



# West Kidlington

Primary & Nursery School

Be kind, give your best!

# WEST KIDLINGTON NEWS

## Dear Families

I have placed a new piece of Family Homework within the newsletter. This is supporting resilience and asking you as a Family to celebrate what you do well. Please find a small window of time to have a look.

We are delighted to invite you to attend our annual Sports Day on Tuesday 16th June 2025.

The day will be split into two sessions:

**Reception, Year 1 and Year 2: 10:00am – 11:30am**

Following the morning events, we kindly ask all parents and carers to leave the school site during lunchtime to allow staff to prepare for the afternoon session.

**Years 3, 4, 5 and 6: 1:30pm – 3:00pm**

This year marks an exciting new chapter for our Sports Day, as we introduce a fresh format designed to maximise participation, enjoyment and teamwork for all pupils. Children will take part in a variety of sports skill activities before competing in four exciting track races.

We are also pleased to share that the Friends of West Kidlington will be serving (**for adults**) a selection of snacks and hot and cold drinks throughout the day. Refreshments can be purchased using either cash or card.

We very much hope you will be able to join us in cheering on and celebrating the children's efforts, enthusiasm and sporting spirit.

On April 30th, Kidlington Town Council recognised volunteers, including Ann Heath, who received the Volunteer of the Year award for her 17 years of service, 14 of which were at West Kidlington School. We appreciate her dedication and support for children's reading. Congratulations Ann!

## Garden Team update



Please come and visit the plant sale that is being held on Wednesday 20th May. You will find strawberry and other plants available to buy outside the school hall. This will take place at 3.15pm. This is also the day Families can come and see children's latest work from the DT Day.



## Important Dates

W.B 11<sup>th</sup> May - KS2 SATS WEEK

Wednesday 20<sup>th</sup> May - DT work being celebrated in hall (3.15pm)

Thursday 21<sup>st</sup> May - Colour Run

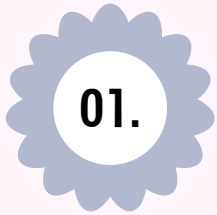
Friday 22<sup>nd</sup> May - Pyjama Day

Thursday 2<sup>nd</sup> July - New Reception parent meeting in school hall 6pm

Friday 10<sup>th</sup> July - whole school transition (time spent in new classes ready for September)



# RESILIENCE - FAMILY HOMEWORK CELEBRATING WHAT WE HAVE DONE WELL



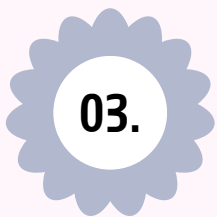
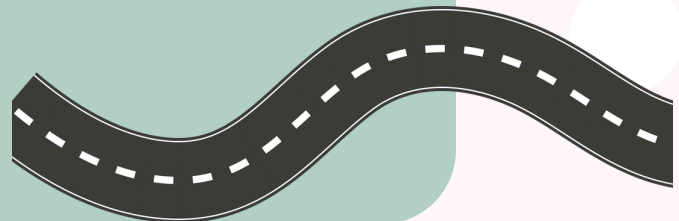
## Proud moments

