



Forest Glade Primary and Nursery School Family – Growth – Potential

January 2026

The children have made a great start to the new term and have been busy launching their new History enquiry topics. Take a look below at some of the amazing activities and trips that have taken place.

Our enquiry questions this term are:

Nursery: How do we get to where we are going?

Reception: How can we help others?

Year 1: How has play changed?

Year 2: How does the past affect the future?

Year 3: Is change always for the best?

Year 4: Is conflict ever justified?

Year 5: Should we always share?

Year 6: What makes an act courageous?



Year 1 Newstead Abbey Trip

Our Year 1 children visited Newstead Abbey to support their enquiry, 'How has play changed?' They spent the day as Victorian children, including a lesson in a Victorian style classroom using chalk boards, playing with Victorian toys and even dressing up as Victorian school children to immerse themselves in their learning.

Well done Year 1 you were all amazing!



Eco Quote of the Month

"Make everyday Earth Day!"



Water Saving Tip of the Month

"Do not overfill your kettle, only boil the water you need!"



Key Information



Year 4 Roman Day

Year 4 took part in a Roman day with Partake Theatre Company to explore more about the history of the Romans. The children played different games like 9 hole, created mosaics, dressed up like Romans and even created their own tortoise formation ready for battle!



FS2 Police Visit

As part of their enquiry, 'How can we help others?' Reception have been learning about the police and their role in our community. To support their understanding the children welcomed their local PCSOs into school, who talked to them about their job, showed them their uniform and a police van. The children were also excited to hear the siren and asked lots of questions about how the police help keep everyone safe. Great work FS2!



Parking

Could we please remind all who drive and park outside/around school, that you please do not park on the double yellow lines or in the Bathroom shop car park. If you park on any residential streets, please park sensibly and do not block driveways. Thank you for your consideration in this matter.

Athletics Event

Our Year 5 & 6 children participated in an athletics event at Kirkby Leisure Centre and came 5th after competing in a fabulous range of events. Miss Elvin was very proud of all the children who displayed great resilience and aspiration. Special mention goes to Noruwa, our athletic star, for his amazing efforts in the running events!



Eco Assembly

Debbie from the Waste Advisor team of our local council visited and conducted a whole school assembly and created bird feeders with our eco ambassadors from recycled materials.



No Nuts!

We have children in school with severe nut allergies, could we please remind all parents to not send any food containing nuts in packed lunches or for snack, including hazelnut chocolate spreads. We appreciate your understanding and cooperation.



Upcoming dates for the diary

Monday 9th – Friday 13th February – Children's Mental Health Week
Friday 13th February – Y3 Bestwood Trip
Monday 16th – Friday 20th February – Half term
Thursday 26th February – Y5 Perlethorpe Trip
Thursday 5th March – World Book Day
Wednesday 18th & Thursday 19th March – Parents Evening
Friday 20th March – Red Nose Day

Inset Days for 2025/2026

Monday 23rd February 2026
Monday 27th July 2026



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 www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-53204805>
<https://prosocial.com/insights/social-media-algorithms/>

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