

NEWS

Issue 18- April 26



Welcome

Dear Parents, Carers, and Pupils,

We are in the final term of the year and it always feels like the year has flown by when we reach the other side of Easter.

The children have worked, as always, incredibly hard and some of the standout events and achievements include the school rugby team winning their first tournament and the school council sharing their ideas with their peers about the playground development.

April was also our second parents/carers evening of the year and it was great to see such good turnout.

As the weather is becoming increasingly warmer,, please send your child to school with a drinks bottle filled with water.

As you can see on the key dates, there are several upcoming school trips, please make sure payments are made via Arbor. If you need a letter or support with this, please ask the office.

As we get every closer to the Year 6 KS2 SATS i want to wish all the children good luck. Keep up the hard work!

DIARY DATES

WC 11th May: Year 6 KS2 SATS.

WC 11th May: Year 6 breakfast club 8:00 - 8:40am. Mon - Thur

Tuesday 19th May: Year 5 trip to Blackpool Zoo

Wednesday 20th May: Year 4 trip to Brockholes

Friday 22nd May: School closes for May half term

Monday 1st June: School re-opens

Tuesday 9th June: Dance club are performing at Blackburn Empire theatre

Wednesday 1th June: Year 6 Science workshop

Mr Newsham



Behaviour Treat

High aspirations, Bright futures
The children absolutely love the behaviour treats and it's great to see so many children enjoying the treat for following our school values and being Meadowhead Heroes. The next one will come round quickly and this time, its outside. A huge inflatable obstacle course! As always, the date will remain a secret!



MEADOWHEAD HEROES

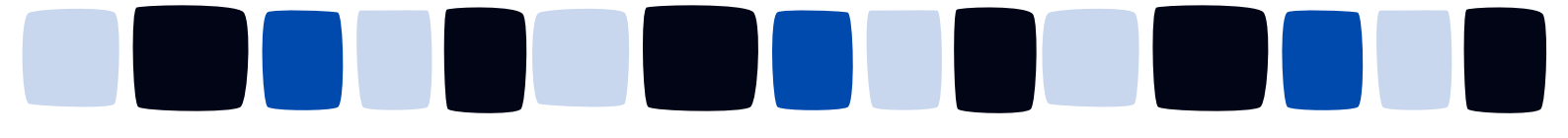
- BE SAFE
- BE READY
- BE YOU
- RESPECTFUL





A recap in photos!

High aspirations, Bright futures
A rugby & football tournament, Easter competitions some great learning!





Arbor

Please choose your children's dinners
on the Arbor app.



Arbor

An increasing number of children are changing
their minds on the day, please make sure your
child knows what they are eating for lunch.

Summer Term 1

13th April - 22nd May 2026



	Monday	Tuesday	Wednesday	Thursday	Friday
	Cheese/Ham/Egg/Tuna Sandwiches available everyday	Cheese/Ham/Egg/Tuna Sandwiches available everyday	Cheese/Ham/Egg/Tuna Sandwiches available everyday	Cheese/Ham/Egg/Tuna Sandwiches available everyday	Cheese/Ham/Egg/Tuna Sandwiches available everyday
Week 1	Cottage Pie, Carrots/ Peas or Tomato Pasta	Chicken Balti Curry & Rice or Jacket Potato - Cheese & Beans or Tuna	Egg & Bacon Flan or Vegetable Flan Salad Potatoes & mixed veg	Lentil Soup & Sandwich	Hot Dogs or Pizza Chips, Beans
Week 2	Filled Yorkshire Pudding, Mash & Veg or Macaroni Cheese	Chicken Tikka Curry & Rice or Jacket Potato - Cheese & Beans or Tuna	Lasagna or Veg Ravioli Garlic Bread	Tomato Soup & Sandwich	Sausage Roll or Fish Fingers Wedges, Beans/Peas
Week 3	Chilli & Rice or Tomato & Tuna Pasta	Chicken Korma Curry & Rice or Jacket Potato - Cheese & Beans or Tuna	Roast Chicken Dinner or Omelette	Veg Soup & Sandwich	Cheeseburger or Fish Burger Chips & Beans

Please note that all foods served on our menu may contain some or all of the 14 allergens which are: Fish, Crustaceans, Mollusc, Nuts, Peanuts, Eggs, Milk, Soya, Lupins, Sesame seeds, Celerey, Mustards, Cereals containing Gluten & Sulphur Dioxide.
 For allergy information, please speak to our Catering Manager.
 Meals can be subject to change.
 All vegetarian options are also Halal.



10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.07.2024

Uniform

I would like to thank you all for sending your children into school wearing the correct uniform. Children look smart, wearing the correct items and are ready to learn. Maintaining the high uniform standards is an important aspect of school life, and is crucial in creating a positive and conducive learning environment for all our students. Your assistance in upholding these standards is greatly appreciated.

If any families require support in purchasing school uniform items, please do not hesitate to reach out to the school office. We are here to assist and ensure that every child has access to the necessary uniform pieces.

Thank you for your ongoing cooperation and support in this matter. Together, we can continue to uphold the values and standards that make Meadowhead Junior School a place where every child can thrive and succeed.

Should you have any questions or concerns regarding the school uniform policy, please feel free to contact the school office.

Children should wear black shoes or trainers for school.



Updates- Attendance

Firstly, I would like to express my gratitude to the vast majority of parents who consistently prioritise their child's education by ensuring their regular attendance at Meadowhead Junior School. Your commitment to their education is commendable, and I would like to thank you for your continued support in this matter. By attending school as much as possible, you are playing a vital role in your child's academic progress and overall development. **School opens at 8:40!**

I would like to remind all parents that holiday leave requests must be submitted in advance of the leave date. Please be aware that if the number of unauthorised absences exceeds the specified limit, penalty notices will be issued following the absence. It is crucial that we work together to prioritise your child's education and minimise any disruptions to their learning journey.

Once again, I would like to express my gratitude to those parents who consistently prioritise their child's education and support our efforts to maintain a positive and productive learning environment. By working together, we can ensure that every child at Meadowhead Junior School receives the education they deserve.

**Its good to be on time!
School opens at 8:40**



**Did you know? Late marks will be given
and poor punctuality could generate a penalty notice?**



Dogs and Parking

A gentle reminder that sadly we cannot allow any dogs (regardless of size or age) on the school premises. This is both on the playground and around the school building.



PARKING

We would like to extend our gratitude to all those who consistently follow our unofficial one-way system during school drop-off and pick-up times. By adhering to this system, we help maintain a safe, calm, and orderly process for everyone.

Key Reminders:

- Please use Anglesey Street to enter, following the directional arrows as shown on the diagram.
- Livesey Branch Road serves as the primary approach route.
- Exiting should occur via Shorrock Lane to avoid congestion.
- Remember, the section marked with the red symbol is a no entry point, and we ask that everyone respect this.

Thank you again for your cooperation and understanding. Your efforts help create a smoother, safer experience for all involved.

