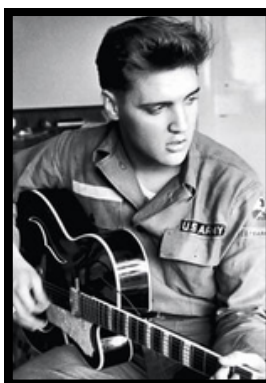


# THE FRIDAY LETTER



## This Week at The Wyche

This first week we have hit the ground running. We have braved ice and snow, and basked in the winter sunshine to learn, learn, learn. Badgers enjoyed a fantastic survival activity outside, Stoats looked closely at the bronze art of the ancient Chinese Shang Dynasty, Otters learned about Good Friday and Easter being a "moveable feast," (no, it's not a picnic...) Foxes have been a-rockin' an' a-rollin' to the music of the 1950s including Elvis Presley, and Hedgehogs located the capital cities of the four nations of the UK using maps.



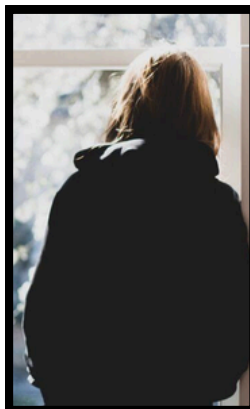
## Collective Worship

This week we considered the gifts of the Wise Men, learned about their symbolism, and decided what gift we could give to the school in our behaviours and attitudes.



## Support for Parents - Winter Blues

The Post-Christmas slump / winter blues / SAD, whatever you want to call it, is very real for many people. The 3<sup>rd</sup> Monday in January is even nicknamed "Blue Monday" as it can cause people to feel really bleak. Don't ever feel you are alone with your worries or poor mental health. Talk to someone you trust in school who can signpost to services or use our Mental Health page for guidance and support. It's OK not to be OK. You're not alone.



## Online Safety - Digital Wellbeing

Psychotherapist and educator Suzanne Allies writes: I've heard people say that today's young people have "the attention span of a goldfish" but I believe their brains have adapted to the speed at which information arrives...and their inattention is actually because they have to constantly filter what feels relevant and instantly discard what doesn't. Is your child's device affecting their wellbeing? Get tips to help them on page 4.



Welcome back - it's seemed a long week this week full of learning, ice, sunshine and snow. See you on Monday for even more good stuff always in partnership,

*Mr Murphy*

We can all play a part in **safeguarding** children. If you are ever worried about the safety of a child, please discuss this with **Mr Murphy, Mrs Baylis or Mrs Charles**. You can refer or get advice yourself from Children's Services on 01905 822666.

**If you think a child or adult is in immediate danger, please call the police on 999.**

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## In School this week.



"What's up, Ratty?" asked the Mole.  
"Snow is up," replied the Rat briefly; "or  
rather, down. It's snowing hard."

*Pictured: Snowy pupils arriving at the warm Wyche on this wintery morning. Well done to all who braved the #Narniaweather.*



STRIVE AND BUZZ HAD FUN IN THE SNOW  
NEXT JOB ... MAKE "SNOW EAGLES"

“They will soar on wings like eagles.” Isaiah 40:31

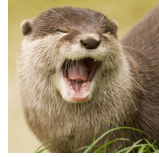
Malvern Wyche C of E Primary School

# Together *We Soar*



## Attendance Utterly Matters

Thank you all for your continued hard work to get your children into school. This is a home-school partnership which is investing in your children's futures, almost as if every day in school was a penny in the bank earning high interest. On this snowy day you repaid our opening up with high attendance and we are currently, despite the bugs, colds and flu, above the national average. Kudos to the carers. You're doing a great job.



## School Alarm

We have been made aware that the school alarm was going off sporadically over the Christmas break. We wanted to reassure parents that this has now been checked and fault remedied. We apologise for the disruption this will have caused residents, especially at Christmas.

## Afterschool Clubs!

Afterschool clubs start next week (from Monday 12<sup>th</sup> January). I have sent home club confirmation slips with the children - please check which clubs they have been allocated a space in. It is possible that your child only has a space in one of the clubs selected due to numbers and clubs being oversubscribed. Please remember clubs are run voluntarily by the teaching team and are offered on a first come first served basis. If your child changes their mind and no-longer wants to take part then please let me know in the office so I can offer the space to someone else. Many thanks.

