

# July 25 newsletter



Dear Parents/Carers

I hope that you and your families are enjoying the first few days of the children's summer break. It just remains for me to tie up a few loose ends with one final newsletter of the academic year. As has now become tradition, we finished on the final afternoon with a review of some of the excellent performances we have seen throughout the year from each class. Always a proud moment to see it all together in one very concentrated hour. It's also a time for us to reflect on the year and to say farewell to some people who are moving on.

As mentioned in a previous letter, from the staff this included: Mrs Butler, Mr Mills, Mrs Okai, Mrs Edwards and Mrs Sharp as well as a reduction in Miss Lee's role in school. We also needed to say goodbye to some of the children, this included Miss Lee's children, Esme and Isla, as well as Layla and Ivy. It also of course included all of year 6, although a good number

of the group have younger siblings, we did need to say goodbye to some families, some of whom have a very long association with the school. This includes two different Bowman families, the Churches, the Davies family, the Goldsmiths (and a very special thank you to Victoria for her excellent work as the Chair of the HSA this year, we are very grateful), the McGennitys, the Medicotts, the Nagypals, the Normans, the Taylers, the Wells, the Williams (although Mrs Tyers will still be working teaching PE at school) and the Wilsons. All will be very much missed.

As mentioned above Mrs Okai is one of our departing staff this year but what a legacy she has left behind in terms of the school's commemorative 150 year digital magazine, This was shared with you a few days ago and I do hope that you have had the chance to have a look at the work that she and her dedicated team of year 6s put together. It's a really interesting read and something which has exceeded all our expectations from when the idea was initially discussed. Thank you Mrs Okai.

You'll will have seen in the magazine and also if you pick up from the playground, that a commemorative mural has also been recently completed (pictures included below). The mural was designed by Mrs and Miss Harland and was completed by Mrs Brooks and her daughter Sofia, with a little help from all the children in school.

The final part of the 150 celebration which has not yet been shared, is the footage from the drone when the children spelled out 150 on the field, there is some spectacular video from this. Currently we don't have this in an available format to share but hope to soon. When we do we'd like to make this available to you at a small cost. The proceeds form which will go towards the playground project. We anticipate that we will finally be able to start work on the project early in the Autumn term but as yet don't quite have the funds to finish it.

Currently the just giving page

<https://www.justgiving.com/campaign/holywellschool150thann> is about a third of the way towards the required target so we will need to continue our fundraising efforts in September.

Included in this letter, you'll find updates on music and lots of PE News, as well as some community and safeguarding notices and an early look at some of the Autumn dates. I will write to you again just before we return to welcome you all back to school. In the meantime there will be some information coming through about our new communication system. As of September we will be using a new app for communications called School Gateway this will replace both Pupil Asset and ParentPay. Please do keep an eye out for this information.

We hope that you all have a lovely Summer.

Yours sincerely

Paul Baddeley



## Music



As mentioned above. Miss Lee needs to reduce her role at school as she now lives further away.. We are extremely grateful to her for the work that she's done with us, as well as very proud. In fact the school has recently been named one of the lead schools in Cambridgeshire for music.

<https://www.cambridgeshire.gov.uk/news/cambridgeshire-peterborough-music-education-hub-appoints-lead-schools#:~:text=The%20Lead%20Schools%2C%20which%20are,curricular%20and%20co%2Dcurricular%20programmes>

Whilst we are confident that all of our teachers have benefitted from working with Miss Lee and that the school is well resourced in this area we still feel that some expert help is necessary for us to continue to build on this.

We are incredibly fortunate that we have some very talented members of the parent/carer community and I'm very pleased to let you know that from September we will be working with Mrs Aspinall, one of our Year 3 parents. Mrs Aspinall studied at the Trinity Laban conservatoire of music and dance and has 20 years of experience of teaching singing in schools, as well as being a singer herself. She has taught at some very prestigious schools in London. She will lead our singing assemblies as well as running upper and lower school choirs. We very much look forward to working with her.

Mrs Aspinall is also able to offer school based private singing tuition. If this is of interest to you please do get in contact with her.

[joannabenson22@hotmail.com](mailto:joannabenson22@hotmail.com)

Miss Lee will continue her private piano lessons at school.

## PE News

Please note the following PE information and news is also available on our school website.

