



West Kidlington

Primary & Nursery School

Be kind, give your best!

WEST KIDLINGTON NEWS

Dear Families

COLOUR RUN UPDATE

The Colour Run was so much fun! We hope you enjoyed it as much as we did. We raised over £2700; a really extraordinary amount which will all go to enrich the children's experience at school, with a particular focus on PE. We are so grateful for everyone's support: our generous business donors, everyone who sponsored a child, the many volunteers on the day and of course all of our brilliant rainbow runners!

Spending time near **water** can be fun, especially in warm weather, but open water can be dangerous even if you are a strong swimmer. Rivers, lakes, canals, quarries and reservoirs can be much colder than they look, with hidden hazards and strong currents.

- Do not jump, dive or swim in open water unless it is a supervised, designated place.
- Never go near water alone - stay with friends and make sure someone knows where you are.
- Be aware that cold water shock can affect anyone, even strong swimmers, and can make it hard to breathe or move.
- Rivers, canals and lakes may have hidden dangers under the surface such as rocks, rubbish, weeds, fishing line or sudden drops.
- Do not take risks to impress others, including dares, bridge jumps or entering the water for social media content.
- If you fall in, try to stay calm, float on your back, keep your airway clear and control your breathing.
- If you see someone in trouble, call 999 or 112, shout for help, and throw something that floats. Do not go in after them.
- If possible, choose supervised swimming venues or pools instead of unsupervised open water.



**Summer Fair -
Friday 17th July
4.30-6.30pm**

Sunflower competition - new
deadline = 29th June



On Tuesday, June 9th, children are invited to a Teddy Bears picnic at lunchtime. Those having school dinners will receive their lunch in a brown paper bag. The picnic will be on the field, or in the hall if it rains. Children should bring a water bottle and avoid bringing special teddy bears or large items. If you don't have a picnic blanket, sharing is encouraged. Please label carrier bags for items. We look forward to seeing everyone and their teddies!



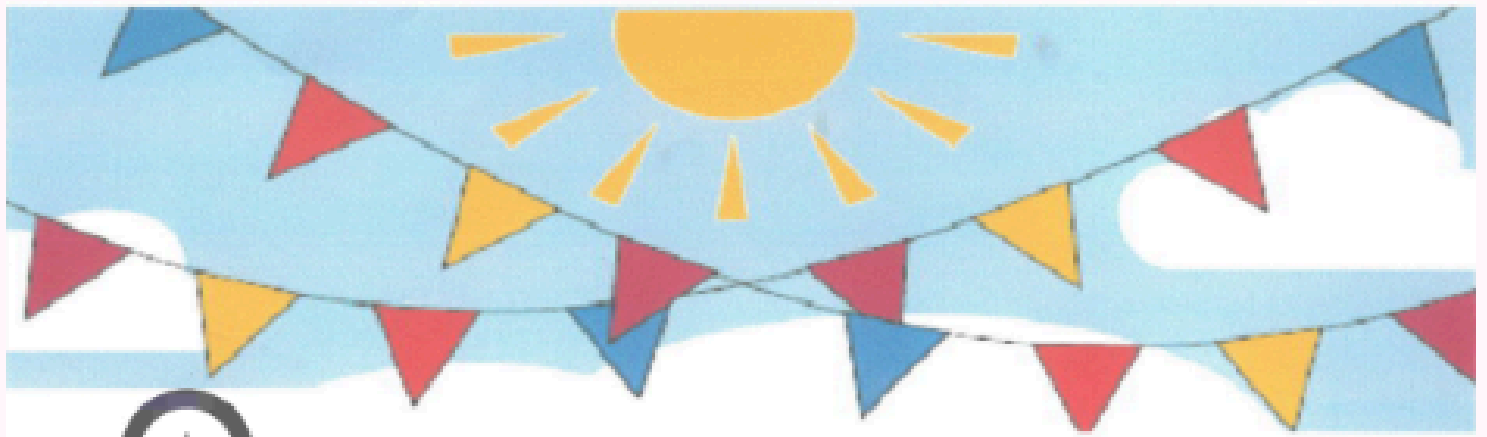
Important Dates

- Tuesday 9th June - Teddy Bear Picnic**
- Tuesday 16th June - Sports Day**
- Thursday 2nd July - New Reception parent meeting in the school hall 6pm**
- Friday 10th July - whole school transition (time spent in new classes ready for September)**
- Friday 17th July - Summer Fair**



Colour Run
2026





**Girlguiding
Kidlington**

Invite you to a

Summer Fete

Saturday 27th June

St. Mary's Church, Kidlington

1.00-4.00 pm

Bring all your family to enjoy:

Teas on the lawn, Tombolas,

Games, Activities for the

children, Plant and

Cake Sale AND SO MUCH MORE!