## Lost Property

We have accumulated a huge amount of lost property during the first term back in school. Could we please encourage everyone to name all uniform items so we can ensure lost or misplaced items make their way back to the right person. This includes outdoor clothes and cold-weather items as well.

## Snow!

Thank you to everyone for braving the weather conditions, making it into school today - by whatever means necessary!



## Stars of the Week

It is always a delight to award a "Star of the Week" award to a child who has demonstrated the **STRIVE** values in classwork. This week's award-winning superstars are:

### HEDGEHOGS

FRANCIS HATTON  
ELSIE PROCTOR

### FOXES

LOUIS SHEPPARD  
ROWAN KERSHAW

### OTTERS

PHOENIX CREWS  
BELLA MORRIS

### STOATS

THOMAS CHURCHILL  
FLORENCE KAUPPINEN

### BADGERS

EVE MACDONALD  
OLI SWATRIDGE

## House Points

This week Perseverance took the top spot this week with an incredible 130 points. Congratulations to all!

By living and learning together through our Christian values of *Safety, Trust, Respect, Inspiration, Value, & Engagement*, with God's help, we will support each other to "soar", lifting hearts and broadening horizons, so that by giving our best today, the world may be better tomorrow.

# WHAT'S ON ?

**Mon 12th January:** Peripatetic Guitar Lessons  
Netball Club - afterschool until 4.15pm

**Tues 13th January:** Choir Club - afterschool until 4.15pm

**Weds 14th January:** FAME continues for Otter Class  
Peripatetic Piano Lessons  
Peripatetic Violin Lesson

**Thurs 15th January:** Peripatetic Drum Lesson

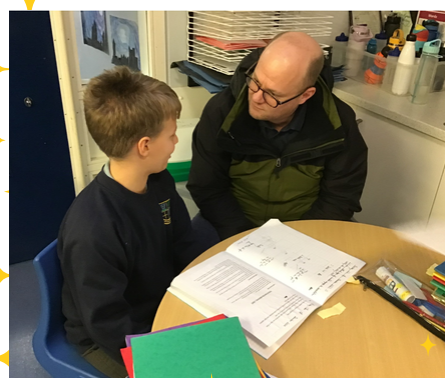
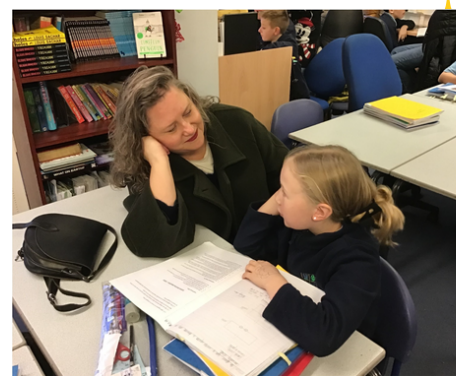
**Friday 16th January** 1<sup>st</sup> Swim Stoa Class



WE WOULD LOVE TO INVITE YOU TO JOIN US  
AT MESSY CHURCH AT ALL SAINTS CHURCH  
ON THURSDAY 15TH JANUARY, DOORS OPEN  
AT 3:30PM FOR A 3:50PM START.  
MESSY CHURCH IS CHURCH BUT NOT AS YOU  
KNOW IT, WITH FUN AND FAITH FOR ALL THE  
FAMILY, A PLACE WHERE WE COME TOGETHER  
TO ENCOUNTER AND CELEBRATE GOD  
THROUGH STORIES, SONGS, CRAFTS,  
ACTIVITIES AND A BAKED POTATO TEA! ALL  
PRIMARY SCHOOL CHILDREN AND THEIR  
FAMILIES WELCOME.

## Dates for your Diary

- Friday 16<sup>th</sup> January - Stoa Class 1<sup>st</sup> Swim Session
- Mon 16<sup>th</sup> Feb - Fri 20<sup>th</sup> Feb - Half Term
- Thurs 5<sup>th</sup> March - World Book Day (details to follow)



## Yr6 Open Classroom

Just before the Christmas break our year 6 class invited their parents to come and have a look at their academic achievements to date. The parents had the opportunity to look at the children's work and see 'what' and 'how much' they have learned during their first term in year 6.



# 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.

### 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.

### 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.

### 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