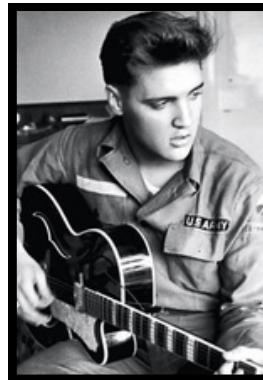


THE FRIDAY LETTER



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.

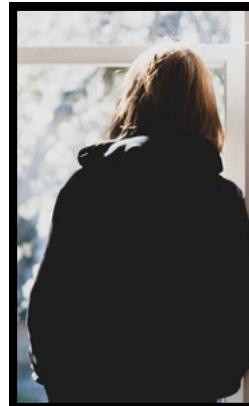


Collective Worship

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 3rd 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.



"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.

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.



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 12th 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!



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.

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!

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

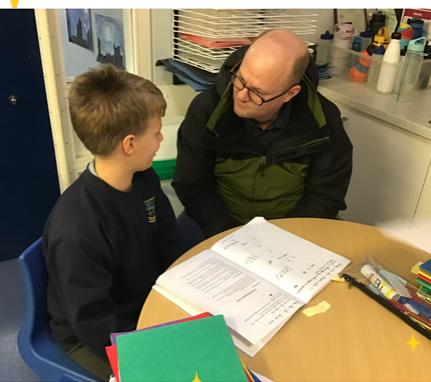
Friday 16th January 1st Swim Stoat Class



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 16th January - Stoat Class 1st Swim Session
- Mon 16th Feb - Fri 20th Feb - Half Term
- Thurs 5th 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 seconday one day a week for Minds Ahead, which works with schools on improving their mental health provision.



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