Whaley Bridge Primary School Newsletter 25/09/26

NEWS

One of the ways we support transition for new pupils at Whaley Bridge by buddying the new starters with a pupils from year 5 and 6. This week Bumblebee and Seahorse children were introduced to their new buddies, and enjoyed a reading session in the library. Buddy relationships are always a joy to watch, and both the older and younger pupils get so much from this system. Although we're only just starting our journey with this year's reception, we have also begun booking in tours for new starters from next September. If you know anyone with a school aged child for next year, please encourage them to get in touch.

Also this week, Seahorses undertook a science experiment, Bats enjoyed a Stone Age theme day and school a group of pupils enjoyed a Rugby coaching session at Chapel Primary . What a great week!

Halloween costumes

We're looking forward to the PTA spooky disco on 22nd October. Please bring in any preloved or outgrown Halloween costumes you may have at home for a costume sale.

Cauliflower designs – Please return Christmas cards back to school by next Weds (30th Sept). If you have ordered, please tick the box to confirm you have done so

MPs Christmas card competition

Our local MP, Jon is inviting children to take part in his upcoming Christmas Card competition, to create designs for him to use as his official Christmas card. The theme will be "What Christmas means to you" They may use whatever materials they want, but please note glitter can make it difficult to scan! This is an optional activity for pupils to take part in a local competition: if you do choose to take part, please bring your entries into the school office before Friday 6th November.

Bonfire Art competition

Whaley Bridge Community Bonfire and Fireworks are inviting children to produce some bonfire inspired art work for their annual competition.. This is an optional activity for pupils to take part in a local competition: if you do choose to take part, please bring your entries into the school office before Friday 16th October

headteacher@whaleybridge.derbyshire.sch.uk

PTA

Sponsored walk – 10th October – details on page 4 &5
Remember to pay for contribute to Toast Fridays via this link
Toast Fridays! | Whaley Bridge Primary PTA

ACHIEVEMENTS

Bumblebee: Frankie
Red Squirrel: Declan
Puffin: Paisley
Otter: Eric
Bat: Elara
Seahorse: Matilda

STARS

Bumblebee: Toby
Red Squirrel: River
Puffin: Oscar.V
Otter: Seb
Bat: Katie
Seahorse: Brooke
⭐ Writer: Flynn

DIARY DATES

30/9/26 – School Photos - Uniform (no PE KITS)
10/10/26 – PTA sponsored walk
15/10/26 – Meet the teacher eve (TBC)
22/10/26 PTA Halloween event (TBC)
23/10/26 – Break for half term
2/11/26 – Return to school
4-6th /11/26 Year 5/6 Residential
3/12/26 –PTA Christmas event (TBC)
18/12/26 End of term

*info in blue is new

Our school calendar can also be found on the website here

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep appraised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.

#WakeUpWednesday®

The National College®

Source: See full reference list on guide page at: https://nationalcollege.com/guides/top-tips-for-safety-on-social-media

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.12.2024

SPONSORED WALK

WALKING TOGETHER - WHALEY BRIDGE AND TAXAL & FERNILEE C OF E PRIMARY SCHOOLS

In collaboration with Taxal and Fernilee Primary School, let's walk together to raise some money. Money raised by children will go to respectives school's PTAs
Choose your distance (1, 3 and 8 miles) and collect sponsorship along the way.

Everyone can take part!

10 OCT 2026

10:30am

START POINT: TAXAL & FERNILEE SCHOOL

Register here

Collect sponsorship here

Together we can make a difference.

Dear Parents and Carers of Whaley Bridge Primary School

Please join us with your children on **Saturday 10th October** for a sponsored walk to raise money for the PTA.
We are pleased to work with Taxal and Fernilee School PTFA. Children and parents will also be joining us on the walk to raise money for their school.

Please arrive at Taxal & Fernilee School between **10 and 10.20am** for registration and drinks in the hall. There will also be a cake stall so you can stock up on sweet treats before you set off! We will leave from the school back gate at 10.30am.

Every child needs a responsible adult to accompany them.

We need your help to make the event go smoothly - if you can marshal or be listed as a trained first aider for the walk please email whaleybridgepta@gmail.com

Where is the walk: You can **choose a route** length to suit you and your family. There will be a short option of about **1 mile**, medium of between **3-4 miles** and a long one of about **8 miles**. All of the walks will take us in the direction of Fernilee. Maps will be provided and marshals will be on the route to help show you the way.

Equipment and info: You need to bring clothing and shoes appropriate for the weather (it's October so we could have sunshine/rain/hail and almost certainly mud!) Be tick aware and we suggest long t-shirts and trousers.
Please bring enough food and drinks to fuel you for the distance you choose to complete, as well as any medication your child needs.
Well-behaved dogs on leads are welcome, but they can't come in the school grounds before the walk.

How to register and donate: Please fill in the online form if you would like to take part. Each adult walking is asked to make a donation of £2. Any family and friends are welcome to walk too.

Plus you can share the QR code below with family and friends to donate online.

Looking forward to seeing you there!

Whaley Bridge Primary School PTA
whaleybridgepta@gmail.com

QR code for sponsorship (link here)
QR code for registration form (link here)

PTA halloween disco

WHALEY BRIDGE PRIMARY SCHOOL
PTA

Scan me to book

Thursday 22nd October

£5.50 per child*

(includes drinks & sweets)

2:45 – 3:15 Sensory Disco
3:30 – 4:30 Reception, Year 1 & 2
4:30 – 5:30 Year 3 – 6

At Whaley Bridge Primary School

*No charge for the sensory disco. Please contact the PTA to book.