



Runnymede St Edward's Catholic Primary School



Inspire



Challenge



Support



Faith

Newsletter Friday 16th January 2026

Message from the Headteacher

This week in assembly we returned to our reflections from last week, thinking about how we approach the New Year. Rather than focusing on giving something up, we talked about what we might *add* to our lives as a kind of New Year resolution. The children shared some thoughtful ideas about doing a little extra – showing more kindness, offering help without being asked, spending time in prayer, or making a greater effort to include others. It was wonderful to hear such positive and practical intentions, and to see how seriously the children are taking the idea of growing in small but meaningful ways.

We were also deeply honoured to welcome Archbishop John Sherrington to our school this week. His visit was a very special occasion for our whole community, and we are extremely grateful that he took the time to spend with our children and staff. The atmosphere was one of warmth, respect and genuine curiosity, reflecting the strong Catholic ethos that runs through our school.

The children represented themselves and our school beautifully, asking thoughtful and mature questions. One particularly moving moment came from Ivy in Year 4, who asked Archbishop John, *"At what age did you have the calling to be closer to God?"* Her question prompted a reflective and inspiring response, and highlighted the depth of faith and curiosity that our children are developing. We are very proud of them and thankful for such a memorable and enriching visit.

The timing of Archbishop John's visit was particularly meaningful as it coincided with a visit from Eric Cohen, who came to speak to our Year 6 children about the Holocaust. The presence of visitors from two different faith traditions was both powerful and enriching. It offered the children a valuable opportunity to see that, while our beliefs and traditions may differ, there is a shared humanity at the heart of all faiths. Through these experiences, the children were able to reflect on how we all ultimately pray for similar reasons – for peace, understanding, compassion and hope – and how respect and dialogue between faiths are essential in building a kinder, more tolerant world.

Thank you to our Head Boy, Noah and Head Girl, Alice for leading the Archbishop around the classes and creating a lasting impression with him.



Newsletter Friday 16th January 2026



This week in preschool was full of fun and learning! We loved getting active by making obstacle courses with tunnels, balancing blocks and hoops. We explored 'Rosie's Walk' by creating maps and using positional language like over, under, and through. We also began learning a new prayer, The Glory Be, using actions to help us remember the words.



Reception have loved P.E. this week! The children practised balancing with beanbags and developed their coordination as they carefully weaved in and out of cones. It was wonderful to see their confidence growing as they challenged themselves and had lots of fun being active together.



Year 1 have started Spring 1 with amazing effort in both Maths and English. In English, we've begun our new text *Hermelin*. The children started by making predictions about the story and were very excited to discover that it's all about a detective mouse! Since then, we've been practising writing questions to help us think like real detectives and understand how Hermelin might solve his mysteries. In Maths, we have been focusing on numbers to 20. This week, we began by revisiting what ten looks like and using this to help us build and understand larger numbers with confidence.



Y2 have been learning about the Feast of the Epiphany. On this day, Christians commemorate the visit of the Three Wise Men (also known as the Magi) to the baby Jesus. The Wise Men followed a bright star in the sky that led them to Jesus. We have made our own Magi crafts to remember the scripture.

Newsletter Friday 16th January 2026



Year 3 have been learning lots of tactics in Chess. In RE, they have been finding out what the gifts from the Magi show us about Jesus.

We also had a great time when LSSP visited to do outdoor activities building skills and encouraging teamwork.



Year 4 have enjoyed starting their new art topic 'sculptures'. We sketched some of our favourite Liverpool sculptures and researched the meaning behind them.

We think they are fantastic– don't you agree?



Year 5 have been learning about the different types of migration including voluntary, involuntary, internal and international in Geography. In Ukulele, we have been practising 'Should I Stay or Should I Go?'. In our Earth and Space topic, we all researched the planets in our Solar System and in Maths we have finally got to grips with long multiplication!



In Y6, we had the pleasure of listening to Eric Cohen discussing the Holocaust and the effects it has had on his family and the impact it has had on the people of the Jewish faith. The children thoroughly enjoyed the session and have a new level of knowledge and understanding of the topic. During the session we had the pleasure and privilege of a visit from the Archbishop of Liverpool who came to speak to the children about his role and responsibilities and the children's responsibility for the future of faith whilst living out Edmund Rice's eight essentials that we follow in school.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to help an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many themes which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, links 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 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 at the top of their feed. As a result, it's easy to see content that can cause harm, that's a sign of a user's interests. Someone who's had a bad day and looks for posts which could make them feel better 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 see content from people they follow, use 'mute' or 'hide' buttons to highlight posts that they don't want to see, or adjust the platform's 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 create a safe space where they can come to you if they're worried about something they've seen. If platforms are screening out inappropriate material, then your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds if it seems troubling. 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 content that's upsetting or harmful, there's a way to hide it. On most platforms, you can report or flag content as inappropriate. You can also 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 time they're being used. Setting a time limit on when your child can use their phone is important to encourage healthy habits. You can also set rules – for example, no phone use in bedrooms at night – to encourage healthy sleep. Limiting screen time is a great way to encourage healthy sleep and to encourage your child to take a break from their phone.
- 6. MONITOR THEIR ACTIVITY**
Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially harmful spaces or being bullied. It's important to ensure that your child is aware of their privacy settings and that 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 phone is picked up. For children, push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to spend more time doing other things. Most apps allow you to turn off push notifications for specific apps or at specific times of day. If necessary, enter them away from any potentially harmful posts.
- 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 pact to use phones, tablets and laptops together. If you're not sure, ask for help. If you're not sure, ask for help. If you're not sure, ask for help.
- 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 feel good is 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 to children's accounts to protect them, so any people they're connected to should see their posts. This reduces the risk of bullying or cyberbullying, but it's not always the best option. If your child is being bullied, it's important to talk to your child about peer pressure. And then to let someone as you can provide the support they need.

