



# St. Peter's Newsletter

## Flourishing Together

*'I have come that you may have life, life in all its fullness' John 10:10*

Friday 16<sup>th</sup> January 2026



### Welcome Back to School

We hope you have all had a lovely week. School has been as busy as ever, with lots of exciting things taking place!

This week, we welcomed Emma from the Wildlife Trust, who helped us think about how we can care for our local areas as part of our ongoing commitment to looking after the environment.

We were also delighted to hear that our artwork, displayed at Heysham Station and on our top playground, has been nominated for an award!

As always, we kindly remind parents to take a few minutes to read through the newsletter to keep up to date with key messages and important information.

### Staffing

From next week there is a slight change to our EYFS team. Mrs Holmes is reducing her working hours so will be part of EYFS – Tuesday to Friday. Mrs Wood will be in the EYFS team every Monday. Mrs Joynson will also be supporting Year 5 on a Monday.

### Parking Reminder:

It has been brought to our attention that parking around school continues to cause concern, particularly where it is inconsiderate or dangerous. Please ensure you are parking safely and responsibly. The local policing team has informed us that they will issue fines for any dangerous or inconsiderate parking. They are actively patrolling school areas, recording registration plates, and taking action where necessary.

Thank you for your continued support. Have a lovely weekend.

Mrs Dodd and the team at St Peter's

**KINDNESS,**  
**LOVE,** Self-control **JOY,**  
**FAITHFULNESS,**  
GENTLENESS,  
**PEACE,**  
PATIENCE,

### Our Christian Values



This half term, our focus is on **Our Wider World** and the Christian values of **Peace** and **Patience**.

This week, we explored the role of leaders across the world and how their actions can influence peace. Together, we discussed the qualities of a positive influence and reflected on how we can make good choices by being influenced positively.

On Tuesday, **Rev. Mark** led a wonderful worship session where we learned about Baptism. The children even took part in a reenactment of the **Baptism of Jesus**, helping them understand its meaning and significance in the Christian faith.

### Young Voices Update

Please can parents of these children ensure they check their emails for updates, ensure ParentPay actions are completed and submit the online food pre-order as soon as possible (if not already done so) via this link: [Young Voices Lunch Menu Order Form - Bella Italia – Fill out form](#)

It promises to be a truly wonderful experience for all, so please encourage your child(ren) to practice, so that they can get the most out of the event on the day. Thankyou



## Stars of the Week



We are celebrating children who have settled back to school and are demonstrating our high expectations for behaviour and learning.



**Stars of the Week receiving a Headteacher Award are...**

<b>Skylark Classes</b> <i>Francesca</i>		<b>Oystercatchers</b> <i>Ted</i>	<b>Eider Ducks</b> <i>Elena</i>
<b>Turnstones</b> <i>Charlotte B</i>	<b>Dunlins</b> <i>Nell</i>	<b>Lapwings</b> <i>Olivia W</i>	<b>Curlews</b> <i>Oliver R</i>

## Sporting News – Year 5 and 6 Dodgeball



On Thursday evening, a number of our Year 5 and Year 6 children took part in the inter-schools dodgeball competition. It was a fantastic night filled with sportsmanship, teamwork, and lots of fun!

A huge thank you to Mrs Biggs and Mrs Holmes for accompanying the children and supporting them throughout the event. Well done to both of our teams – Heysham St Peter’s Stars, who secured first place, and Heysham St Peter’s Snakes, who came 7th. We are so proud of all the children who represented our school so brilliantly!

## Planters and Our Sustainability Request

You may have noticed that we have recently received a generous donation of planters, which we will soon be decorating and using as part of our gardening plans. This exciting addition comes through our community link with HMP Farms and the Prevention of Reoffending Team.

As part of their community work, they are building and providing a range of planters and other items for schools. We are delighted to be part of this initiative and look forward to creating beautiful spaces for learning and growing together!

This week we placed a large order for planters, soil, fruit bushes, gardening equipment etc. This was due to our successful grant application from Heysham South Community Fund.

### Gardening Request

Thank you to the parents and family who have made donations. We are continuing to ask for the following. Please don’t feel the need to buy new, anything that you have at home that is not used is helpful to us.

We would appreciate donations of the following:

- Old recycling boxes
- Seed trays
- Any unused seeds
- Bamboo Canes
- Wooden pallets

If you can help, please contact the school office.

Thank you for your support!



## Exciting Opportunity for Year 6 – A Day in London!



Mrs Owens and Mrs Parker are busy planning an exciting trip for **Year 6** – a full day in **London!** This forms part of our curriculum opportunities, giving children the chance to experience the capital city, see famous landmarks, and gain a wider understanding of the country we live in.

Last year, we were able to take several members of the Student Council to London, and this year we're thrilled to extend the opportunity to the **whole of Year 6!** The plan is to complete the trip in one day, and we are working hard to keep costs as low as possible.

Further details will be shared in the coming weeks so you can secure a place for your child. If you have any concerns about the cost but would still like your child to attend, please speak to **Mrs Owens**. We believe this will be a wonderful experience and a memorable day for Year 6 as they prepare for their transition to high school in the summer term!

### General Reminders

- Please ensure your child is in full school uniform. Fully black trainers are acceptable. Shoulder length hair should be tied up. No extreme haircuts with shaved lines.
- Label all clothing to help reduce lost property.
- Water bottles must be plastic, not glass, for health and safety reasons.
- If you use Breakfast Club and / or After School Club please make sure regular payments are being made to the account or provision may be suspended.
- Please consider the food you are putting into packed lunches - making sure it is healthy and not high in sugar.
- Please be on time and reduce the number of lates.

### Dates for the Diary – Week Commencing 19<sup>th</sup> February 2026

<b>Monday 19<sup>th</sup> January</b>	
<b>Tuesday 20<sup>th</sup> January</b>	<ul style="list-style-type: none"> <li>• Y4 Swimming - please make sure kits are in school.</li> <li>• Y5 and Y6 have fitness sessions in school - PE kits required.</li> </ul>
<b>Wednesday 21<sup>st</sup> January</b>	<ul style="list-style-type: none"> <li>• Y3 Ukulele lessons (PM) – please ensure instruments are in school.</li> </ul>
<b>Thursday 22<sup>nd</sup> January</b>	<ul style="list-style-type: none"> <li>• Young Voices Practice: 3.15 – 4.15pm</li> <li>• Y4 Ball Games Club: 3.15 – 4.15pm</li> </ul>
<b>Friday 23<sup>rd</sup> January</b>	Foodbank Collection – all donations gratefully received

### Spring Term Up and Coming Dates

- Y4 - Y6 Young Voices Group – Young Voices is every Thursday until 29<sup>th</sup> January prior to the event (see all communication for details).
- Y3 will have Ukulele lessons every Wednesday, commencing next week. Please remember the instrument needs to be brought to school every Wednesday morning.
- Y1 – Judges Lodgings Trip – Letters will be sent out today for a trip for Year 1. Please check and complete ParentPay when this becomes available on the system. Thankyou
- Parents Evenings – Tuesday 10<sup>th</sup> and Wednesday 11<sup>th</sup> February. More information to follow with booking links etc.

### HALF TERM DATES

Last Day - Friday 13<sup>th</sup> February  
Back to school - Monday 23<sup>rd</sup> February



*"I have come in order that you might have life, life in all its fullness," John 10:10*

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](https://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. Using 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 Gillen is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