<https://www.holywellprimary.co.uk/page/?title=Active+%40+Holywell+Newsletters&pid=81>

## MOVE & THRIVE

On a beautiful sunny morning in April, 19 children from Year 1 & Year 2 had a fantastic time playing games on the field including: Ghostbusters, Stuck in the Mud, Fruit Salad, Bulldog and Dodgeball. They had lots of fun being active and working together as a team.



Our KS2 Move and Thrive morning was held on a lovely Summer's morning. We played lots of fun games including Jail Tag, Hula Hut Smashdown, Pacman and Hide and Seek It. The children were wonderful working together and having fun being active!

## SPORTS DAYS

We had a wonderful sports morning in June, with the children working in their coloured teams to complete the carousel of activities. Big thanks to everyone who came to support the children and also to Mr Turner and Year 6 for designing and preparing all the stations.



## CLUBS

**Year 1 Ballsports Club**— After the Easter holidays, some of the Year 1 children attended the Ballsports Club. We played a range of different games including dodgeball, basketball and football. The children learnt some news skills and had fun playing together.

**Reception Multi-Skills Club**— In the last half term it was finally Willow's turn to have an after school sports club. We had so much fun playing a variety of games including: Ice and sun; silly bananas, sharks and fishes, square catch and monkeys and lions.

**Girls' Football After School Club**—We are so grateful to Kirsty Robinson for running this club for the KS2 girls. They are getting better and better!

**Primary Sports Stars KS2 Cricket Club** — Thank you to PSS for providing the KS2 children with the Cricket Club for the Summer term.

**Primary Sports Stars KS2 Dodgeball Club**—Thank you to PSS for providing the KS2 children with the Dodgeball Club for the Summer term.

**Primary Sports Stars KS1 Multi-Sports Club** — Thank you to PSS for providing Year 1 & Year 2 children with the Multi-Sports Club in the Summer term.

**Youth Dreams Project KS1 Football Club**—Thank you to YDP for providing KS1 children with a football club after school in the Summer term.

**KS1 Tennis Club** — During Wednesday lunchtimes the children have had the opportunity to practice their tennis skills with Miss Tyers.

**KS2 Tennis Club** — During Thursday lunchtimes the children have had the opportunity to practice their tennis skills with Miss Tyers.

**Year 5 & 6 Netball Club**—Netball club is going from strength to strength, with the children playing some awesome netball! Fantastic shooting and passing skills—well done everyone for your commitment.

**Yoga Club**— Thank you to Verity for continuing to offer Yoga club to our children on Thursday lunchtimes.

The following day the sun was shining again on our afternoon of races. The children competed in a range of races including the sprint, sack race, relay, 3legged and slow bike race. Thank you again for all the support and congratulations to all the children for their fantastic racing!

## PE POINTS—SUMMER TERM

Big congratulations to the following children who were awarded the most

PE Points in their class this term: Ash: Hattie Elm: Felix, Lily Oak: Josh Holly: Molly Beech: Isla Cedar: Jamie, Nathan, Dharma. Below is a picture of Elm class (and 2 of the wonderful Young Leaders) enjoying their PE activities when their class won the weekly PE points.



## FESTIVALS AND TOURNAMENTS

We have had a busy Summer term with lots of children attending festivals, tournaments and competitions. A big thank you to the Hunts Schools Sports Partnership (HSSP), Youth Dreams Project (YDP) and Huntingdon District Primary Schools Football Association (HDPSFA) for putting on many of these fantastic events. Also thank you to all the parents who have helped with transport to these

### Year 6 NFL Flag Football Tournament

In our first competition of the term, we took 7 Year 6 children to One Leisure St Ives to compete in the NFL Flag Football Tournament. We played 4 games of 20 minutes each and won two of them! The children worked so well together both in offence and defence, scoring lots of touchdowns! Special mention to Ky who was voted the Most Valuable Player and Randall who was voted the Player's Player. Big thank you to Dave Clarke for his help supporting this event.



### Year 3 & 4 Tri-Golf Festival

On a beautiful sunny afternoon, we took 15 Year 3 & 4 children to Hinchingsbrooke House gardens for the annual Tri-Golf Festival. The children took part in lots of fun golfing activities including: Chip to the green; putting for points and nearest the pin. Over the course of the festival the children improved so much and enjoyed trying something a bit different. Well done to them all!



### Year 1 & 2 Girls' Football Festival

On a very hot and sunny April morning, we took 19 Year 1 & Year 2 girls to a football festival at the One Leisure St Ives Outdoor Centre. The girls took part in lots of fun football activities and even had a match together! Well done to all of them!



