

Friday 19 December 2025

Pudsey Primrose Hill

Wellbeing idea for the week : Enjoy spending time with family and friends, switch off from devices and play games with each other.



Merry Christmas and Happy new Year!

Today we break up for the Christmas holidays. We would like to take this opportunity to wish everyone in our school community a merry Christmas and happy new year.

Thank you for all your support over the last year - see you all back in school on **Monday 5th January**.

Christmas performances

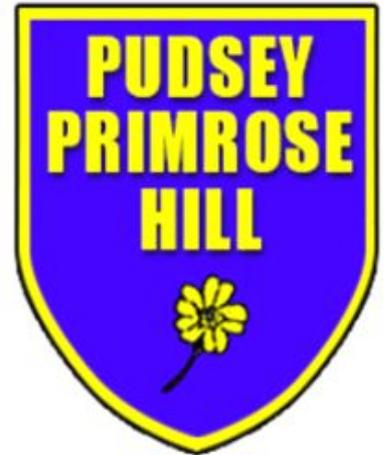
Children in nursery enjoyed singing and dancing to two audiences this week, as they performed their 'singalong'. The gingerbread cookie dance and dancing Christmas tree were firm favourites. Our reception children delighted the audience with their traditional nativity. Children in Years 1 and 3 entertained us with their Christmas Sing-a-long, with traditional songs as well as some newer hits sung with great gusto!

The Year 2 performance was amazing, all children delivered their lines impeccably and it was lovely to see the huge smiles on their faces as they sang and performed. The Year 4 evening performance was brilliant!



Again, it was great to see how much the children were enjoying themselves as they performed and made the audience laugh and clap! Our traditional Year 5 & 6 Carol concert at Pudsey Parish Church took place yesterday evening. It is a really magical setting for our children to perform songs, play musical instruments and share some of their poetry with the audience.

A huge thank you to all the staff involved who have worked so hard to make each of these events successful - and thank you to those who were able to join us in the audiences.



Training Days

Monday 23rd Feb

**Monday 20th and Tuesday 21st
July**

Upcoming Events

Open Classroom

Monday 19th January

**Please use the office email address
for all emails to school.**

**If your email is intended for a staff
member, please put FAO and their
name in the subject box.**

office@primrosehill.owlcotesmat.org

Christmas Parties

A huge thank you to our wonderful Friends of Primrose Hill who provided all the party food. Great care and attention was paid to each individual class and children. We really appreciate the time and effort you went to.



Children throughout school enjoyed their parties. There was dancing, games, quizzes, craft activities and of course some party food! We hope these events got the children into the Christmas spirit!

Primrose Hill's Christmas charities

We have been amazed at the generosity of our school community this year. The total raised for our Christmas Charities is **£905.26** This is an incredible amount of money and the two charities will be very grateful for all your generous donations.



This amount has been raised through the ticket sales for the Christmas performances, donations and our choir singing. The two charities are very special and we are delighted that our children's singing, dancing and performances has raised such a lot of money to help other children. Thank you!!

Goodbye and Good Luck!

Today we said goodbye to Mr Winstanley and Mrs Mulligan. Mr Winstanley is leaving Primrose Hill to take up a new post as vice principal in a school in Leeds. Mr Winstanley has been an assistant head at Primrose Hill for seven years and has taught in both KS1 and KS2. I am sure you will join us in thanking Mr Winstanley for all the enthusiasm, hard work and dedication he has shown to the children at Primrose Hill in his time here. We will certainly miss him!

Mrs Mulligan has been a TA at Primrose Hill and worked with children across KS2. Mrs Mulligan is leaving to pursue a different career and we wish her all the best. Thank you for everything you have done for the children you have worked with and for your support with after school events and activities.

In January, Mrs Mallal will share the Year 2 class with Mrs Myers and Mrs Dale will oversee the leadership of KS1.



House Team Reward

Congratulations to Team Voyager who have enjoyed their House Team Reward this morning. Team Voyager collected the highest number of house points this half term and spent time making Christmas decorations with their other Voyager team mates. Children will once again start collecting house point for demonstrating our Learning Legends next half term.



Class assemblies spring term

We are once again inviting parents into their child's class assembly this year. We want to give parents advance notice of the dates which have been set so far.

Parents are welcome to attend the following class assemblies and will receive an email and google form nearer the time. Pupils will share their learning and showcase their oracy skills. All assemblies will start at 9.00am

Y2MW Thurs 29th Jan

Y5R Fri 30th Jan

Y1C Thurs 5th Feb

Y4R Fri 6th Feb

Y1F Thurs 12th March

Y5J Fri 13th March

Y2G Thurs 19th March

Y4D Fri 20th March

MindMate Support Team - Coffee Afternoons

We are excited to host some workshops for parents with our Mind Mate Support Team. We would like to give advance notice so if you are interested in attending you can add the date to your diary. Please come along to find out how you can support your child and enjoy a tea/coffee. We look forward to seeing you there! Each workshop will be held in the HUB building (Nursery building), start at 2pm and finish at 3pm.

<u>Workshops in the HUB</u>	
Autumn Term 1 (September to October)	Resilience Parent workshop Wednesday 1 st October at 2pm
Autumn Term 2 (October to December)	Resilience Parent workshop Thursday 8 th November at 2pm
Spring Term 1 (January to February)	Anxiety Awareness Parent workshop Wednesday 14 th January at 2pm
Spring Term 2 (March to April)	Self-esteem Parent workshop Thursday 5 th March at 2pm
Summer Term 1 (May to June)	Understanding and Managing Emotions Parent workshop Wednesday 29 th April at 2pm
Summer Term 2 (June to July)	Transitions Parent workshop Thursday 4 th June at 2pm

WILD CATS GIRLS FOOTBALL

FA Wildcats is a dynamic youth football program dedicated to developing skills, teamwork, and a love for the game in a fun and supportive environment. Open to players of all levels, our experienced coaches focus on building confidence both on and off the pitch. Whether your child is just starting out or looking to compete at a higher level, FA Wildcats is the perfect place to grow, learn, and play. Come be a part of the Wildcats family!

When?

First Session - Wednesday 1st October 2025 (Weekly)
Wednesdays Evenings- 6pm until 7pm

Where to find us

FC Farsley Sports Club, Sports Hall, Throstle Nest, Newlands, Farsley,
Leeds, LS28 5BE

How Much?

£3.00- Per session

Further Information

Contact Steve O'Brien on 07821 018 774



NORTHERN
BL°C

You're invited to join
**FARSLEY'S
CHRISTMAS
PARTY**
Sunday 21st December
1-4PM
THE NEST, FC FARSLEY, LS28 5BE

Party games, Christmas
activities, letters to Santa
and more

£1 per ticket
To book please click the link
in the caption

Breakfast *With Santa*

Sunday 21st December 9-11am
The Nest, FC Farsley, LS28 5BE
£7.50 per child | £5 per adult | under 12 months free
Breakfast platter and hot chocolates!
Meet Santa and receive a gift!
Write a Christmas list!

Tables can be booked in 2, 4 & 8's
To book please email:
kstockdale@fcfarsley.com

Link for Christmas Party

<https://app.fanbaseclub.com/Fan/Tickets/SelectType?fixtureId=16205>

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and endlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up-to-date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a bit of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will temporarily cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in, to avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



WakeUp Wednesday

The National College

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