



Dear Families,

We have had an exciting and memorable week at school, welcoming a wide range of international visitors. This week marks a significant time for technology in education, as educational professionals from across the world gather at ExCeL London for BETT Week, a major conference focused on the use of technology in schools and educational settings.

Each year, our school is selected to host visitors during this week because we are an Apple Distinguished School and are recognised for providing high quality education for our children, enhanced through the purposeful use of technology.

Our children were a real credit to themselves, their adults at home, and the school. We received an overwhelming number of positive comments about their excellent attitudes to learning, confidence, and genuine curiosity. They impressed visitors from America, Norway, Hong Kong, Germany, Holland, and Poland, as well as professionals from the Apple global education team. We could not be prouder of them.

Next week will be a quieter one, but it will continue to be filled with rich and engaging learning opportunities for all pupils. Please also look out for information regarding parents evening for this half term, which will be shared shortly.

Yours sincerely,
Mrs Ferla and the PWP Team

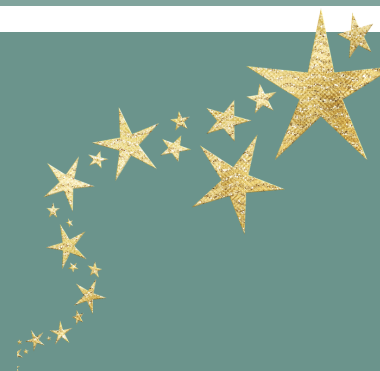






WELL DONE!

Class	Pearsewood Champion
Nursery AM/PM	Hugo/Aiden
Lime	Isabella
Poplar	Phoebe
H/Chestnut	Asel
Bay	Michael
Bamboo	Gracie
Box	Nazir
Cypress	Brodie
Ash	Joshua
Acacia	Damilola
Palm	Uriri
Holly	Ethan
Myrtle	Grace
Willow	Frazer
Eucalyptus	Ollie



Ready



SCHOOL VALUES

The value this term is Creativity.

EYFS: Reception have been exploring different textures to create their own enormous turnip pictures. They used different mediums such as soil, glue, paint, paper and tissue paper.

KS1: Year 2 were being creative this week using green screen to record a video about a sighting of a dragon! Be careful out there!

KS2: Year 4 have been very creative this week using their digital expertise to develop an app on their iPad all about healthy eating! What a fantastic way to express their learning!

Under 13

13 +

16



18

grand
theft
auto
CALL OF DUTY

A #WakeUpWednesday guide helping parents and educators understand how digital devices affect children's wellbeing and how to promote healthier habits.

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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

The National College

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