



08.05.26

Executive Head Teacher Update

As we head into SATs week for our Y6 pupils, we want to take a moment to say **thank you** for all your support. These tests are simply a way for the children to show what they've learned, but they only capture a small slice of who your child is. Whether they are a brilliant artist, a kind friend, a talented athlete, or a tech whiz, these tests don't measure those wonderful qualities.

Our main goal is for the children to feel proud of their effort and to stay relaxed. Reassure them that as long as they try their best, that is more than enough. No one can ask for more than their best effort! Please try to ensure that pupils are encouraged to prioritise sleep and remember that they are amazing: Year 6 pupils—you've got this!

Today, we are delighted to share in celebrating the 100th birthday of our national legend- Sir David Attenborough. His lifelong dedication to the planet; curiosity and infectious enthusiasm is an inspiration to us all.

Best wishes,

Diane Lakey



Ellingham CE Primary School Friday Flyer

All 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](#).

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one-day a week for Minds Ahead, which works with schools on improving their mental health provision.



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Attendance

Class	Weekly attendance	Annual attendance
Splash	100	94.3
Space Base	87.5	94.6
Earth Works	100	89.4
Time Zone	100	92.4

Did you know? Each pupil has 175 non-school days a year to spend however they like. The table below shows the significant impact of absence over time.

Days of school add up to lost learning						
Days in school	190	186	180	175	171	170
Percentage attendance	100%	98%	95%	92%	90%	<90%
	Excellent	Excellent	Good	Caution	Cause for concern	Serious concern

Absence Procedures If your child is ill, please keep them at home until they are well enough to return to school. Please notify us by phone call or email before 9.15am if your child is to be absent, and continue to inform us on a daily basis if they continue to be ill.

We have a continual focus on attendance and punctuality and this is of the utmost importance in your child's education. Please remember that our school gate closes at 8.55am as this is when our lessons begin. Anyone arriving after this time is classed as late and will miss valuable learning opportunities which take place immediately after registration, such as phonics.

What are the risks of missing a day of school?

'Being in school is important to your child's achievement, wellbeing and wider development. Pupils with the highest attendance throughout their time in school gain the best GCSE results. The higher a pupil's attendance, the more they are likely to learn, and the better they are likely to perform in exams and formal assessments.' The Education Hub - Department for Education



Splash Class

This week, we have had a very busy week. In maths we were learning about doubles. We are really good at doing these now and can remember lots. Reception have also been writing sentences and trying to find all the sounds and words ourselves. In nursery we have had lots of lovely mark making and drawing, and we are all great at careful counting and finding numbers.

In the forest we took water and made mud for our mud kitchen. We also had a team of den builders who made a fabulous den for everyone to play in.





Space Base Class

Space Base are investigating what plants need to grow. We are trying to see if we can bring dried kidney beans back to life. We have given some of them water, sunlight and air, while others are being kept in sealed bags, in the dark, or without water. Space Base are excited to see which beans grow and which do not.

In English, the children have been focusing on descriptive writing. We went out onto the playground and used our senses to help plan our descriptive writing. The children have created some great descriptive pieces which include adverbs, verbs and adjectives.

As mentioned last week, we had the special opportunity to visit the RAF base. Here are some pictures of the children having lots of fun. They got to see planes and even fly a rocket!





Key Stage Two Time Zone and Earth Works

Year 6 have been working extra hard in preparation for their SATs tests next week. They're all very well prepared to show how much they have learned throughout their time at Ellingham.

Time Zone have been studying volcanoes in history. All the children gave a presentation about a different volcano.



Assome light relieffrom SATs preparation, we practised our cookery skills by making some rock buns. Our measuring and rubbing in continues to improve and we are becoming more confident and independent in our baking, with delicious results!



our Art unit on Prehistoric pottery, we experimented with mark making in clay, to gain design ideas for decorating our pots next week. We used some 'tools' which would have been familiar to prehistoric potters, such as sticks, shells, twine and leaves, and other, modern day items such as straws and tooth picks.





Dates for your Diary

Monday 11th - 14th May	KS2 SATs
Wednesday 20th May	KS2 visit to Newcastle City Mosque with Embleton
Thursday 4th June	KS2 Countryside Day
Wednesday 10th June	Time Zone visit to Life Science Centre Newcastle with Embleton
Friday 12th June	Earth Works to Edinburgh with Embleton
Thursday 25th June	Nursery & Reception to Embleton Beach School
Wednesday 1st July	Y6 DCHS transition day
Friday 5th July	Y5 Camping
Tuesday 7th July	Sports Day 1.00pm

Please remember, Breakfast club is available from 8.15am if anyone needs to drop off a child earlier. Please book in advance if possible. £2.50 includes cereal or toast.

Advance warning of Teacher Training days 2026-27:

Tuesday 1 September 2026

Friday 23 October 2026

Monday 2 November 2026

Monday 22 February 2027

Monday 28 June 2027

After School Clubs

Karate continues on a Monday **(This club will now continue until the summer holidays)**

Multi Sports with Callum on a Tuesday.

Art club continues on a Wednesday

Forest School continues on a Thursday

Fun Club on a Friday (if required - currently no takers)



Stars of the week

Names:

Splash: Daisy - For being kind and helpful.

Space Base: Evelyn- For using a range of colours in her artwork to create different emotions.

Earth Works: Harry - For great partner work in baking.

Time Zone: Avie - For being a super star every single day

Thomas - For accurate and careful work on multiplying decimals.

Special Brenda star of the week to Ralph - For consistently high scores in Accelerated Reader quizzes.