FREE ADMISSION

Supporting our Girlguiding Kidlington Building

Kidlington Gala Day 2026

Exeter Close, OX5 1PA

11am-3pm
18 July 2026

LOTS OF FREE FUN ACTIVITIES FOR ALL THE
FAMILY

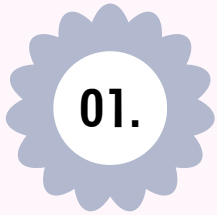
KIDLINGTON "GREEN" LANE STALLS
COMMUNITY STALLS (LOCAL GROUPS)
ACTIVITY STALLS (FREE FOR CHILDREN)
ENTERTAINERS
FOOD & REFRESHMENTS



Kidlington
Town Council



RESILIENCE - FAMILY HOMEWORK CELEBRATING WHAT WE HAVE DONE WELL



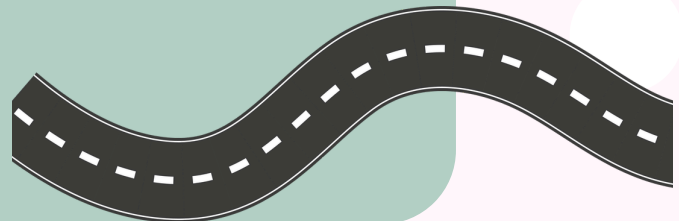
Proud moments

Draw something you are all proud of.
It could be: learning to ride a bike, trying something new
or being kind to someone.
Take turns sharing and talk in your family about what happened,
why it was hard and why you all feel proud.



Resilience road

Draw a long road on paper (or use chalk outside).
Along the road, add “stops” showing challenges you have all
overcome.
At each stop, write or draw:
The challenge
What helped you get through it



Super strength shield

Give each family member a paper shield outline.
I have included in the homework. Divide it into sections and fill with:
Things you are good at
Times you were brave
Kind things you have done
Decorate with colours, stickers, or symbols

