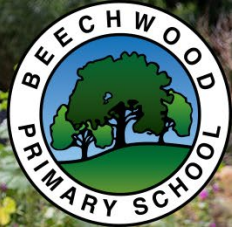


Beechwood Newsletter



Attendance

At the end of the Autumn Term 2025, we were delighted to celebrate the outstanding attendance achievements of our pupils.

A special congratulations goes to Class 3, Class 6, and Class 9 for reaching the school's 95% attendance target. These classes have shown fantastic teamwork and consistency, making them excellent role models for the rest of the school. We also



want to recognise the classes who came very close to meeting the target—your progress has been impressive, and we are proud of every step you have taken. This celebration highlighted the importance of perseverance and the shared commitment of pupils, families, and staff in supporting strong attendance.

We were also delighted to celebrate our punctuality stars for the term. Class 1 and our Nursery children stood out for their excellent punctuality, arriving on time each day ready to learn. Their enthusiasm and responsibility set a brilliant example for the whole school. These pupils show how powerful good routines can be, and their efforts help create a

positive start to every school day. They are true superstars, and we are incredibly proud of them.

In addition, we recognised pupils who have faced barriers yet still managed to maintain perfect attendance. Their resilience, focus, and determination are truly inspiring. These children demonstrate that excellent attendance is achievable with dedication and support, and they shine as role models for both their peers and adults.



Trips, Visits and Experiences

Year 2 Wonderdome

Year 2 kickstarted their spring 'Explorers' topic with a visit from the Wonder dome! The children enjoyed seeing the solar system in the immersive dome and experienced the life of astronauts on their missions. We were impressed by some of the questions asked by the children, showing aspirations of becoming space experts themselves!



Beechwood Newsletter



Rocksteady Music

On Tuesday, we had a very exciting visitor. Emily from Rocksteady Music School came and blew us away with some amazing pop and rock songs. A whole school assembly was followed by workshops for all the children where she showed us what it would be like to be part of a band! We got to try out the electric guitar, drums, keyboard and singing with vocal microphones. Even some of our teachers got involved. It was so much fun. Rock n' Roll!!



Year 1 Phonics Workshop

The Year 1 teachers ran a parent meeting about the Phonics Screening Check this week. We shared information about when this statutory assessment will be and what happens during the phonics assessments. Thank you to all the parents who attended this meeting. For those that couldn't make it, a link to the PowerPoint we used has been added to the school website. [Click Here.](#)

Staff news

At the end of the Autumn term, we welcomed Miss Boulding as a teaching assistant in reception. We are excited to have her join our staff team and support children's learning.

Mental Health and Wellbeing

This week's online safety focus is about digital devices and wellbeing. Children aged 7 to 14 spend roughly 3 to 5 hours a day on digital devices. That much screen time is worrying – not just because of

the number of hours but about online safety and the effects on their mental health. Please see the link below for practical strategies to help parents and carers support them to develop healthier habits. For more information, see below.

Safeguarding

If you are worried about any safeguarding situation or about your child being harmed, then you should contact Miss Roberts (Designated safeguarding lead), Mrs Giles or Mrs Ticala (Deputy designated safeguarding leads) to share your concerns.

Young Carers

For more information about Young Carers—including events, updates, and news—please visit the school website [here](#).

Key Dates

Year 3 Leeds Recycling Centre Trip- Class 7 6th Feb
& Class 8 5th Feb

Year 5 Synagogue Trip- 5th Feb

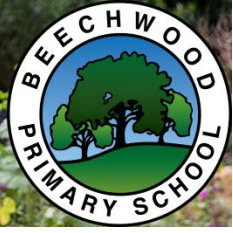
Year 5 Bikeability 23rd Feb (full week) more info to follow

School App

Please remember to download the school App so that you don't miss any communication. <https://www.theschool.app/>



Beechwood Newsletter



Wrap Around- Premier Education

We are pleased to let you know that there are still places available in our Wraparound Care provision run by Premier Education. If you are looking for a flexible, high-quality childcare before or after school, please see information below. To secure a place for your child, please use the booking link [here](#).



**Before and After School
Wraparound Care from
Premier Education**



Timings*

Breakfast club
7.30am – 8.45am
Includes breakfast.

After School club
3.30pm – 5pm
3.30pm – 6pm
Includes snack and light tea option.

*Example timings only

Why choose Premier Education?

- **Wide Range of Activities:** From gymnastics to gardening, we offer diverse activities to enrich each child's experience.
- **Convenient Online Booking:** Our simple online booking system allows parents to book activities with ease. Receive instant email confirmations for hassle-free tracking and reduced administration.
- **Responsive Office Support:** Our dedicated office support team is available from 9am to 5pm daily to address any queries or concerns promptly.
- **Slings Discount and Special Offers:** Enjoy increased slings discount and exclusive offers for our valued families.

OFSTED REGISTRATION

Our wraparound clubs are registered with Ofsted, ensuring compliance with regulatory standards. This allows us to accept childcare vouchers against our provision.

Learn more about childcare vouchers at: <http://tinyurl.com/premierchildcarevouchers>

SUITABLE FOR ELIGIBLE SERVICE PERSONNEL

Eligible Service personnel (ESPer) can register for up to 20 hours per week, per child, term time only (39 weeks per year) of wraparound childcare funding for 4- to 15-year-old children attending before and after school childcare in the UK.

Learn more at: <https://www.gov.uk/guidance/childcare-for-esper>



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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