



Runnymede St Edward's Catholic Primary School



Inspire



Challenge



Support



Faith

Newsletter Friday 30th January 2026



This week in Preschool, we explored patterns by noticing them all around us, created our own while decorating gingerbread with fun and colourful designs. We enjoyed role-playing The Gingerbread Man story and watching closely to see if the gingerbread man would escape. We also learned about belonging, talking about how we are all God's children!



This week in Reception, we have enjoyed getting stuck in to our literacy story even more! We have been using the new vocabulary we have learned to act out the "growling" wolf, and the "journey" he takes. We have made binoculars to support our learning of birds during winter. We have explored Jesus' life as he grew and talked about the things he did for enjoyment with his family. We heard the story of Jesus as he let the children come to him and remembered that Jesus loves us all, no matter who we are.



In RE, we have been learning about how Jesus called his Disciples. We read the story from Luke 5:1-11 and then made our own boats to show that special moment. We used our boats to help us retell the story. We are learning how we can follow Jesus too by being kind, helpful and caring.



What a fabulous week of learning in Year 2 this week. During RE, we focussed on the importance of repentance and how we can bring ourselves closer to God by saying sorry for our wrong choices. We learnt that Catholics show Acts of Penance, which are acts of kindness to show that they are truly sorry. We thought of our own Acts of Penance and had a moment of reflection during Prayer & Liturgy to talk with God and repent. During PSHE, the children have enjoyed working in groups to complete a given challenge together, demonstrating team work, resilience and cooperation during their task. It was lovely to see the children working so well together, and they agreed that teamwork makes the dreamwork.

Newsletter Friday 30th January 2026



In RE, Year 3 have been learning about the Kingdom of God. The children retold the 'Parable of Sower'. They learnt that the seeds represented God's words and how they can be part of the Kingdom of God. In Maths, the children started a new topic - Measure. The children have loved using metre sticks and strips to measure their class tables and arm spans.



Year 4 were delighted to welcome parents/carers to our Prayer and Liturgy this week. The children shared their learning from the latest RE topic and impressed us all with their beautiful singing. Thank you so much to everyone who was able to attend.



This week in Year 5 we have been working on our independent writes, writing a Cliffhanger Narrative based on our vehicle text, The Hound of the Baskervilles. In History, we have been learning how Christianity spread through the Anglo-Saxon kingdoms. In P.E. we have been practising passing to our teammates in Volleyball and in Ukulele we have finally perfected "Should I Stay or Should I go?"



Year Six loved their special treat for all their hardwork, good manners and excellent behaviour to the cinema to watch Zootropolis 2! They had a wonderful time and were so quiet for the whole time—not a peep was heard from anyone!

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 enthral 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, for example, will see the most relevant of the top of their feed. However, it's a great idea to check content that can cause harm, that's a sign of a well-managed account. Someone who's had a bad day will look for posts which reflect that mood and 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. There are options to only see content from people you follow, use 'highlight' posts that they don't want to see, or 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 means you're aware of the content they're interacting with. Don't assume their platforms are screening out inappropriate material. Explain to them that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds. It doesn't matter how long it takes for a message to be sent, it could be time for a more in-depth look or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across unwanted social content on social media, there's an option to hide and report it. Hiding content means it's not recommended to other users and is 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. Setting a time limit on your child's phone is an important tool to help them manage their screen time. You could set some family rules – for example, to follow – on social media use, such as screen time limits and 'tech-free' spaces. Involving your child in creating the agreement will ensure they're 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 or being groomed. Of course, children need space to explore their independence, so if 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 short sound or light notification encourages people to open their apps and spend time on them. Encouraging them to turn them off will help them to be more in control of their time and avoid the temptation to check their phone 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 highly damaging content. You could consider making a family agreement about device use. A good place to use phones, tablets and laptops is in the kitchen, where you can see what they're doing. If necessary, steer them away from any potentially harmful posts.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and regular sleep for our mental wellbeing. Spending time on other activities that our brains need to rest – like reading, playing a sport or putting down their phone and doing 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 approve can see their posts. This reduces the risk of bullying or online comments, but it's not the only way to manage it. Talk to your child about peer pressure and let them know that if someone says you can provide the support they need.

Meet Our Expert
Shirley Forster-Allen is executive headteacher at a specialist primary school and also works with health school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for universal mental health, she is a Fellow of the Chartered College of Teaching and the author of The Rainbow Wellbeing Book, which supports children with their mental health.

NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety f/NationalOnlineSafety @nationalonlinesafety

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Chinese New Year Themed Lunch



Thursday 12th February—If your child is a packed lunch and would like this lunch please email sbm@runnymede-school.org.uk

Safety Notice

Please note we have vehicles entering and exiting our school grounds throughout the day and into the evening. Please ensure you hold your child's hand at all times and/or keep them close to you at all times.



Arbor

Please ensure your child's Arbor account is up to date.

It is vitally important that all accounts are in credit.

As a school we cannot carry deficit accounts.

Thank you!



Instagram

Please follow us on Instagram



[@runnymedestowards](https://www.instagram.com/runnymedestowards)

We would be very grateful if you can like and share our posts!

Reminder

School is closed for children on Friday 13th February.

School closes at the normal time on Thursday 12th February.

Newsletter Friday 16th January 2026



Tuesday Toast Tuck Shop

For ease, toast payments will now be made via Arbor.

We have 3 weeks remaining, therefore there will be a £3 payment. Please pick 'one' in the quantity box per child.

Please visit our school shop on our website for this.

Unfortunately we are unable to make any refunds due to absence.

If you are experiencing financial difficulties, please do not hesitate to contact a member of the pastoral team (Mrs O'Donnell or Mrs Minogue).

"Don't let yesterday take up too much of today."

Will Rogers

Congratulations!

On Saturday Evie P from Year 5 and her dance group won the National Spotlight Championship at Blackpool. They also hold the record of the youngest group to ever win.

Well done Evie and your dance group!



Save the date — Monday 9th February at 2pm

This session is being lead by Valentina de Pascale, Head of Nutrition at Palmer Howells.

We would be delighted if you could join us for this event, particularly if your child stays for a packed lunch.

Save the date — Tuesday 10th February at 9am

This session is being lead by Valentina de Pascale, Head of Nutrition at Palmer Howells. Valentina is a Food and Nutrition expert, specialising in Women's Health and Wellness. We are delighted she is joining us for this amazing opportunity.

All are welcome to attend. Refreshments will be provided. Please do join us for this event!



We have now sold over 400 tickets out of the strict 600 limit.

Tickets are available via the 'School Shop' on Arbor.

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- RB:** Ivah H for great imaginative play and Esmae C for always showing kindness to others.
- RP:** Ella G for making amazing progress with blending in Phonics and Wallace K for confidently reading 4 sound words.
- 1S:** Roman S for writing an exciting detective story in English and Harper J for giving thoughtful answers in R.E.
- 1W:** Leighton W for excellent works in Maths and Parker-Becs L for excellent manners.
- 2H:** Harry K for taking pride in his pride and Mara J G for beautiful English writing.
- 2W:** Mason C for excellent story writing and Niamh B-E for excellent use of description in writing.
- 3D:** Ava H for settling into Year 3 very well and William C for beautiful descriptive writing in English.
- 3Mc:** Joachim Mc for fantastic work in English and Jack R for trying his best t
- 4D:** Kaci K for being a superstar in all lessons and trying her best with everything and Cicely P for coming up with great ideas in English to describe a monster.
- 4Mc:** Emmeline B for writing a thoughtful poem about faith and Jax D for producing accurate drawings of particles in Science.
- 5N:** Leni M for excellent effort and understanding in Maths this week and Eliza H for becoming more independent in English through increased confidence and effort.
- 5T:** Zach H for representing the school fantastically well in Chess and Neive Mc for excellent Historical knowledge.
- 6D:** Harry Mc for his excellent concentration and effort writing his flashback narrative and Grace Mc for her beautifully emotive letter written in R.E.



Attendance—Our target is 97%

Monday 26th January until Friday -
30th January 2026

is as follows:

95.82%

Every day in school is a step towards success—
thank you for helping your child be here, ready to
shine!

*Happy birthday to all children who have had a
birthday this week! We hope you had a lovely
day!*



**Teddy I, Lennon C, Florence S, Thea E,
Thomas B & Neive Mc**

Week commencing 2nd February

Monday	Y1, Y3, & Y5 PE
Tuesday	Y2, Y4 & Y6 PE
Wednesday	Ukulele with Mr Tallant
Thursday:	REC PE
Friday	KS2 Swimming
	NSPCC Number Day (This is a day of maths activities)

RB:	1S:	2H:	3D:	4D:	5N:	6D:
90.5%	96.75%	93.5%	96.25%	96.25%	95.25%	97.5%
RP:	1W:	2W:	3Mc:	4Mc:	5T:	
90.5%	93.75%	99.5%	98.75%	95.75%	99.75%	