NUT-FREE

West Kidlington Primary & Nursery School
Be kind, give your best!

# WEST KIDLINGTON PS

## Dear Families

It has been wonderful to welcome everyone back to school after the half-term break. The children have returned with great enthusiasm and have quickly settled back into their learning.

As we move towards Remembrance Day, we are proud to be representing our school community at the Kidlington Remembrance Service, where a school wreath will be laid in honour of those who have served and sacrificed for our country.

We hope that, following the holiday, children are back into their regular reading, bedtime and screen-time routines. Establishing these healthy habits helps children to feel rested, ready to learn and able to make the most of every school day.

We were also excited to welcome Reading Revolution to school on Thursday. Children from Reception through to Year 6 took part in an exciting immersive escape-room style experience called Crow Castle, which was held in the school hall. The event encouraged teamwork, problem-solving and a love of reading, while providing a memorable and engaging experience for all involved.

A huge thank you goes to our wonderful Friends PTA, whose generous funding made this event possible. We are incredibly grateful for their continued support and the opportunities they provide for our children.




**Have Your Say on Kidlington East**

K5 Better Together is inviting local residents to take part in the Kidlington East Community Insight Profile Survey.

The survey will help us better understand local strengths, challenges and priorities and will inform future community projects, health and wellbeing initiatives and funding opportunities.

Please take part and share the survey: Kidlington East Community Consultation 2026 (Insight Profile).

Survey closes: 4 January 2027

Questions? healthyplaceshaping@cherwell-dc.gov.uk

Thank you for helping us reach as many local people as possible.



The children who attended the PGL residential had an amazing time. They took on many challenges. Their behaviour was so impressive and commented on by the instructors. We have three items that have not been claimed!

## Important Dates

**Wednesday 11th November - School Disco**
**Friday 13th November - World Kindness Day**
**Friday 13th November - Heights and Weights for children in Reception and Year 6**
**W.B 16th November - Anti-Bullying Awareness week in school**
**Friday 20th November - non-school uniform day**
**W.B 23rd November - Bikeability training for Year 6**

# Reading Escape Room Reward









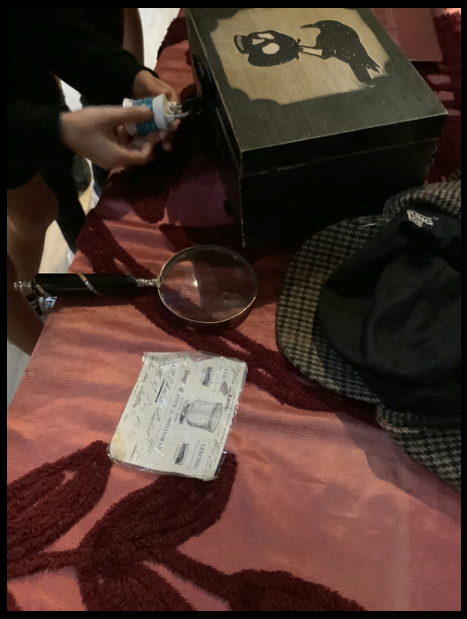












Better together

Cherwell
DISTRICT COUNCIL
NORTH OXFORDSHIRE




# HELP SHAPE THE FUTURE OF KIDLINGTON EAST

**We want to hear from local residents, community groups and organisations to help create a new Community Insight Profile for Kidlington East**

## WHY CREATE A COMMUNITY INSIGHT PROFILE?

**To better understand:**

- What people value about living in Kidlington East
- How to best support health and wellbeing
- The challenges facing residents
- Ideas for improving the area

## WHY GET INVOLVED?

**To help shape:**

- Local priorities
- Health and wellbeing initiatives
- Community-led projects
- Future grant funding opportunities

**SCAN ME**

**Interested in getting involved?**
**healthyplaceshaping@cherwell-dc.gov.uk**
**or scan the QR code to fill in the survey**
**Survey closes Monday, 4 January 2027**




MAKE YOUR CHILD'S DEVELOPMENT MORE FUN!