### Year 3 & 4 Orienteering Festival



In early May, we took 9 Year 3 and Year 4 children to Hinchbrooke House gardens for the annual Orienteering Festival. The venue provided a beautiful backdrop for the event which included many fun activities including: Maze Fun; Funny Faces; Garden Orienteering and Gutter Racing. The children's map reading skills improved so much and it was a really fun afternoon—well done everyone!

### Walter's Cup 1/4 Final

In May, our Walter's Cup team consisting of Year 3 —Year 5 children took on Bushmead Primary School in the quarter final of the cup. The first half was super close with Bushmead taking a lead of 1—0 into the second half. The children played some fantastic attacking football and were unlucky not to score more goals. The final score was 4– 1 to Bushmead. All the children played their hearts out and represented Holywell brilliantly! Congratulations to all the children and a special mention to Jude, Harris and Max who were nominated players of the match.



### 'A' Team Football Tournament

On a rather wet and soggy afternoon, we took the 'A' Team football squad to Alconbury Primary School for the Summer Tournament. We played against St Helen's Primary School, Alconbury Primary School and Roundhouse Primary School. Mr Turner reported that it was the best he had seen the 'A' team play and we came away with 1 win and 2 losses (but both just by 1—0) Well done to everyone!

### Girls' 'A' Team Football Friendly— Winners!

In June the Holywell Girls' 'A' Team played Huntingdon Primary school in a friendly match. The girls were solid in defence and showed some fantastic passing and dribbling skills. Big thanks to Leah who offered to go in goal for the match. The final score was 2—1 to Holywell so big congratulations to them. Also a massive thank you to Kirsty for coaching the girls.



### 'B' Team Football Tournament

We took 9 boys and girls from Years 4—6 to Alconbury Primary School to take part in the 'B' Team football tournament. We played Alconbury Primary School and Wheatfields Primary School twice. We drew 2 games and lost 2 games. Mr Turner reported that the children played some great football and we were super proud that we had so many girls on our team! Well done to you all!

### KS2 Panathlon Swimming Gala—2nd Place!



On a hot and sunny day (perfect for swimming!) we took 5 KS2 children to the first ever KS2 Panathlon Swimming Gala in Huntingdonshire at Melbourn Village College. The children took part in lots of different races including: Sprinting, Treasure Hunt, Relays, Raft Race and Slam Dunk. They were all amazing, encouraging each other and came in 2nd place! Each child received a silver medal and a certificate. Many congratulations to: Jasper, Jack B, George C, Violet and Charlie B.

#### [Year 5 / 6 Girls' Cricket Tournament](#)

On a lovely June afternoon, we took 11 Year 5 and 6 girls to the cricket tournament at Eaton Socon Cricket Club—a fabulous venue! We played 3 matches, with the girls improving throughout the day. The girls also got the opportunity to practice bowling and batting in the cricket nets which definitely helped in honing their skills! We won 1 match and lost 2 (1 by 1 run!). Many congratulation to all of them for their team spirit and enthusiasm!

#### [Year 6 Mixed Dynamo Cricket Competition](#)

On a blustery June day we took 10 Year 6 children to One Leisure St Ives for a day of cricket competition. We played 4 competitive matches and came away with 2 wins and 2 losses which put us 5th place out of 9 schools. There was some fantastic, bowling, fielding and batting with lots of wickets and literally 100s of runs! Many congratulations to all the children for supporting each other and playing their best cricket. Special mention to Jamie who was voted Players' Player and to Louisa who was voted Coaches' player.





### Year 3 / 4 Mixed Cricket Festival



On a very hot July afternoon, we took 10 Year 3 and 4 children to the cricket festival at Ramsey Cricket Club—a wonderful venue! The children played 3 friendly matches against other schools and showed some wonderful cricketing skills! Lots of runs, wickets and catches! Congratulations to them all!

## FESTIVALS AND TOURNAMENTS

### Year 1 & Year 2 Mini-Olympics

On a gorgeous sunny morning we took 18 Year 1 & 2 children to the Mini Olympics Festival at Abbey College, Ramsey. The children took part in Olympics sports including: cricket, rugby, golf, javelin, hurdles and sprinting. They were all fabulous and worked really well together—congratulations everyone!

