



Springmoor Grange School Newsletter Volume 17 – Friday 16th January 2026

Friends of Springmoor

Following their successful fundraising events, the Friends of Springmoor Grange have raised a phenomenal amount of money – currently standing at £6176. Their aim is to improve our outdoor provisions for the children – the first thing they are exploring is a Trim Trail which we all know the children will love! Thank you to the Friends of Springmoor for all of their hard work and to all of the families for supporting them at events.

Year 5 and 6 – Paris Visit

In the early hours of Monday morning, a group of Year 5/6 pupils are heading off on an educational visit to Paris. We're so excited for the adventures ahead and can't wait to share updates along the way. A huge thank you to the staff who have made themselves available to make this experience possible. For those who are going, we will see you at 00:10.



The National Year of Reading 2026

Reading is a vital life skill and something that should be celebrated. The National Year of Reading 2026 is a UK-wide campaign designed to inspire more people to make reading a regular part of their lives - adults as well as children. We are busy planning lots of exciting activities that will take place in school so stay tuned for more information about these. For more information on how you can get involved at home, visit www.goallin.org.uk.

Naming Uniform

Please could we ask that you put your child's name on the label inside their uniform, particularly inside jumpers, cardigans and coats. This helps us greatly if children have ever lost items of their uniform. Thank you.

Weekly Class Charts Top Scorers

Reception	Lucas B	Year 4	Theo M
Year 1	Arlo M	Year 5	Lyndi-Rose W
Year 2	Ryan W	Year 6	Ethan C
Year 3	Jennie B		

Attendance and Punctuality

Overall attendance for the week is 95.3% and the Year Group with the highest attendance is Year 2 with 98.5%. The overall school attendance for the academic year is 93.8% for the whole school and 94.8% for children in Reception to Year 6.

The Primary starts at 8:30am, with the gates opening from 8:20am. Please ensure that your child is at school on time so that they do not miss out on any learning. This week, we have had 230 late minutes and lost learning time.



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.

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



Dates for the Diary

Monday 19 th – Friday 26 th January	Y5/6 Paris Residential
Wednesday 28 th January	8:45am – Y4 English Parent/Carer Workshop
Thursday 29 th January	8:45am – Y3 English Parent/Carer Workshop
Thursday 29 th January	5pm – Y6 SATs Information Evening
Tuesday 3 rd February	1:45pm – Reception Phonics Stay and Play
Thursday 12 th February	8:45am – Y6 English Parent/Carer Workshop
Friday 13 th February	8:45am – Y5 English Parent/Carer Workshop
Friday 13 th February	Friends of Springmoor Grange – Spread The Love – Wear Red <i>Suggested Donation – £1- Friends Fund</i>
Tuesday 17 th February	3 – 5pm – Friends of Springmoor Grange – Reception, Y1 and Y2 Movie Night
Wednesday 18 th February	NSPCC Speak Out and Stay Safe Workshops – Y2, Y5 and Y6
Friday 20 th February	3pm Close for Half Term
February Half Term	
Monday 2 nd March	Children back to school Careers Day – Spring 2
Tuesday 3 rd March	10:15am and 2pm – Buttercups Stay and Play
Thursday 5 th March	World Book Day
Thursday 5 th March	Nursery Library Visit
W/C 9 th March	Whole School – Parent/Carer Consultations
Wednesday 11 th March	SGS Science Day
Monday 16 th March	2pm – Reception Mother’s Day Event
Tuesday 24 th March	Reception Vision Screening
Wednesday 25 th March	2pm – Y1, Y2 and Y6 Easter Service – St Andrew’s Church
Thursday 26 th March	2pm – Y3, Y4 and Y5 Easter Service – St Andrew’s Church
Monday 30 th March	1:45pm – Reception Egg Decorating
Tuesday 31 st March	2pm – Nursery Easter Bonnet Parade
Thursday 2 nd April	World Autism Awareness Day – Non-Uniform – Light it up BLUE! <i>Suggested Donation – £1 – School Fund</i> 3pm Close for Easter
Easter Holiday	
Monday 20 th April	Children back to school Careers Day – Summer 1