

Friday 9 January 2026

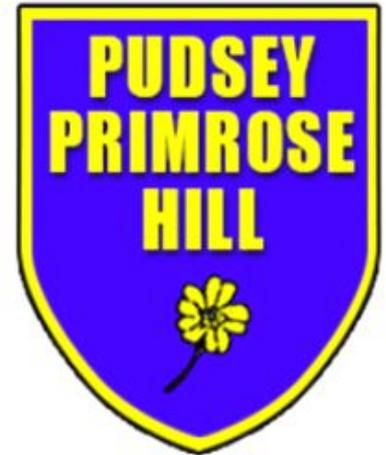
Pudsey Primrose Hill

Wellbeing idea for the week : **Carry out a kind deed for someone who doesn't expect it!**

Welcome back and Happy New Year!

It has been wonderful to see all our children and families back in school this week. We hope you have enjoyed the holidays.

It is another busy term in school and we are looking forward sharing your child's learning with you.



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

Spring Term Class Prefects

Rec DW Lola and Gabriel

Rec KW Polly-Fae and Ralph

Y1F Georgie and Jaxon

Y1C Millie and Louie

Y2MW Leah and Theo

Y2G Orlagh and Arthur

Y3A Elise and Winston

Y3R Harry and Jessica

Y4D Leah and Troy

Y4R Jonas and Woody

Y5R Oliver and Delilah

Y5J Harry and Neve

Y6C Oliver and Evelyn

Y6W Eoin and Maisie





Eco Club Actions

The eco-committee are busy this term with a continuing focus on recycling and helping members of our community. We are supporting 'a hug in a box' project led by the Pudsey

Community Project. ASDA are supporting this focus for January, as we set about creating boxes of everyday items for elderly residents in the local area. We are looking for donations to add to the boxes:

-very good condition or new gloves for adults; very good condition or new socks for adults; books; tea/coffee; biscuits; tissues; a new or excellent condition mug. Eco club will be creating handmade cards using recycled materials.

Please send donations into school by Friday 23rd January. There is a donation box in the school office, or children can hand their donation to any member of staff in school.

Thank you for your ongoing support. We cannot wait to put the boxes together in school and distribute them to the Pudsey Community Project!

Y1 - History

Children in year 1 have begun the new year with a focus on toys. This history learning theme supports children in developing their understanding of toys over time, and how they have changed. By sharing their favourite toys from home, children have been able to compare their own toys to toys from the past. Children have discussed the materials used to make their toys, thought about why they are special to them, and talked about what they can be used for. Learning more about toys from the past, and a visit to a toy museum will continue to support children's learning, in this area of the curriculum.



Baby News!

Mrs Smith is currently on parental leave after welcoming baby Ernie just before the Christmas holidays. I am sure you will join us all in wishing Mrs Smith and her family all the very best with their new arrival and hope they enjoy some family time together - and sleep!



Holiday Childcare Bookings

We are very pleased to open bookings for the February Half Term- Monday the 16th February until Friday the 20th **AND** Monday the 23rd (TRAINING DAY) of February 2026.

Please book as soon as possible. Bookings can be made for full/half days.

The final date for bookings will be Wednesday the 4th of February at Midday.

PLEASE NOTE NO BOOKINGS CAN BE ACCEPTED AFTER THIS DATE AND TIME.

For more details or to book a place at the main school holiday care sessions, please contact:

Miss Whiteley – extendedservices@primrosehill.owlcotesmat.org

For more details or to book a place at the nursery holiday care sessions, please contact:

Mrs Alderson - nurseryinfo@primrosehill.owlcotesmat.org

Please note that we do not open during the Christmas school holidays, bank holidays or the first training day of the school year.

Year 6 Chess Club

It was great to see so many budding chess champions at the new chess club yesterday. Mr Richardson is looking forward to seeing them develop their skills and knowledge of the game and seeing that competitive edge come through! Some children have played before and for some it was their first time. Well done for showing curiosity and resilience in learning this new game and skill.



Open Classroom - Monday 19th January

We are delighted to once again welcome parents/carers into school for our Open Classroom event to see their child's classroom and look at their learning.

Children will spend a short time in their classroom with their parents/carers showing them around their classroom and talking about their learning. This event will take place straight after school on Monday 19 January 2026 between 3.30 to 4.00pm. Parents are welcome to 'drop-in' to their child's class during this time - there are no set time slots. If you have more than one child, please ensure you manage your time to visit each class. We understand that this time is not accessible for all parents, however as the purpose is for children to share and talk about their learning this has to be an after-school session.

Teachers will be in classrooms in order to support children to talk about and explain their learning to parents.

Please be aware this is not an opportunity for parents to have conversations about individual children's attainment or learning - as there will be a number of families in the classroom, this will not be a private space. There will be a parent's evening held later this term.

