



## Spring Term – Week 2

### Attendance winners

Congratulations to Team 3 who had the highest attendance of 98% this week.

WRAPAROUND CARE BOOKINGS CAN NOW BE MADE ON THE SCHOOL GATEWAY APP

# Roach Vale Wraparound Care



## Breakfast Club

8:00–8:40am – £5

Toasted bagels (various spreads)  
or cereal

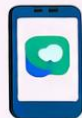


## After School Club

3:15–4:30pm – £5

3:15–5:30pm – £8

Warm snack: crumpets or toast with spreads,  
homework support, reading with an adult,  
crafts, toys, games and more!



## How to Book

Places can be booked on the School Gateway app

We accept Government tax-free childcare payments  
and Childcare Grant payments

**Our aim is simple: affordable, high-quality  
childcare that supports our families and  
keeps children happy, safe and engaged.**

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## PUPDATE

Hi friends!

Its lovely weather for ducks isn't it! But not for sausage dogs like me. I get such a wet belly when I'm running around outside so I have to wear my coat to keep me dry. Remember to bring your waterproofs and wellies for your forest school sessions and if you go to running club with Miss Denyer you should know that she runs in all weathers! I'd suggest a cap to keep the rain off your face, a jacket and a dry pair of shoes to put on after your running session. Stay dry friends!

Flick



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## BEAUTY AND THE BEAST PERFORMANCE – 19 JANUARY



On Monday, the children will enjoy a live performance of Beauty and the Beast right here at Roach Vale. Thank you to the PTA for funding this special performance.

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## UNIFORM

Our main uniform is a red jumper with white shirt or polo, grey bottoms and plain black shoes or trainers.

Our PE is plain black joggers or shorts with a white t shirt, plain black jumper and black or white trainers.

Our school uniform can be ordered from the following websites:

<https://www.schooltrends.co.uk/>

<https://myclothing.com/>

We also have our pre-loved rail in the foyer, which is being refilled and changes all the time.

If you need any support in providing uniform for your child, please don't hesitate to contact the school office.



## LUNCH MENU

### School Lunch Menu—Autumn/Spring

Served week commencing: 3 November, 24 November, 15 December, 19 January, 9 February, 9 March					
Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Cheesy Bean Pasta Bake (V)	Sticky Chicken	Baked sausage toad-in-the-hole	Mighty Mince with a puff pastry top	Baked Fishcake
Option Two	Tomato Pasta Bake (VE)	Cheese and Vegetable Quesadilla (V)	Cowboy Casserole (VE)	Cheese and Onion Quiche (V)	Omelette (V)
On the Side	Salad (VE) Sweetcorn (VE) Homemade Bread	Wholegrain and White Rice (VE) Green Beans (VE)	Roast Potatoes Seasonal Vegetables (VE) Gravy (optional) (VE)	Mashed Potato (V) Broccoli (VE) Gravy (optional) (VE)	Chips (VE) Peas (VE)
For Dessert	Fruit (VE) or Yogurt	Pear and Chocolate Sponge with Chocolate Custard	Fruit Whip (V)	Jam Crumble Slice (V)	Viennese Biscuit (V)
Served week commencing: 10 November, 1 December, 5 January, 26 January, 23 February, 16 March					
Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Magherita Pizza (V)	Chicken Korma	Roast Gammon	Pork and spinach Pasta	Fish Finger
Option Two	Rainbow Pizza (V)	Meat-Free Fajita Tacos (VE)	Roasted Herby Fillet (VE)	Plant Power Bolognese (VE)	Vegan Veggie Finger (VE)
On the Side	Pasta Salad (V) Sweetcorn (VE)	Wholegrain and White Rice (VE) Broccoli (VE)	Hasselback Potatoes Seasonal Vegetables (VE) Gravy (optional) (VE)	Homemade Focaccia Bread (V) Sweetcorn and Pepper Salad (V)	Chips (VE) Peas (VE) Baked Beans (VE)
For Dessert	Fruit Salad (VE)	Shortbread (VE)	Ice Cream Pots	Chocolate Fudge Cake (V)	Oat Cookie (VE)
Served week commencing: 17 November, 8 December, 12 January, 2 February, 2 March, 23 March					
Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Option One	Crispy Pizza Whirl (V)	Sweetcorn Mac 'N' Cheese (V)	Roast Chicken	Tortilla Chip Pie	Bubble Fish
Option Two	Cheesy Swirl (V)	Roasted Vegetable Pasta (VE)	Vegetable Parcel (V)	Quorn Tortilla Chip Pie (VE)	Spicy Bean Burger (VE)
On the Side	Half a Jacket Potato (VE) Baked Beans (VE) Salad (VE)	Fresh Bread (V) Broccoli (VE)	Roast Potatoes Seasonal Vegetables (VE) Gravy (optional) (VE)	Wholegrain and White Rice (VE) Green Beans (VE)	Sweet Potato Fries (VE) Sweetcorn (VE) Peas (VE)
For Dessert	Fruit (VE) or Yogurt	Toffee Apple Crumble (VE) Custard (optional) (V)	Chocolate Crispy Cake (V)	Flapjack (VE)	Jelly (VE) or Fruit (VE)

Also available daily - fresh bread, salad bar, fresh fruit, yoghurt, fresh milk and water



