

NEWS

Issue 19- May 26



Welcome

Dear Parents, Carers, and Pupils,

We have reached the end of the 2025/26 academic year! At this time of year, it always feels like the year has flown by.

Our Year 6's have completed their journey at Meadowhead Junior School and have signed off with a bang, completing three outstanding performances in their end of year production. Shirts have been signed, pictures have been taken and they are truly ready for their next step in education. I want to wish them all the luck in the world as they start their high school journey.

As we say goodbye to our Year 6's I'd like to welcome our new Year 3 children to Meadowhead Juniors. They have completed their transition visits and met all the staff they have been working with. It was great to see them at the meet the team meeting and also during the Year 6 performance which they attended.

Thank you to the whole community - our pupils, parents/carers and anyone who has supported school over this last year, I look forward to working with you again next year

Finally, I want to wish everyone a fantastic summer break. Enjoy the time with your family and I look forward to hearing all about it when the children return on September 2nd.

Mr Newsham

DIARY DATES

Tuesday September 1st: School; INSET day

Wednesday September 2nd - School opens for children

Tuesday September 1st: Uniform collection at school 1:30 - 3:00.

Wednesday September 2nd: School re-opens

Friday 4th September: Year 6 Canal Side trip

Wednesday September 9th : School photos

Thursday 1st October: Poetry day

7th & 8th October : Year 5 Bike ability.

Friday 23rd October: School closes for half term at 3:20



Behaviour Treat



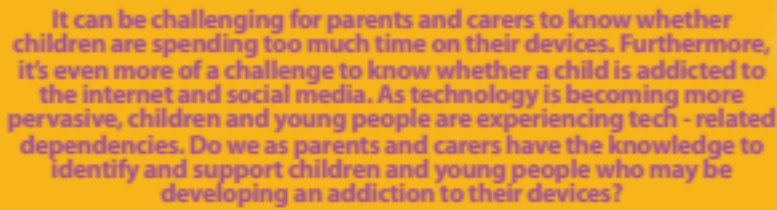
High aspirations, Bright futures
The children absolutely love the behaviour treats and it's great to see so many children enjoying the treat for following our school values and being Meadowhead Heroes. This half term the behaviour treat is Laser Tag. Children need to keep their eyes peeled for behaviour treat posters. As always, the date will remain a secret!



A recap in photos!

High aspirations, Bright futures
Sports day, the Year 6 production and wonderful writing in history are a few of this half terms highlights.





47%
of parents
said they thought their
children spent too much
time in front of screens

What parents need to know about SCREEN ADDICTION



Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



Top Tips for Parents

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focussed the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their dev has been.

STATISTICS

52% of children aged 3-4 go online for nearly 9hrs a week

82% of children aged **5-7**
go online for nearly **9.5hrs** a week

93% of children aged **8-11**
go online for nearly **13.5hrs** a week.

99% of children aged **12-15**
go online for nearly **20.5hrs** a week

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.