### Year 5 NFL Flag Football Festival

For our last sporting event of the year, we took all of our Year 5 pupils to the NFL Flag Football Festival at One Leisure St Ives Outdoor Centre. The children took part in a carousel of Flag Football activities including: End Ball, Beat the Defender, Down, Set Hut Relay, Running Back Sprint and NFL Bulldog. The children were fantastic and had fun improving their Flag Football Skills. Well done everyone!



## Year 6 Young Leaders Wimbledon Trip

This year we have had 8 Year 6 Young Leaders who have been absolutely fabulous in providing the younger children with Active Lunchtimes throughout the year. We were able to take them on a fantastic trip to Wimbledon as Miss Fabisz managed to secure 10 tickets. We had the most wonderful day together watching the tennis, navigating the London Underground and even getting on TV! Big thank you to the children for all their efforts this year: Ella, Holly, Gracie, George, Lucas, Jamie, Bruce and Alex.



## Community Notices

You may be aware that one of the school's families suffered a profound tragedy recently. In light of this we are sharing the information and link below which they have forwarded to us.

ANDYSMANCLUB, a charity which offers a vital space for men to discuss their feelings openly and without judgment. Every donation, no matter the size, will help support this essential cause and potentially save lives. Together, we can honor Jake's memory and help others who may be struggling. It would mean a lot to see you join us in this effort.

Thank you for considering a contribution that can make a real difference in the lives of many.

<https://gofund.me/a553ad04>



## Education Inclusion Family Advisor Team Summer Virtual Drop-Ins

Would you like to talk with an EIFA on a 1:1 basis over the summer holidays about parenting issues such as challenging behaviour, sibling rivalry, routines, sleep, etc? Then book onto one of these drop-in dates below. Sessions are 45 minutes each.

Dates available to book:		
Wednesday	30 July 2025	10:00 - 14:45
Tuesday	5 August 2025	10:00 - 14:45
Wednesday	6 August 2025	10:00 - 14:45
Tuesday	12 August 2025	10:00 - 14:45
Wednesday	13 August 2025	10:00 - 14:45
Wednesday	20 August 2025	10:00 - 14:45
Tuesday	26 August 2025	10:00 - 14:45
Wednesday	27 August 2025	10:00 - 14:45

### To book on:

- Click on this link: [EIFA Summer Drop-Ins](#) or via:
- Select one of the date boxes (to see more dates click on 'show more services' underneath the boxes).
- Scroll down to the calendar, selecting your chosen date again.
- Choose your preferred time on the right-hand side.
- Add in your details
- And then simply click 'Book'
- You'll then receive a confirmation email, meaning you're all booked on.



[cambridgeshire.gov.uk](http://cambridgeshire.gov.uk)



## Education Inclusion Family Advisor Team Summer Online Workshops

The EIFA team would like to present our newly updated workshops on a variety of parenting and family issues for the **School Summer Holidays**.

Please ensure you book onto each workshop individually by clicking on the link or scanning the QR code and completing the registration form.

Sibling Rivalry	Thursday, 7 August 2025, 12:00-13:30	Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or 
Supporting Your Child with Angry Feelings	Thursday, 14 August 2025, 12:00-13:30	Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or 
Transition to Primary School	Tuesday, 19 August 2025, 12:00-13:30	Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or 
Transition to Secondary School	Thursday, 21 August 2025, 12:00-13:30	Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or 
Supporting Your Child with Feelings of Worry	Thursday, 28 August 2025, 12:00-13:30	Book onto this workshop at: <a href="#">Microsoft Virtual Events Powered by Teams</a> or 

If you have any questions about our workshops, or the EIFA service in general, please contact [earlyintervention@cambridgeshire.gov.uk](mailto:earlyintervention@cambridgeshire.gov.uk)

**Could you inspire the next generation of cyclists?**



We are searching for Cycle Instructors to join our expanding Bikeability team.



We are looking for confident communicators to deliver fun and inspirational cycle training in schools.

If you have loads of enthusiasm to share and are looking for rewarding work to deliver during school term time, we would love to hear from you.

Role: Variable Hours Contract

Hourly Rate: £13.20 plus holiday pay. We have an employee benefits scheme too!

Training and Support: we provide full, free training and ongoing support including nationally recognised qualifications.

For more information, please contact:

jobs@outspokentraining.co.uk, 01223 473820



[www.outspokentraining.co.uk](http://www.outspokentraining.co.uk)

Parking remains an issue for us and we are still receiving complaints from residents of both Harris Crescent and Park View. My thanks, as always, to those of you who park at Millfields out of respect for our neighbours. Please can I urge all parents and carers who need to drive to school for drop off and pick up to also park here, it's a facility that the school is very fortunate to have the use of.