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

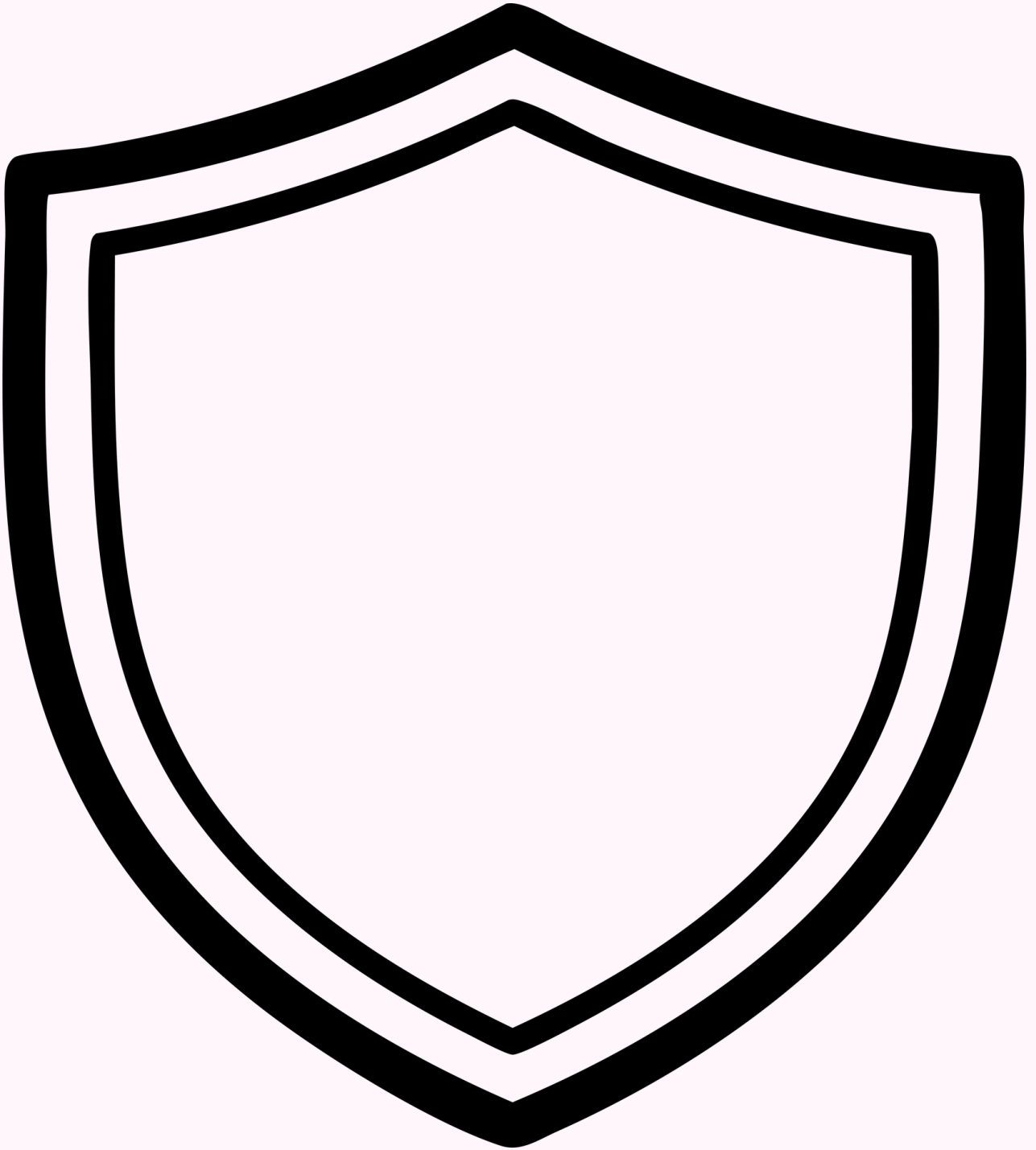


## Choose as many of these activities as you want!

### 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**





# West Kidlington Primary School



**Thursday 21<sup>st</sup> May 2026**

**Reception - 2:45-3.15pm**

**Year 1 & 2 - 3:20-3.50pm**

**Year 3 & 4 - 3:55-4.25pm**

**Year 5 & 6 - 4:30-5pm**

**Sponsorship forms, cash (minimum £5) and waivers must be returned to the school office by Monday 11<sup>th</sup> May 2026 for your child to participate in the event.**

**VOTE** 



**cherwell  
collective**  
live learn eat grow

**FOR  
'BRAND  
THE  
BUS'!**

**VOTE FOR #62 (CHERWELL COLLECTIVE)  
TO WIN BRANDING ON OXFORD BUS.**



**[OXFORDBUS.CO.UK/VOTE-NOW](https://oxfordbus.co.uk/vote-now)**

# 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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