In addition, due to fire regulations, prams or pushchairs cannot be brought into school and must be left in the playground shelters outside.

Parents will be required to book to attend and bookings will only be accepted until Friday 16th January 2026 to complete a booking, Please complete this [Google](#) form.

We hope this session provides parents and children with an opportunity to share their learning.

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

I am writing to inform you that I have recently published a new guide, [What I wish my parents or carers knew: A guide for parents on managing children's digital lives](#).

Supporting children's safety is a shared responsibility between families, schools and wider society. For parents and carers, this responsibility has become increasingly complex as children's lives are now deeply intertwined with the digital world. Many parents face difficult decisions about how to balance protecting children from online harm with enabling access to spaces that are now central to learning, socialising and play.

The last time I published a guide like this, *The things I wish my parents had known: Young people's advice on talking to your child about online sexual harassment*, in December 2021, it was to help parents and carers navigate difficult conversations about sexual harassment online. This guide is different in scope, in recognition of the complex, rapidly evolving landscape in which children – and parents – are navigating. It focuses on the challenge of managing children's everyday online habits.

This guide was written with the direct involvement of children in England. It is a reflection of their views. My office visited schools to speak to teenagers, and spoke to my Youth Ambassadors and Youth Special Educational Needs and Disabilities (SEND) Panel to get their expertise on what works and what doesn't work between parents or carers and children in the 21st Century.

When I speak to children about what they would do differently when it comes to being online, with the benefit of hindsight, I ask them: would they give a smartphone to their own teenager? Almost unanimously, they tell me no. They want to be protected from it as long as possible.

As educators and leaders, you play a vital role in supporting parents and carers to navigate these challenges. Responses to my recent school survey show just how concerned school leaders are about their children's safety online, despite most already taking steps to limit or ban devices from the classroom. Children are clear that they value firm, informed and protective boundaries when adults have concerns about the content they are accessing online.

As parents, carers, and educators, our job must begin and end with our children's care and safety. It's what they expect and what they want from you.

As one young person told me: "Don't be afraid to be firm... If you are worried [that] your child is seeing harmful content and you don't know what they're watching and it's affecting the behaviour, just take it that you know best – they don't."

I hope this guide will be a useful resource for your school community, and I encourage you to share it with staff and parents where appropriate.

Yours sincerely,

Dame Rachel de Souza
Children's Commissioner

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': browsing 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

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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Leeds Football Development



In association with First Kick Football

**WE HAVE TWO SEPARATE VENUES RUNNING IN YOUR AREA.
PLEASE CHOOSE ONE:**

Friday @ Crawshaw Academy (LS28 9HU)

Starting 30th January (Astroturf Pitch)

School years - Rec & Y1 6:00pm-6:45pm

School years - Year 2 & 3 6:45pm-7:30pm

School years - Year 4,5,6 7:30pm-8:30pm

OR

Tuesday @ Leeds West Acad (LS13 1DQ)

Starting 10th February (Sports Hall)

School years - Rec & Y1 6:00pm-6:45pm

School years - Year 2 & 3 6:45pm-7:30pm

School years - Year 4,5,6 7:30pm-8:30pm

Dear parents,

Places are now available to join a new 12-week football course at either Crawshaw Academy on Friday evenings or Leeds West Academy on Tuesday evenings, which is open to both boys and girls.

Our courses teach children correct football techniques by FA qualified coaches who have full DBS (CRB) clearance to work with children. The structure for the course is 'FUN through Football,' building confidence for total beginners and moving onto more complex sessions for experienced players.

We provide a **ball per player** for the majority of our drills ensuring children get more touches of the ball and improve quicker than conventional coaching where children are waiting around to have a turn.

The club has links to local junior teams of which players will be able to play for at the weekend. Players who show advanced ability on the course will be recommended for trials at professional academies. Players who have previously attended courses are currently playing for Bradford City, Sheffield United, Sheffield Wednesday, Manchester United, Liverpool, Leeds United, Everton and Oldham.

The cost of the course is just £6.25 per week, which is payable in two instalments. The first payment of £25 is due when booking your child on and the second payment of £50 due at the first session. Parents are encouraged to watch the sessions but are welcome to leave children, as every session is fully supervised.

****NEW TOURNAMENT FORMAT****

Every four weeks we have a tournament in order for the children to put their new-found skills into practice with medals and trophies awarded at the end of the course for various categories.

ALL PLAYERS WILL RECEIVE A TROPHY & A MEDAL at the presentation, which is held on the final week of the course. Additional trophies will also be awarded in each group from categories including; Best Attitude, Star Player, Most Improved Player, Most Promising Player and Hardest Working Player.

To book a place for your child please telephone:

Kelvin

0113 457 3715 or 07514 316 534

www.firstkick.co.uk

We cannot guarantee that the course will run in consecutive weeks.
Please note we have a strict no refund policy once the course has been booked.