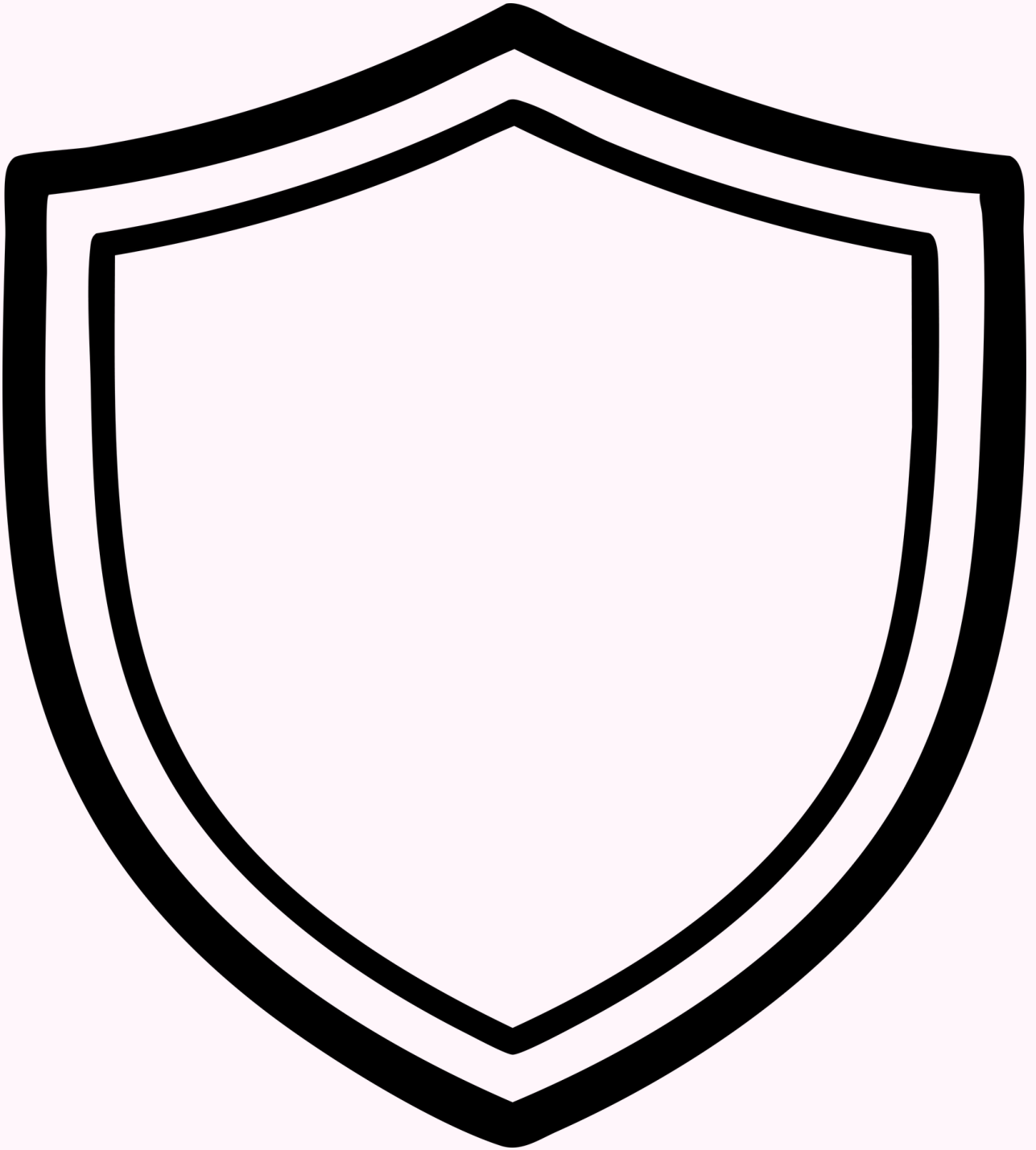


Choose as many of these activities as you want!

Tips for Success

Keep it relaxed and fun—no pressure for “perfect” answers
Let younger children draw instead of write
Celebrate effort, not just outcomes
Join in as a parent—model resilience through your own stories





ONLINE SAFETY

IN JUST 4 SIMPLE STEPS

Keeping your child safe online - and knowing what to say no to and what to say yes to - can feel like an impossible task.

So keep it simple with these 4 Rules.

Protect your child from exploitation by strangers, problems with peers, content that harms their mental health, addictive products, violent and sexual content, poor sleep, reduced concentration and disrupted development.

1

NO SMART PHONE UNTIL YOUR CHILD IS 12

Once you give your child a smart phone it is very hard to go back. Once they've got a smart phone it becomes almost impossible to control or monitor how they use it. So keep it simple: no smartphone. If your child really needs a phone you can get them an old fashioned feature phone for about £30.

2

NO SOCIAL MEDIA UNTIL YOUR CHILD IS 16

Social media can be fun, but it can also be addictive and harmful. The social media platforms are not making sure that they are safe for children to use. So the world of social media is full of content that is dangerous or damaging for your minds, from cyberbullying to pornography. So just keep your child off social media.

3

NO YOUTUBE AND NO TIKTOK

The social media rule includes youtube and TikTok. These platforms are designed to be addictive. They weaken your child's ability to concentrate. It is very hard to monitor and supervise them and there is a lot of harmful content on there. Whilst they are kids, there is plenty for them to watch on things like iPlayer and Netflix.

4

NO GROUPS, NO STRANGERS, NO SNAPCHAT

Just because your child is in your house, it does not mean that they are safe from being exploited by adults or upset by other children. So if they use things like Whatsapp, it's family and close friends only. No one that you don't know, no being in big online groups and no deleting messages. And this includes gaming online.

AND REMEMBER...

Don't rely on your child being sensible and honest online to keep them safe.

Yes, we need to teach them to be those things, but it is not fair or realistic to ask young children to operate safely in an online world that is really not set up for them.

Your child will not thank you for these rules. They will tell you that other children don't have these rules.

But those other children are not your responsibility. It is your job to look after your own children.

The majority of parents worry about their children online - some of them decide that saying 'No' is an option. You can be one of those parents.

If using tech devices is making your child sad, anxious or angry then take those devices away from them.

If they are not following your rules then take those devices away from them.

This might not be easy when they are young, but it will be almost impossible as they get older.

Ultimately you are the adult and you have to decide what is best for your child.

HALF EIGHT IS TOO LATE



**HOW MUCH TIME YOUR
CHILD SPENDS ON A
SCREEN IS IMPORTANT**



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