

## St Mary's C of E Primary School

### Growing our community together

*'Welcome, Nurture, Grow, Flourish'*

#### Dear St Mary's Community,

I want to start by saying a huge thank you to all our families. You have been so kind and welcoming since I started at our school!

One of my favourite moments so far was leading my first worship. We talked about 'Hope' and how we can all be 'hope builders' in our school community. We talked about three simple ways to help others:

- Listening when someone needs to talk.
- Helping out whenever we can.
- Encouraging each other so we can all do our best.

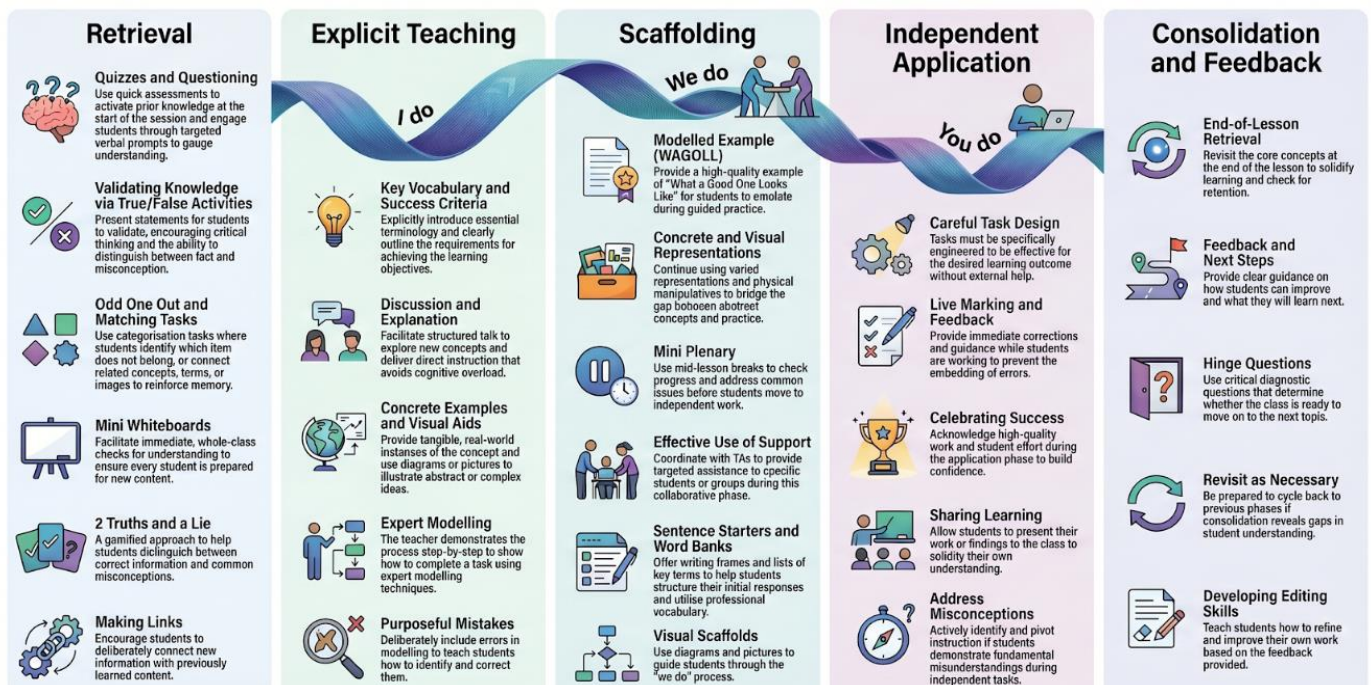
#### Doing Our Best in Class: The St Mary's Way

I have been working with our teachers to create our St Mary's Teaching and Learning Model.

This plan is like a guidebook for our classrooms. It makes sure that every teacher uses the same approaches to help our pupils learn. Whether it's how we give extra help with challenging work through careful questioning or providing additional resources or how we mark pupils' books, we want to make sure it is the same in every classroom - a consistent offer for all.

This is our promise to our pupils: no matter which class you are in, we will use the best tools to help you grow and succeed!

### The St Mary's Teaching and Learning Model: A Framework for Excellence

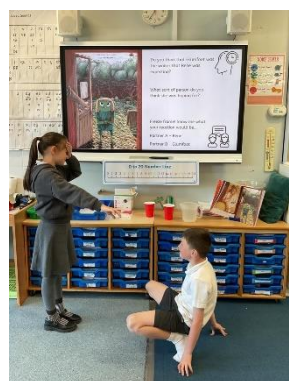


With best wishes from Mrs Emily Evans (Headteacher)



## Launching our Learning for Summer Term

We have had a fantastic start to the summer across the school. Over the first two weeks of term, children have been introduced to the new themes and topics that they will be learning about this term. Whether it is being immersed into a new book, exploring a new maths concept, developing physical and creative skills or finding out about the world around us the buzz of new learning can be felt wherever you go. Take a look below at some of the things we've been up to at St Mary's.



Aqua Babies & Kiddies Surrey are excited to share that swimming lessons are returning to Chessington Pool, located in the grounds of St Paul's CE Primary School! We are a 5.0 star swim school that has proudly served families across Surrey for over 8 years, and we're excited to now welcome families back to our newly opened and refurbished pool.

For primary school-aged children, our lessons focus on building confidence and water safety, whilst also progressing swimmers through structured stages that build strong technique across all strokes. Children develop the confidence and competency expected at each level while fostering a lifelong love of swimming - we love seeing our students excited for their lessons each week! Aqua Babies & Kiddies lessons are supportive and conducted in a small-group environment, helping children feel calm, capable and happy in the water.

To view and book our April / May class timetables, please visit [www.aquababiessurrey.com/swimming-lessons-chessington](http://www.aquababiessurrey.com/swimming-lessons-chessington) or send us a WhatsApp on 07766242572.

We can't wait to welcome St Mary's families back to the pool and see it thriving again at the heart of the local school community.



## Online Safety

Digital devices are woven into everyday life for children and young people, but balancing the benefits with potential risks can feel challenging. Written with schools and families in mind, this guide shares practical, realistic advice for setting boundaries, encouraging open conversations and building digital literacy.

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](https://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.

#### 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.

#### 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.

#### 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 secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

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**Summer 2026 Term 1**  
**Monday 13 April 2026 to Friday 22 May 2026**  
**(including bank holiday on 4 May)**

13/4/26	INSET day (pupils do not attend)
14/4/26	First day back for pupils
4/5/26	Early May Bank Holiday pupils do not attend
6/5/26	Year 6 visit to Hindu Temple
18/5/26	Butterfly Class Assembly (2.45pm)
22/5/26	Last day of half term school finishes at 3:20pm
23/5/26- 31/5/26	Half term break

**Summer 2026 Term 2**  
**Monday 1 June 2026 to Monday 20 July 2026**

1/6/26	First day back for pupils
18/6/26	Reception, Year 1 & Year 2 Sports Day (9am-12noon)
19/6/26	Year 3, 4, 5 & 6 Sports Day (9am-12noon)
22/6/26	Class Photographs
17/7/26	Last day of academic year school ends at 1:15pm
20/7/26	INSET day (pupils do not attend)
21/7/26 – 3/09/26	Summer holiday break