### Absence Request Forms.

A reminder that we do need an absence request form filled in for any planned absence, even if it's just for 1 session. These forms are available on request from the office and can also be downloaded from our website.

<https://www.holywellprimary.co.uk/page/?title=Attendance&pid=56>

## Safeguarding



We've been made aware of a new resource from the National College called Wake Up Wednesday.

*'WakeUpWednesday exists to help parents and educators keep children safe online, support their wellbeing and empower them to become positive actors against climate change.'*

*Our #WakeUpWednesday initiative includes free access to guides, courses, helpful videos and tips on hot topics such as online risks, how to encourage positive wellbeing and practical steps to support sustainability.'*

The website is linked here

<https://nationalcollege.com/experts/national-online-safety>

and I've attached 2 examples of some of the very user friendly content below.

# What Parents & Educators Need to Know about ONLINE SLANG

**WHAT ARE THE RISKS?** Slang moves fast – and for many young people, it's not just how they talk, but how they share their identity and feelings. Learning key terms helps adults connect and show understanding, even if the lingo seems baffling at first.

**GENERATIONAL MISCOMMUNICATION**

Words like "lol" or "vibe" can be misunderstood by older generations. These phrases often carry subtle social meanings among young people.

**RAPIDLY SHIFTING MEANINGS**

Slang changes quickly. It can be used to mean one thing one day and another the next. This makes it easy for adults to feel behind and/or misinterpreted.

**SHIELDING BULLYING OR EXCLUSION**

Inside jokes and trending terms like "vibe" or "lmao" can be used to exclude or mock someone. What looks like harmless fun might actually hide social exclusion or bullying.

**PERFORMING FOR THE ALGORITHM**

Slang often reflects what's popular on platforms like TikTok. Young people might use slang to get noticed for likes, creating online personas that don't match their real selves.

**CONTENT MODERATION WITH CODED SPEECH**

To avoid content filters, young people sometimes use slang or emojis to talk about serious topics or to express coded messages. This makes harmful content harder to spot.

**LONG-TERM DIGITAL FOOTPRINT**

A slang-filled post might seem funny now but could resurface years later during college or university applications – possibly out of context, but still meaningful.

## Advice for Parents & Educators

**KEEP UP, DON'T CATCH UP**

Follow youth culture pages or ask your child about new slang. Staying informed shows that you're engaged and open for understanding their world.

**ASK, DON'T INTERROGATE**

Use open questions to invite conversation. You're not quizzing them – just trying to learn more about their online life.

**FOCUS ON CONNECTION OVER CONTROL**

Being someone your child can talk to is more valuable than using strict rules or monitoring apps. Openness builds trust.

**ENCOURAGE CRITICAL MEDIA LITERACY**

Talk about where slang comes from, how it spreads, and how it can impact others. This helps young people use language more thoughtfully.

**ONLINE SLANG CHEAT SHEET** – The following slang terms are common examples – please be aware this isn't an exhaustive list and both meaning and prevalence can change safely.

COMMON SLANG:	POTENTIALLY CONCERNING SLANG:
<ul style="list-style-type: none"> <li><b>Slime</b> – Independent, self-reliant (often male) mindset; proud outsider status.</li> <li><b>Chill</b> – Relaxed or laid-back attitude.</li> <li><b>Sitlab</b> – Nonsense used from the viral "sitlab taker" meme; expresses chaos or fun, usually harmless but pervasive.</li> <li><b>Clap</b> – The collective audience or group of viewers (e.g. on a livestream), used when addressing followers directly.</li> <li><b>Lock in</b> – To focus, control or get serious (e.g. before gaming or sports). Positive encouragement to concentrate.</li> <li><b>Cooling</b> – Doing something intentionally well or getting momentum. Opposite of "locking".</li> <li><b>Blat</b> – Charisma or flirting ability (short for charisma). Can praise social confidence.</li> <li><b>Aura or aura farming</b> – One's perceived "vibe" or "vibe" farming means manufacturing a vibe.</li> </ul>	<ul style="list-style-type: none"> <li><b>Rep</b> – An adult content creator (e.g. OnlyFans), indicates exposure to 18+ material.</li> <li><b>Spit or gret</b> – Swear-like exclamation about someone's backside. Offensive language.</li> <li><b>Trollfests</b> / <b>boomerfests</b> / <b>lmg lmg lmg</b> / <b>lmg</b> – Spontaneous reactions to or generated reactions with "troll" meaning "joke". Calling trolls, avoid discussion, and freeze others.</li> <li><b>Stealing</b> – Overpraising or obsessively praising a streamer or celebrity.</li> <li><b>Crash out</b> – To lose control, get up or have a meltdown, sometimes hints at self-harm.</li> <li><b>Cooked</b> – Ruined, exhausted or in serious trouble, sometimes mental health-related.</li> <li><b>Wrecker</b> – Exposure to death or suicide used to avoid content filters.</li> <li><b>MPC</b> – Used to suggest someone is lacking independent thoughts or is repetitive and predictable.</li> </ul>