# 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.

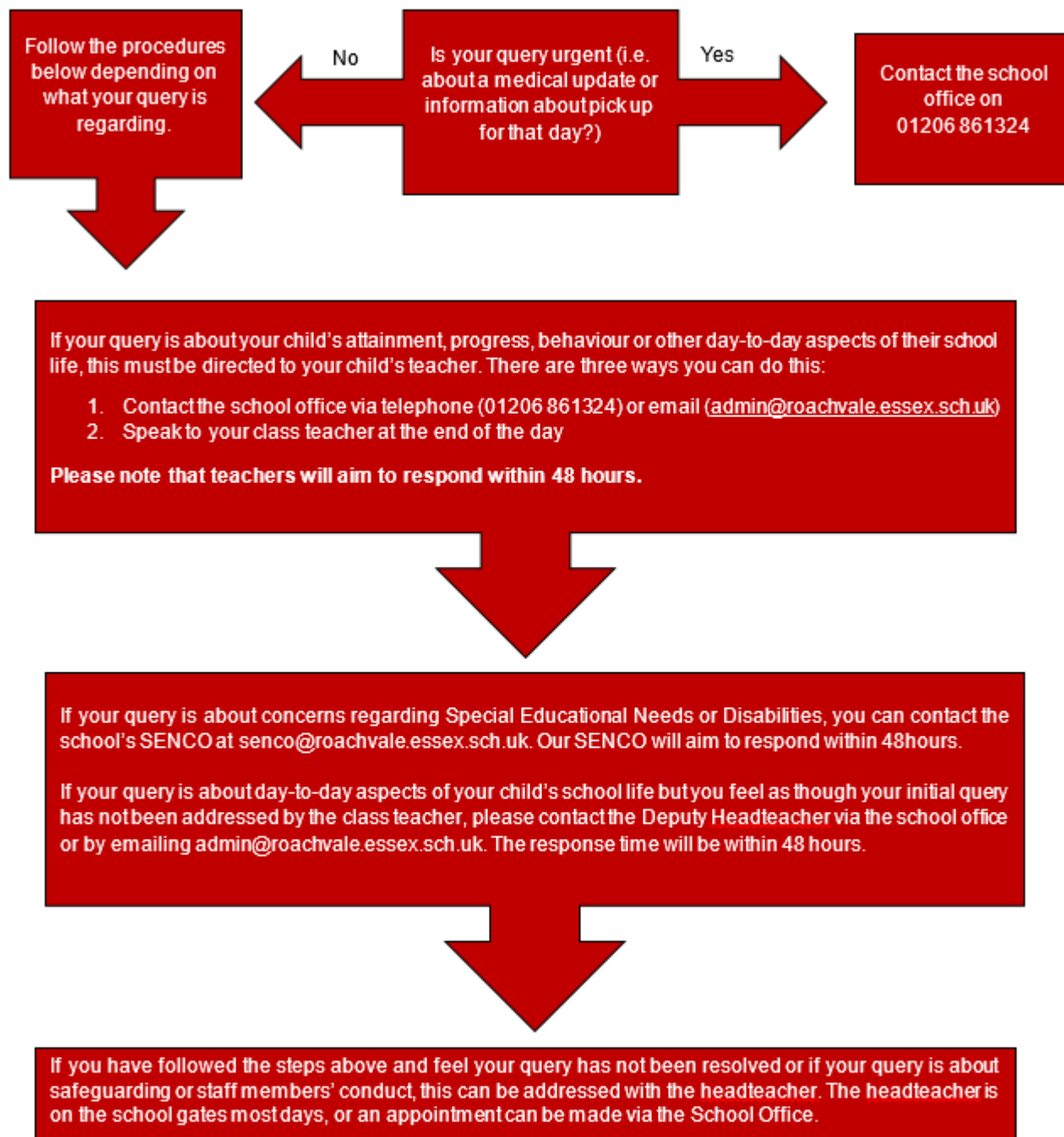
### PROMOTE DIGITAL LITERACY

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.

## DIARY DATES

SPRING	
5 Jan	Non pupil day
19 Jan	Visiting theatre performance
2-13 Feb	One plan meetings
13 Feb	Internet safety day
16-22 FEB HALF TERM	
24 & 25 Feb	Mothers' Day Sales
26 Jan	Chinese New Year themed lunch
5 Mar	World Book day
9-13 Mar	Science week
23-26 Mar	Scholastic Book Fair
23 Mar	Open classrooms after school for looking at pupil books
24 & 26 Mar	Parents' evenings
27 Mar	Non pupil day
30 MAR – 12 APR EASTER BREAK	
SUMMER	
23 & 24 Apr	Tennis workshops
29 Apr	Sports day 1-3pm Sports festival after school
4 May	Bank holiday
5-15 May	One plan meetings
6 May	Back up sports day 1-3pm (in the event of bad weather)
11 -14 May	Y6 SATs
22 May	International Day
25-31 MAY HALF TERM	
1-12 Jun	Y4 Multiplication Times Table Check
5 Jun	Maths Madness Day
8-12 Jun	Y1 Phonics Screening Check
8 & 9 Jun	Fathers' Day Gift Sales
15-19 Jun	Careers and Aspirations week
17 Jun	Class Photos
22 -26 Jun	Y6 Transition Week
6-17 Jul	Y2 & Y3 Swimming every day on site – pop up pool coming!
7 Jul	Meet the Teacher Day / Reports go home
9 Jul	Y6 Oscars Night 5-6pm
15 Jul	Y6 Leaver's Production
17 Jul	Last day of term for pupils
20 Jul	Non-pupil Day

### Communication Tree



The Complaints Procedure can be found on the Roach Vale Primary School website.