Meet Our Expert
Shirley Barber-Allen is executive headteacher at a specialist primary school and, in her spare time, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shirley is a Fellow of the Chartered College of Teaching and the author of 'The Rainbow Within', a book which supports children with autism.

NOS National Online Safety
#WakeUpWednesday

www.nationalonlinesafety.com @nationalonlinesafety /NationalOnlineSafety @nationalonlinesafety

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Friends of St Edward's College

QUIZ

Do you have what it takes to be the ultimate quiz champion?

FRIDAY 30TH JANUARY 2026

7pm College Refectory

Tickets £5 - buy from

www.friendsofstedwardscollege.co.uk

Instagram

Please follow us on Instagram



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

Please ensure you have checked your permission's on Arbor to ensure we have this completed.

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

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What the new year brings to you will depend a great deal on what you bring to the new year.

Newsletter Friday 16th January 2026

Tuesday Toast Tuck Shop



Our Tuesday Toast is back!
Please remember to give your child their £1 before they come into school. Unfortunately staff on the gate are unable to take the money from parents/carers to pass on.
Thank you for supporting our fundraising efforts!

Parking

We have had numerous complaints regarding inconsiderate and unsafe parking.

Please ensure you do not park on any of the zig-zag lines (this is illegal and can result in 3 points on your licence).

Do not park on both sides of the road. This causes major difficulties in getting through the road and could result in emergency service vehicles not getting through. We will be referring this to our dedicated Police officer.

Dates for the Diary

Thursday 29th January	Y4Mc Galilee to Jerusalem Prayer and Liturgy (Parents & Carers)
Friday 30th January	Y4D Galilee to Jerusalem Prayer and Liturgy (Parents & Carers)
Friday 6th February	NSPCC Number Day
Wk. 6 - Week beginning 9th February	
Monday 9 th February	Children's Mental Health Week – This is my place Packed lunch workshop for parents/carers 2pm
Tuesday 10 th February	Parent/Carer Menopause Workshop – 9am Internet Safety Day
Wednesday 11 th February	Growing Hearts Club to begin Y5 & 6 3.30pm
Thursday 12 th February	Chinese New Year themed lunch School Closed Normal Time
Friday 13 th February	INSET School Closed



Edmund's Christmas Holiday

Thank you so much to the Field Family who very kindly looked after Edmund for us over the Christmas Break!

We are ever so grateful.

If anyone would like to mind Edmund during the February half term holiday, please contact the school office.



Dot Art Competition



Our Year 5 children have been given the amazing opportunity to enter the Dot Art Schools competition. The cost of

competition entry has kindly been covered for our children by a former pupil.

We are asking the children to complete a piece of artwork which can be based on their favourite story, book, fairytale, myth or legend. Children are welcome to use any materials or mediums they wish.

Once their art work is complete, their work will be photographed and uploaded to our schools portal. We ask that the children have their artwork completed and brought into school to be photographed and uploaded by **Monday 9th February**.

Children can complete this artwork at home, however if they require any help, please see Miss. Thompson, Mr. Norman or Mrs. Kelly.

For more information please visit the website:

