Marldon C of E Primary School

'Within the love of God, working together, growing together, for all to flourish.'

Dates for the diary:

Monday 4th May
Bank holiday Monday.

Week of 5th May
Year 5 Bikeability

Week of 11th May
Year 5 Bikeability
Year 6 SATS

Friday 15th May
Y6 visit to Splashdown

Week of 1st June
Year 4 Multiplication Check

Week of 8th June
Year 1 Phonics Screening Check

Tuesday 16th June
Sports Day

Tuesday 23rd June
Year 1 visit to Lupton Forest School
Year 6 Mental Health Support Team Transition Workshop

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I hope you all had a lovely Easter break. It has been wonderful to welcome the children back and see them settle so well into the new term.

The summer term is always a busy one and, in this newsletter, I have shared some key dates and important information for your diaries. Please take note of these, and as always, if you have any questions, do not hesitate to ask.

Sun Safety:

As the term progresses, we are hopeful that we will see more of the sunshine we have been teased with over the last few weeks. In anticipation of this, we would like to remind everyone about the importance of sun safety, with the following tips:

- Water bottles: Please ensure that your child brings a named water bottle to school every day. These should be refreshed daily.
- Sun hats: We encourage children to bring a hat to wear during hot weather. Please make sure hats are clearly named to help us return any that are left on the field.
- Sun protection: Once-a-day sun creams are ideal for school use, as they can be applied at home before school and avoid the need for reapplication during the school day. If your child does bring sun cream into school, they must be able to apply it independently. Please also ensure that it is clearly labelled with their name and class.

Although we know that many children are very generous and willing to share their sun cream, we do not allow this, as some children may have sensitive skin or allergies to certain products.

Your support in helping your child stay sun safe is greatly appreciated.

PE:
Just a reminder of our updated PE timetable for the summer term:

Summer First Half 2026 – PE Timetable

	9:10 - 10:00	11:00 - 11:50	13:10 - 14:05	14:05 - 15:00
Monday			Y5 (A4A)	Y2 (A4A)
Tuesday		YR (Teacher Led)	Y3 (Torbay Tigers)	Y4 (Torbay Tigers)
Wednesday		Y1 (Teacher led)	YR (A4A)	Y6 (A4A)
Thursday	Y3/ Y4 (Teacher led, when not swimming)		Y1 (A4A)	Y6 (A4A)
Friday			Y2 (Teacher Led)	Y5 (Teacher Led)

As always, on the days that your child has PE, please ensure that they come to school wearing the appropriate PE kit along with their school jumper.

The PE kit should include:

- Plain white T-shirt
- Plain black shorts
- Plimsolls or trainers

If the weather is cooler, children may also wear plain black tracksuit trousers.

Thank you for your continued support with this.

PE:
Tempest Photography will be visiting us at the end of next week, on Friday 8th May, to take the children's class photographs.

Please can you ensure that your child comes to school wearing the correct school uniform, including their school jumper. If it is your child's PE day, they are welcome to bring their PE kit to change into afterwards.

Thank you for your support.

A message from Mrs Alix Harding, our Federation wellbeing lead:

As a federation, we believe it's really important that children learn to understand and talk about their mental health. These are skills that help them not just now, but throughout their lives. Our Mental Health Champions have been sharing this message in assemblies, helping children feel more confident about expressing how they feel.

As parents, it's completely natural to feel unsure about bringing up mental health. You might worry about saying the wrong thing, making things worse, or not knowing how your child will respond. But having gentle, everyday conversations about how your child is feeling can make a big difference. It helps them feel safe, listened to, and reassured that their feelings matter.

We often check in on our children's physical health, (like asking how a grazed knee is healing) and in the same way, checking in on their thoughts and feelings shows them that their mental health is just as important.
If you'd like some support or ideas on how to start these conversations, the following resources may be helpful:

www.youngminds.org.uk/parent/how-to-talk-to-your-child-about-mental-health/

www.place2be.org.uk/our-services/parents-and-carers/supporting-your-child-s-mental-health/

Online Safety:

From using them for communication, work, shopping and entertainment, devices such as smartphones, laptops and the rest are now deeply ingrained into modern society. Small wonder, then, that young people – who've grown up surrounded by such gadgets – can sometimes struggle to put them down, switch them off or keep themselves occupied without them.

While limiting our screen time may require a great deal of restraint, the effort can be rewarded with significant benefits to our physical and mental health. Our #WakeUpWednesday guide has simple tips for helping to manage the amount of screen time in your household – encouraging the whole family to spend more quality time together and live in the moment.

Please read the guide below to find out more.

Sports day:

Just to keep you updated, we have had a slight change to our planned date for Sports Day. It will now take place on Tuesday 16th June.

Reception and Key Stage 1 will take part in their events during the morning, with Key Stage 2 taking part during the afternoon.

Please keep an eye out for further information as the day approaches.

As always, I would like to end my newsletter by reminding you my door is always open. If you have any questions or worries please catch me at the gate, call the office or email the school.

Don't forget school is closed on Monday for the bank holiday - see you on Tuesday 5th!

Kind regards,
Jon Arnold
Head of School

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for...
MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you *do* want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

DEVICE BOX

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

The National College

National Online Safety
#WakeUpWednesday

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ARTICLE 28 - Every child has the right to an education