



FRIDAY NEWS

30TH
JANUARY
2026

The official newsletter of St James CE Primary School



RECEPTION STAY & PLAY

Thank you to all the parents and carers who attended our Reception Stay and Play session. The dinosaur theme was a huge hit, and it was wonderful to see the children so engaged and excited as they shared their learning. The children had so much fun exploring dinosaur activities alongside their families, and your support made the session extra special. Thank you for taking the time to learn and play with us.

TRIPLE P

Thank you to all parents and carers who attended the recent Triple P sessions delivered by Aspire Behaviour Support. It was wonderful to see such positive engagement and commitment to supporting children's wellbeing and behaviour. We hope you found the sessions helpful and informative.

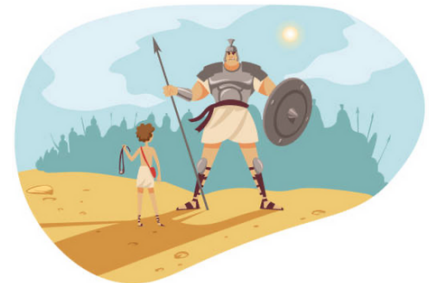
If you are interested in taking part in future Triple P sessions, please let us know.

CAFE CHURCH

Just a reminder that we will be hosting Cafe Church again next Monday, 2nd February, from 3:30 pm. All families are welcome to join us. There will be songs, activities and refreshments. We look forward to seeing you there.

STARS OF THE WEEK

- Class 1 - Aaliyah A
- Class 2 - Mirha H
- Class 3 - Tawheed H
- Class 4 - Isaac A
- Class 5 - Zahir A
- Class 6 - Dolly K
- Class 7 - Emmie T
- Class 8 - Jessica C
- Class 9 - Mia R
- Class 10 - Emaan F
- Class 11 - Terri L
- Class 12 - Lewis B



VISION AWARD

- Class 1 - Harrison HF
- Class 2 - Jaxon R
- Class 3 - Ruby L
- Class 4 - Isaac A
- Class 5 - Whole Class
- Class 6 - Arianna K
- Class 7 - Jasmine U
- Class 8 - Imogen L
- Class 9 - Zohan A
- Class 10 - Robyn G
- Class 11 - Jenson O'N
- Class 12 - Danish I



A big well done to our Ethos team, who have delivered Wiggle Worships to Key Stage One this week. They demonstrated great leadership skills and commitment to our school values in a creative and engaging way.



We love how some of our pupils like to travel to school on their bikes and scooters. We ask that once on the school grounds, pupils walk with these around the footpaths to ensure safety for all. Unfortunately, we currently do not have space for these to be stored at school so these must go home with parents. Thank you for your continued support.



World Book Day will take place on Friday, 6th March and will be based around a TWISTED FAIRYTALE theme. We would like to invite children to dress up as fairytale characters for the day. This year, we will be joining together as a trust to share what we do during this day... It's going to be extra special this year!

The book fair will be visiting St James's from Tuesday, 24th February, up to Monday 1st March. Each class will be given a chance to visit the book fair and buy a book, but the book fair will also be open for parents to visit at the end of the day. We are looking forward to this exciting event!



Coming Up

Monday 2nd February - Cafe Church (3:30-4:30 pm)

Monday 9th February - Children's Mental Health Week

Tuesday 10th February - Safer Internet Day

Wednesday 11th February - Class 5 Assembly at 2:45 pm

Wednesday 11th February - 5 ways to happy days - parent workshop (3:15 - 4:30 pm)

Thursday 12th February - Little Saints - Stay & Learn at 10:30 am & 2:30 pm

Friday 13th February - School breaks for half term (one week)

Monday 23rd February - School re-opens at 8:40 am

Monday 23rd February - Poetry Day - Poet Sean Perkins to visit all classes

Tuesday 24th February - Book Fair opens

Wednesday 25th February - 5 ways to happy days - parent workshop (3:15 - 4:30 pm)

Monday 2nd & Tuesday 3rd March - Parent Consultations (booking forms to follow)

Wednesday 4th March - 5 ways to happy days - parent workshop (3:15 - 4:30 pm)

Friday 6th March - World Book Day (Children to dress as Fairytale characters)

Gold Scroll

Zara O

Milena P

William H

Markela N


Teddy W

We Love St James



Anthony H (CL8) loves the Sunshine Room.

Mason C (CL6) loves Wiggle Worship.



Linkon (CL6) loves doing maths, especially learning his timetables...he's even learnt his 11s.

Dominic H (CL6) loves making smoothies.



Ayokumni O (CL6) loves learning new things everyday!

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



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