"The World for our Children, our Children for the World"

Headteacher: Mrs C. Sánchez

Family Newsletter

23rd October 2026

Dear Families,

As we reach the end of a busy and fulfilling half term, I want to take a moment to reflect on everything our pupils have achieved over the past few weeks. Learning across the school has been remarkably rich and varied—our classrooms have been filled with creative expression through poetry, hands-on discovery in electronic engineering, and fantastic sportsmanship as pupils developed their matchplay skills on the football pitch. It has been a joy to watch our children engage so enthusiastically with every opportunity.

To round off the half term today, our Key Stage 2 pupils had a fantastic visit from the local Fire and Rescue Service for an interactive fire safety talk, learning essential lessons on staying safe at home and in the community.

I hope you all have a wonderful, restful half-term break with family and friends, and we look forward to welcoming everyone back on Tuesday 3rd November, refreshed and ready for another exciting term ahead.

Mrs Sanchez

Poppy appeal

Our Poppy appeal will be in full swing after half term, with House Captains selling poppies and products at break and lunchtimes. Prices are here.





Photo permissions

Andy from Berkshire Primary Images will be visiting on **Monday 9th November** to take individual photos which you are then invited to purchase should you wish. Andy takes the photos, edits and then makes these for sale for families. They make fantastic Christmas gifts!

As your child's photo is personal data, we require consent for your child's photo to be taken and for Andy to make it available for sale.

Please indicate your consent within the form here. No other data for your child will be shared.

Term 2 club booking ****now open

Booking is now open on MCAS for some varied and exciting clubs to enjoy across the next term.

Day	Club offer		Cost	Collect at
Monday 6 weeks Final session 14/12	***Seasonal Crafting*** ***All*** *Collective crafting sessions creating different creations using a variety of materials*	**Drama - Expressive arts** **All** *An opportunity for children to express themselves and gain confidence whilst working with their friends in different scenarios and games.*	£53.40	5pm
Tuesday 6 weeks Final session 8/12	***Table boccia/outdoor boccia*** ***All*** *This is a new sports game that is played in school that is a great all inclusive sport.*	**Fibre arts** **All** A mixture of finger knitting, crocheting and sewing	£53.40	5pm
Wednesday 6 Weeks Final session 9/12	**Lego Masters** ***All*** *A creative wonderland of Lego challenges designed to develop critical thinking, teamwork and technical skills!*	**Chess/draughts** ***KS2*** *A variety of games to challenge, inspire and enjoy downtime with friends.*	£53.40	5pm
Thursday 6 weeks Final session 10/12	**Tag rugby** **All** A high energy game of evading and tagging skills. Whilst learning to be a team player.	**Drawing club** **All** A starters guide to drawing using different textures, shading and creations to make your drawing stand out	£53.40	5pm

Terms and Conditions

Payment will be set up within MCAS for payments before the start of the club period.
Places are only guaranteed once payment is received, and non-payment will mean your child's place is offered to someone on the waiting list.
Please be aware that club bookings can not be refunded once booked unless the place can be taken by a different child. This is due to appropriate staffing being allocated to each session.

Parent Teacher meetings and SEND reviews

Teachers are looking forward to meeting with parents on **Tuesday 3rd and Wednesday 4th November**, with appointments between 3.30pm and 5.30pm. Meetings in person will also allow you to see your child's work, although Zoom meetings are also possible if preferred.
SEND reviews will also take place during this time. Appointments have all been sent out.