# What Parents & Educators Need to Know about TECHNOLOGY ATTACHMENT

**WHAT ARE THE RISKS?** In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 95% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

**WIRED FOR REWARD**

Children's brains are particularly sensitive to reward-based stimulation, and some digital products, especially those offering likes or content like short-form videos, are designed to exploit this. The constant gratification of likes, comments, and rapid video changes triggers dopamine release, making these habits highly addictive. Over time, this can lead to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

**NIGHT-TIME TECH HABITS**

Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtime, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) or social interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

**DIGITAL WORLD DANGERS**

The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to hate speech, and online predators are all risks children face, often without understanding the consequences. Misinformation can shape distorted worldviews, while constant comparison to others can erode self-esteem. Without guidance, children may lose sight of their digital footprint, impacting their emotional and mental health.

**DIGITAL DEPENDENCY BUILDS**

Devices often become digital comfort blankets in moments of boredom, anxiety, or loneliness, creating more frequent reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop essential coping mechanisms, such as mindfulness, emotional regulation, and problem-solving skills. As digital dependency grows, children may become less resilient to setbacks and more reliant on digital personas to navigate friendships.

**SHAPED BY SCREENS**

For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image, leading to self-comparisons and always wanting to be "socially validated". This environment can be self-reinforcing, making children more vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

## Advice for Parents & Educators

**READ THE ROOM**

Pay attention to behavioral changes that may signal unhealthy tech attachment. This includes mood swings, increased anxiety about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or fear responses to disconnecting content. Early recognition allows for proactive support and meaningful conversation.

**SHAPE DIGITAL BOUNDARIES**

Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes tech-free zones (e.g., bedrooms, dining tables), tech-free times (e.g., meals, bedtime), and tech-free days. Be clear about expectations and explain the reasoning behind them, even reflecting upon your own digital use and how it's impacting you. Setting boundaries like a "digital curfew" or "no phones in the car" can be a good start. Having boundaries like a "digital curfew" or "no phones in the car" can be a good start. Having boundaries like a "digital curfew" or "no phones in the car" can be a good start.

**DON'T WAIT, REACH OUT EARLY**

If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

**SET THE STANDARD**

Children often mirror the behaviors they see, which is why demonstrating healthy digital habits, such as prioritizing face-to-face conversation and unplugging during screen time with loved ones, is so important. Share your own positive uses of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

## Dates



### New Dates In Bold

**Monday 1st September - Training day (School Closed)**

**Tuesday 2nd September - Autumn Term Begins**

**Thursday 11th September - Individual and sibling photos**

**Friday 12th September - Supporting Your Child With Fears and Worries Session 9.15 at School. (See poster below).**

**Monday 27th - Friday 31st October - Half Term (School Closed)**

**Monday 10th - 13th November - Y5 Bikeability**

**Thursday 13th November - Flu Vaccinations**

**Thursday 13th and Friday 14th November - Life Education Bus at school**

**Friday 19th December - Last day of term.**

**Monday 5th January - Training Day (School Closed)**

**Tuesday 6th January - Spring Term Begins**



YOU'RE INVITED TO OUR INFORMATION  
SESSION ON...



## SUPPORTING YOUR CHILD WITH FEARS AND WORRIES

Holywell C of E  
Primary School,  
Friday 12<sup>th</sup>  
September at  
9:15am

with..  
The  
Mental Health  
Support Team



FREE

Babies and  
pre-school  
age children  
are  
welcome to  
join

This session will provide you with **information** to increase your understanding of your anxious child.

We will talk about how to **recognise** when your child may be feeling anxious and **identify** some of the possible reasons they may be feeling this way.

We will then introduce some **strategies** to help your child manage these big feelings!