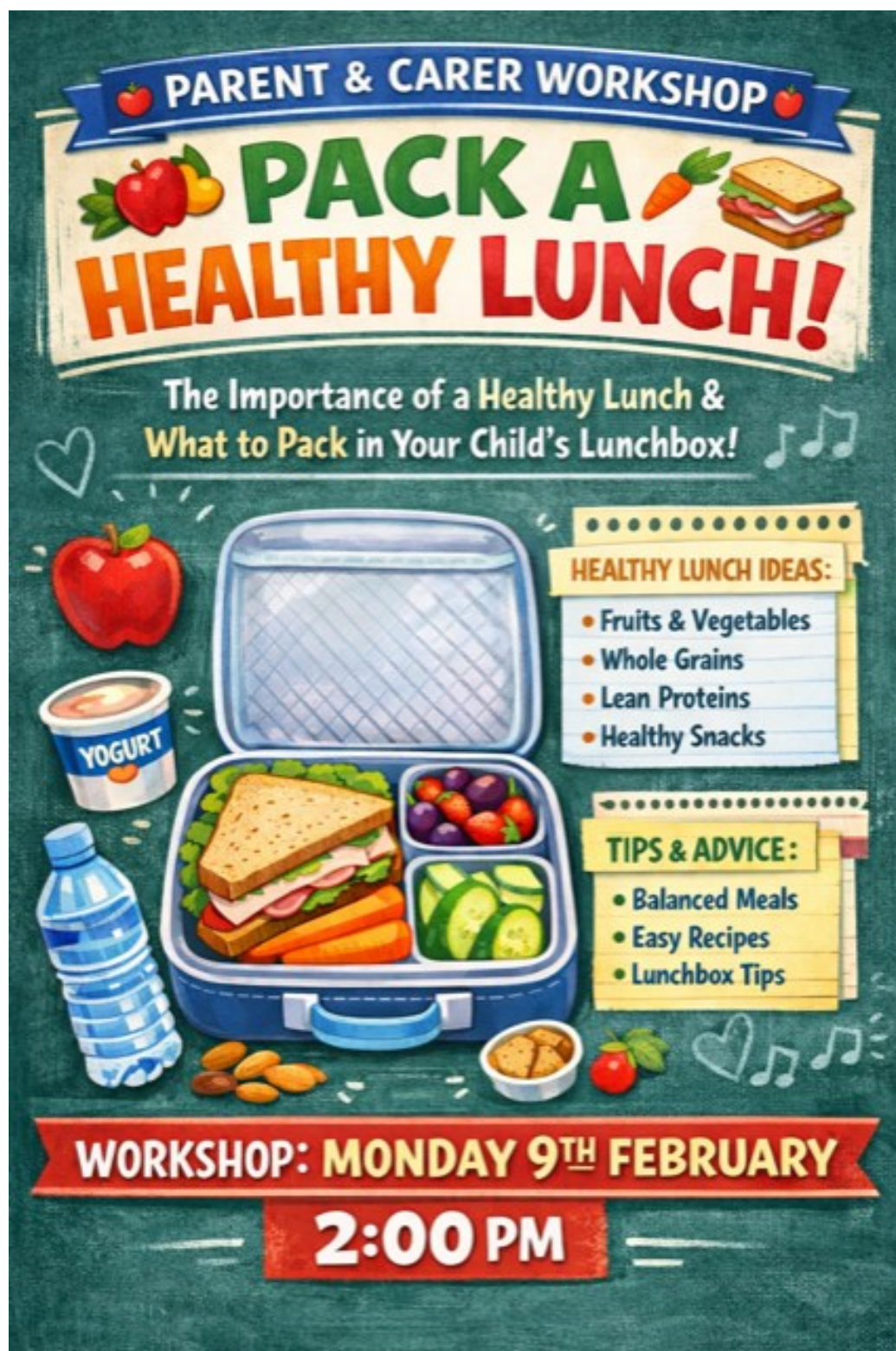
<https://schools.dot-art.com/>



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!



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.

Newsletter Friday 16th January 2026



- RB:** Freya S for playing nicely with her friends and Dean D for building wonderful towers using blocks.
- RP:** Erin P for excellent listening and Emily Madden for great Phonics.
- 1S:** Rosie K for sharing brilliant ideas during class discussions and Harry T for trying really hard with his writing.
- 1W:** Jorgie-Tia D and Ella E both for fantastic work in Phonics.
- 2H:** Arlo T H for lovely descriptive writing and Max J for excellent Geography work.
- 2W:** Lenny D for confident work with money and Leo A for excellent answers in Maths.
- 3D:** Jerzey S for lovely reading and Sam B for great sentence work in English.
- 3Mc:** Liliana R for coming into school with a positive attitude and trying her best in all she does and Sienna B for showing great resilience and putting lots of effort into improving and her editing her work.
- 4D:** Matilda P for being a super friend and supporting others in the classroom and Michael N for excellent ideas in English about writing a mythical narrative.
- 4Mc:** Teddy A for fantastic Maths work using related facts and George B for working extremely hard to improve his handwriting.
- 5N:** Harry M for great improvement with his cursive writing and Lucas N for setting a great example at the start of the day by being the first to complete morning challenges.
- 5T:** Gabriel D for speedy work with long multiplication and Ava G for great use of new vocabulary I English.
- 6D:** Ted A for always contributing in class discussions and Sienna W for a brilliant attitude towards learning everyday.



Attendance—Our target is 97%

Monday 12th January until Friday -
16th January 2026

is as follows:

96.91%

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

RB:	1S:	2H:	3D:	4D:	5N:	6D:
99.25%	95.75%	95.33%	96.5%	95.76%	98.5%	97.5%
RP:	1W:	2W:	3Mc:	4Mc:	5T:	
91.75%	100%	99.5%	96.75%	94.75%	97.75%	

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

Lucas N, Zachary C, Rosa C, Jude A, Emma A, Mason L,
Ryan B I, Rose-Ellen T, Rose E, Kaci K, Elliot H,
James L, Reyes A, Jacob M & Harry T



Week commencing 19th January

Monday	Y1, Y3, & Y5 PE
Tuesday	Y2, Y4 & Y6 PE
Wednesday	Ukulele with Mr Tallant
Thursday:	REC PE
Friday	KS2 Swimming