again! The half term is certainly flying by and it has been lovely to see the children working so hard and enjoying their learning across all year groups. We even managed to enjoy a burst of sunshine during playtimes this week, giving us all a hopeful reminder that spring is not too far away!

This week, we have been working closely with the Schools Link Mental Health Team as we plan for Children's Mental Health Week, beginning on Monday 9 February. Mrs Oakes has organised a parent workshop—details can be found on the following pages—and we would be delighted to welcome as many of you as possible. We have also recently re-issued the login details for myHappyMind parents app. If you haven't managed to log in yet, please take a look. There are so many resources and ideas that can help children, and families, to develop strategies to stay emotionally well.

We have arranged for the children in Reception, Year 1, Year 2 and Year 3 to take part in a workshop on the Monday to launch the week, and teachers have been busy preparing a thoughtful and engaging programme of activities for their classes to take us through the week. We will be posting daily on Seesaw ideas that you may wish to try at home.

As mentioned previously, we are especially excited about our end-of-week celebration: Kidz Rock will be visiting on Friday 13 February. Throughout the day, children will take part in 'rock concert' workshops, and we will finish with a whole-school concert to round off the half term in style. The theme links beautifully with one of our core values - Perseverance - and we're sure it will be another memorable day for everyone. As a reminder, children can come to school dressed as a rock star for the day to truly get into the spirit. I know last year, the company also offered merchandise at the end of the day and this will be available again on the playground.

Finally, Mrs Roberts has put details for World Book Day - as an advance notice - on the next page. This will focus on 'Reading for Pleasure' and children can come to school dressed as their favourite book character, bringing this book into school to share with friends during the day.

As always, have a wonderful weekend and I'll see you next week. Mrs Quigley

Picture News

The Picture News topic for next week is ...

‘Does seeing yourself in a toy or story help you feel like you belong?’



A toy company called Mattel has released a new Barbie doll designed to represent people who have autism, with features such as a fidget spinner and noise-cancelling headphones. The doll was created with help from the autistic community, so more people can see themselves reflected in their toys.

Mattel has been working to create toys that reflect the real world. The Barbie range now includes dolls that represent diversities such as different skin tones, hair types, body shapes and people who use wheelchairs.

Diversity means recognising and valuing the many ways people can be different including how someone looks, how they move or communicate, their abilities/disabilities and their background/experiences.

Things to talk about at home:

- * Do you think it is important for toys to show different kinds of people?
- * How do you feel when you see a character or toy that is like you?
- * Can you come up with other examples of books or toys that aim to help people feel included?
- * How can we help other people feel included when they might feel different or left out?

Hot Chocolate and Cake

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

Reception	Jacob B
Year 1	Eddie D
Year 2	Hunter B
Year 3	Oliver P
Year 4	Carter SC
Year 5	Lucas CG
Year 6	Emily B

World Book Day Celebration - Friday 6 March

World Book Day promotes reading for pleasure to boost children's wellbeing, confidence and academic success. The campaign encourages children to



choose their own books - regardless of genre or reading level - to foster a lifelong love of reading, rather than treating it as a chore.

With this year's theme of 'Reading for Pleasure', children can come to school dressed as a character from one of their favourite books and will be talking about their character in class.

Mental Health Workshop for Parents and Carers

As part of Mental Health Week, we are very pleased to be able to offer a workshop, delivered by the Schools Link Mental Health Team, to our parents and carers. It will last approximately 1 hour and will be held at 9.00 am on Monday 9 February. It provides parents and children with information about emotions and how to understand and manage them better - like having a map to navigate feelings. For parents wanting to support their children with emotional regulation, the workshop will cover easy tools and techniques that can be used at home. The activities not only help in managing emotions but can strengthen the bond between parents and children.

To help us make sure that we have sufficient seats and resources, please could you let us know by completing the online form (sent out on Seesaw with this update).

For more information on supporting children to manage their worries follow this link ...
[https://www.merseycare.nhs.uk/application/files/6617/5750/1426/Managing Worries Parent INTERACTIVE.pdf](https://www.merseycare.nhs.uk/application/files/6617/5750/1426/Managing_Worries_Parent_INTERACTIVE.pdf).

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.