# TRY RUGBYTOTS

Our dynamic weekly play sessions enable **boys and girls aged 2–7** to develop their social and physical skills in a fun, positive environment. For more details, just call or email.

**0345 313 1908**

**rob.hill@rugbytots.co.uk**

rugby tots

**rugbytots.co.uk**

**The world's favourite rugby play programme**

# The Magic of a Bedtime Story

Ten minutes today.
A lifetime of learning tomorrow.



### Builds Language

Children hear new words and learn how language works.

### Grows Imagination

Stories inspire creativity and curiosity.

### Strengthens Connection

Reading together creates special family moments.

**A bedtime story is one of the best gifts you can give your child.**

# THE SCREEN CYCLE AND THE CHILD'S BRAIN:

## WHY EVERYDAY LIFE FEELS HARDER AFTER SCREEN USE

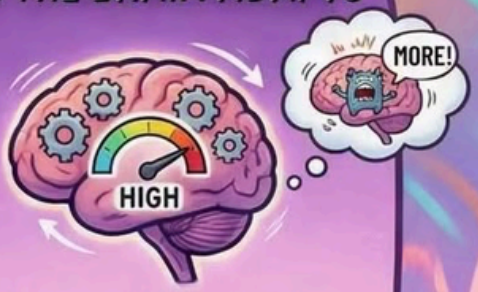
www.SocialWorkersToolbox.com

### 1. FAST REWARDS




TV, games, and videos give instant pleasure. The brain gets a strong dopamine hit.

### 2. THE BRAIN ADAPTS




With repeated fast dopamine, the brain starts to expect it and needs more to feel satisfied.

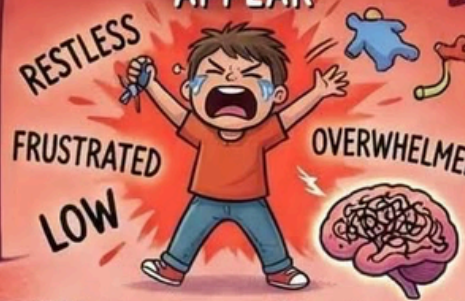
Dopamine is the brain's reward and motivation chemical.

### 3. REAL LIFE FEELS DULL



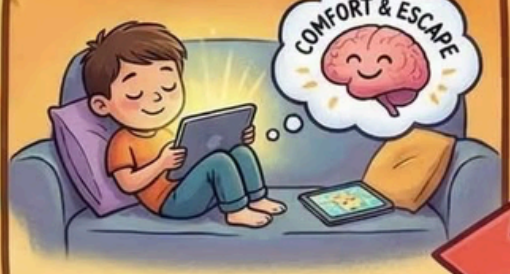
Play, homework, meals, and conversation feel boring or irritating by comparison.

### 4. BIG EMOTIONS APPEAR



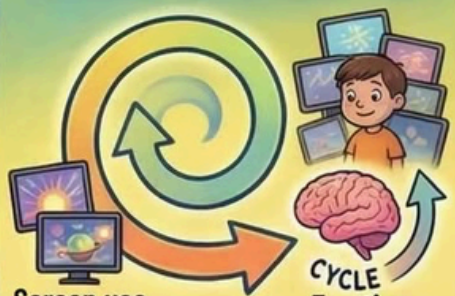

Without screens, children may feel restless, frustrated, low, or overwhelmed. Their brain struggles with slower life.

### 5. SCREENS BRING QUICK RELIEF




Screens calm the brain fast. The child learns that screens mean comfort and escape.

### 6. THE CYCLE REPEATS




Screen use increases

Real life feels harder.

Emotions grow bigger.



**Break the cycle: Prioritise connection, outdoor play, and slow, engaging activities such as walking and talking, sports, creative projects, reading, music, cooking, building, puzzles, or shared tasks. These help the brain settle and cope with everyday life.**

# 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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