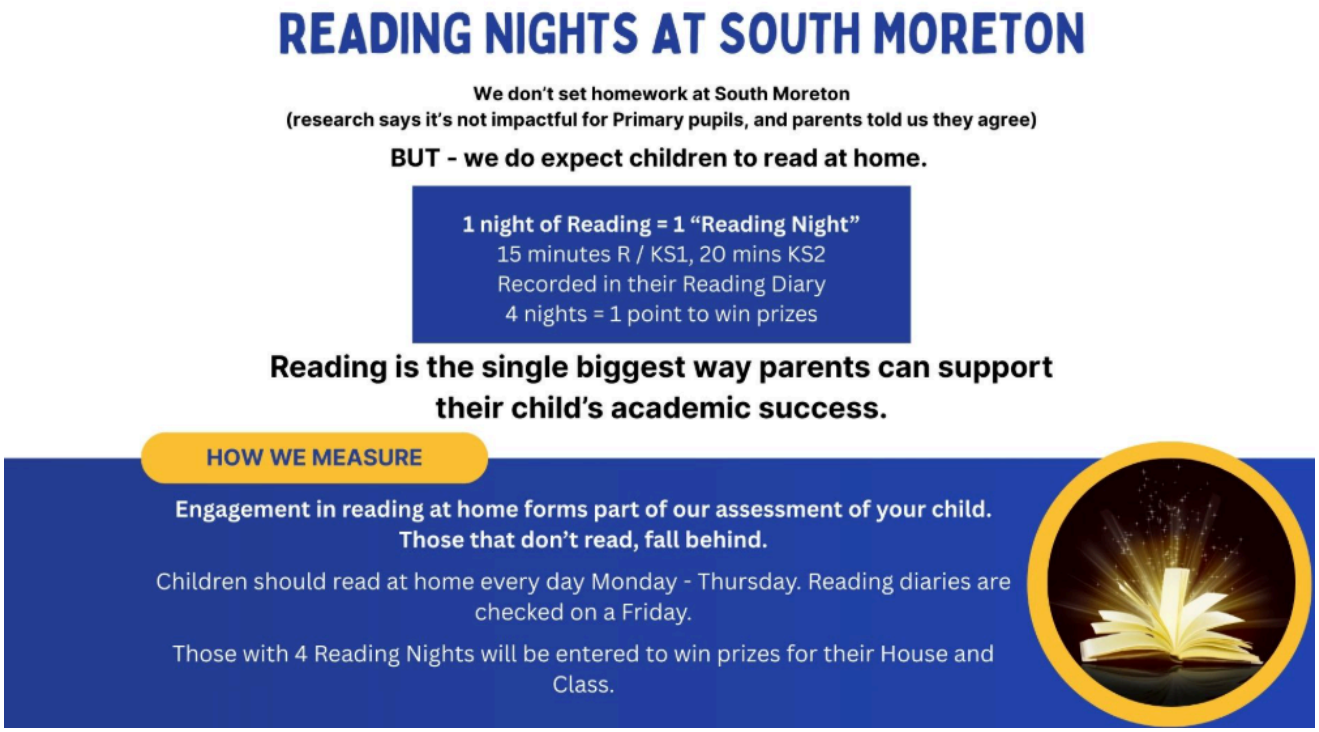
INSET day Monday 2nd November

A reminder of our INSET day after half term, where staff will be evaluating the latest pedagogical research to ensure our South Moreton teaching offer is always the best it can be for our children.

Lunch bookings

Next half term's menu is now available for booking on MCAS. Parents may find it helpful to book for the full half term. We have extended the daily ordering period for lunches to support you to make bookings. Lunch orders can now be placed **until 8.30am on the day.**

This means that there is no longer an option to pay for lunches in arrears. **Any children without a lunch booking by the cut-off time are asked to bring a packed lunch.** We hope this makes bookings more straightforward for parents whilst still allowing us to ensure enough food each day.



Dates for your diary

Monday 2nd November	INSET day	*School closed to pupils. Return to school Tuesday 3rd Nov.*
Tuesday 3rd November 3.30pm - 5.30pm	Parent Teacher Meetings and SEND reviews	*Appointments sent out today*
Wednesday 4th November 3.30pm - 5.30pm	Parent Teacher Meetings and SEND reviews	*Appointments sent out today*
Monday 9th November	Individual photos	*Information to follow*
Monday 16th - Friday 20th November	Anti-Bullying Week	*Information to follow*

Don't forget to join our **@SouthMoretonPrimary** Facebook page!
We welcome you to search and 'like' so that you get the best insight into the school day to discuss and celebrate with your child.
www.facebook.com/SouthMoretonPrimary

At National Online Safety we believe in empowering parents, carers and trusted adults with the information they need to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one topic of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech - related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

47% of parents said they thought their children spent too much time in front of screens

What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.

National Online Safety®

Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

STATISTICS

- **52%** of children aged **3-4** go online for nearly **9hrs** a week
- **82%** of children aged **5-7** go online for nearly **9.5hrs** a week
- **93%** of children aged **8-11** go online for nearly **13.5hrs** a week
- **99%** of children aged **12-15** go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018

SOURCES:
https://www.independent.co.uk, Children and Parents: Media Use and Attitudes Report 2018: https://www.ofcom.org.uk, http://uk.businessinsider.com/how-app-developers-keep-us-addicted-to-our-smartphones, Journal of Youth Studies: https://www.mirror.co.uk/tech/one-five-kids-losing-sleep-9653986, University of Leeds: https://medhealth.leeds.ac.uk/news/article/1296/lack_of_sleep_damaging_for_children

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