#WakeUpWednesday®

The National College

Community Pages

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

FEBRUARY HALF TERM FOOTBALL CAMP

AD || Football Coaching

Hoyle Street WA5 OLP
Warrington (Indoor) - Ages 5-12

○ MONDAY 16TH FEB TO FRIDAY 20TH FEB
○ LIMITED SPACES



£27 A DAY
(£22 a day for current AD || Football Coaching players + partnership club players)

TIMES
9:30-3:00
Drop off from 9.15am
Pick up by 3.30pm

Every player who attends will receive an AD || Football Coaching medal and there are chances to win prizes throughout the week for things like:




Crossbar Challenge
Penalty shootout
Sprint Races
Player of the week
Quiz Competition
Tournament Winners
Best Kickers

To book WhatsApp or visit the Instagram page via the QR code and click contact
ANDY DAWSON 07590 668807
E adfootballcoaching@outlook.com

ad_football_coaching

ADFC





February Rugby Camp


TUESDAY	WEDNESDAY	THURSDAY
03	04 WAITING FOR CAMP	05
10	11 LOOKING FORWARD TO CAMP	12 GETTING EXCITED
17 HOLIDAY CAMP	18 HOLIDAY CAMP	19

HOW TO REGISTER:
[HTTPS://REGISTER.ENTHUSE.COM/P/SEVENT/RUGBYLEAGUEHOLIDAYCAMP2026](https://register.enthouse.com/p/sevent/rugbyleagueholidaycamp2026)

⌚ 8:15 - 15:30, DROP OFF 8:15 - 9:15

📍 ST ELPHINS PRIMARY SCHOOL
FARRELL STREET, WARRINGTON
WA1 2GN

SPACES ARE LIMITED SO BE SURE TO BOOK EARLY TO AVOID MISSING OUT!
PRICE: £25

 REGISTERED CHARITY 110734




16th-19th
February

8-6pm

Chapelford -
Great Sankey

February Holiday Club





Booking link: <https://footprintsintheforest.kidsclubhq.co.uk>



Dunkie's

Day Nursery & Forest School @ Gulliver's World

Half Term Holiday Club!

Monday 16th Feb - Friday 20th Feb

8:00 - 5:00

5 - 11 years old



To book a place call Lauren on
01925 594680

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Active Families

at
Bewsey & Dallam Hub
Longshaw St,
Warrington WA5 0DY

Active Families - Get Moving, Have Fun!

Friday

3.30pm-5.00pm

Starts 16th January 2026

Join us for Active Families, a fun-filled session designed to help you get active through sports and games.

- Parents/Guardians: Come along with your children
- Teens: Come solo or bring a friend (with appropriate adult consent)

This is a new community-focused way to boost your wellbeing while enjoying time together.

Play, Move, and Thrive! Let's make being active fun for everyone!

- ✓ Free to Join
- ✓ Community-Led
- ✓ For All Ages & Abilities

Sign up today and be part of the movement!

Call us at 07741 291 969 Email: dhynes@warrington.gov.uk



Active Families

at
Fearnhead Cross
Community Centre
Insall Rd, Padgate
WA2 0HD

Active Families - Get Moving, Have Fun!

Tuesday

4.00pm-6.00pm

Starts 13th January 2026

Join us for Active Families, a fun-filled session designed to help you get active through sports and games.

- Parents/Guardians: Come along with your children
- Teens: Come solo or bring a friend (with appropriate adult consent)

This is a new community-focused way to boost your wellbeing while enjoying time together.

Play, Move, and Thrive! Let's make being active fun for everyone!

- ✓ Free to Join
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Call us at 07741 291 969 Email: dhynes@warrington.gov.uk



Active Families

at
Greenwood
Community Centre
Greenwood Crescent
Warrington WA2 0DU

Active Families - Get Moving, Have Fun!

Wednesday

3.00pm-5.00pm

Starts 14th January 2026

Join us for Active Families, a fun-filled session designed to help you get active through sports and games.

- Parents/Guardians: Come along with your children
- Teens: Come solo or bring a friend (with appropriate adult consent)

This is a new community-focused way to boost your wellbeing while enjoying time together.

Play, Move, and Thrive! Let's make being active fun for everyone!

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