



Executive Head Teacher Mrs. A. Whelan  
Deputy Head Teacher Infant School Ms. K Gaynor  
Saint Joseph's Infant, School Waverley Ave, Wembley, HA9 6TA

Deputy Head Teacher Junior School Mr. S Nicklin  
Saint Joseph's Junior School, Chatsworth Ave, Wembley, HA9 6BE

## **Saint Joseph's Infant and Junior Schools** **Parental Newsletter Thursday 2<sup>nd</sup> April 2026**

### **Value for April – Empathy**

**Breakfast Club Daily**  
**7:45-8:30 a.m.**  
**Junior/Infant School**  
**Halls - Registration**  
**required**  
**After School Club**  
**Junior School**  
**Monday-Friday**  
**3:00 - 4:15p.m**

**Monday 20<sup>th</sup> April**  
**Dance Club**  
**3:30 - 4:30 p.m.**

**Tuesday 21<sup>st</sup> April**  
**Gym Club**  
**Chess Club**  
**Archery Club**  
**3:30 - 4:30 p.m.**

**Wednesday 22<sup>nd</sup> April**  
**Football Club**  
**3:30 - 4:30 p.m.**

**Thursday 23<sup>rd</sup> April**  
**Computing Club**  
**Fencing**  
**3:30 - 4:30 p.m.**

**Friday 24<sup>th</sup> April**  
**Gym Club**  
**3:30 - 4:30 p.m.**

We hope that you found the parental meetings useful this week. If you have any further questions, please contact your child's class teacher or speak to Ms. Gaynor, Mr. Nicklin or myself at the gate.

As the spring term draws to a close, we would like to thank you for all of your support over the past two terms. We wish you all a holy and a happy Easter.

### **CAFOD Lenten Collection**

Across the week the children have participated in the Big Lent Walk to support CAFOD. Thank you for your donations to support this which we collected on Monday. The Prayer Leaders collected an impressive £378.23 from both the walk and the cake sale which we will be sending to CAFOD as our Lenten charity.



### **Year 5 Easter Liturgy**

Year 5 pupils led a wonderful Easter Liturgy on Wednesday. They led us through the Easter story and prompted us to pray and reflect on how this is all still relevant to the words, actions and choices that we make every day. Thank you to the pupils and staff for working so hard to share this with the pupils and wider school community.



## **Catholic Life Newsletter**

Along with this newsletter we have also attached the spring term's Catholic Life and Mission Newsletter. This highlights the different areas that we have worked on to continue to develop the children's understanding of our role to become modern day disciples of God and to live out our Mission Statement by following in Christ's Footsteps in Love.

## **Parental Prayer Group**

The next prayer group will take place on Friday 1<sup>st</sup> May from 8:30 a.m.

## **P.E. Days Summer Term 2026**

Please check the P.E days for the summer term. Your child will continue to wear their P.E kit on their P.E. day. P.E lessons will resume from the Monday 20<sup>th</sup> April.

Reception P.E Monday and Tuesday

Year 1 Saint Teresa and Saint George Tuesday and Thursday

Year 1 /2 Saint John Paul Tuesday and Wednesday

Year 2 Saint Angela and Saint Christopher Wednesday and Friday

Year 3 Saint Catherine and Saint Jude Monday and Wednesday

Year 4 Saint Mary and Saint Francis Monday (swimming) and Friday

**Year 4 Swimming-** Year 4 children will be having swimming lessons at Vale Farm Sports Centre.

Lessons will begin on **Monday 20<sup>th</sup> April.**

Year 5 Saint Joan of Arc and Saint Maximilian Kolbe Monday and Friday

Year 6 Saint Faustina and Saint Vincent De Paul Tuesday and Friday

## **Curriculum Meetings**

After Easter, Year group curriculum meetings will be taking place in your child's classroom on the days listed below at 3 p.m. These meetings will outline what your child will be studying across the summer term. We will also put the curriculum newsletters on the website after the meetings have taken place.

Monday 20<sup>th</sup> April - 3 p.m. Year 1

Tuesday 21<sup>st</sup> April - 3 p.m. Year 5

Wednesday 22<sup>nd</sup> April - 3 p.m. Year 2 and Saint John Paul

Thursday 23<sup>rd</sup> April - 3 p.m. Year 3

Friday 24<sup>th</sup> April - 3 p.m. Year 4

## **Sun Hats and Sunscreen**

Just a reminder that as the weather improves, we will need children to have their sun hats and sunscreen in school. Please click on the Google link or scan the QR code to give permission for sun screen to be applied to your child. Please send in a bottle of sunscreen with your child's name on which will remain in school for them to use.



<https://forms.gle/LCREoDS7w5A7YUis8>





**World Earth Day**

We will be celebrating World Earth Day on Wednesday 22<sup>nd</sup> April. A letter with more detailed information has been emailed to you. The children may wear one **blue or green item of clothing to school on Wednesday 22<sup>nd</sup> April and we would be grateful for a £1 donation.**

**Brent Library Service**

It would be wonderful if the children continued to regularly read over the holiday period. There are also lots of holiday activities going on in the libraries over Easter. Please see the newsletters on pages 9-13

**Uniform Exchange - Reminder**

The uniform exchange system works in this way: if you need uniform, please donate your old uniform if it is in good condition. You can send in a note to request what uniform you would like to exchange it for and if we have that available, we will send it home to you.



We have a bank of uniform available in order to be able to do this so please send in any uniform that is in good condition that your child has grown out of so that another family can make use of it. This will help families financially as well as supporting recycling and our environment. Many thanks.

If you are struggling with uniform costs, please approach myself, Ms. Gaynor or Mr. Nicklin in complete confidence and we will do our best to support you.

**Safeguarding**

Safeguarding is everyone’s responsibility and we try our best to support you particularly in terms of the dangers that children may encounter online. If you have any concerns, please contact me. All school staff have regular training. I remind you of the Designated Safeguarding Staff who have had additional higher-level training in safeguarding.

 **Safeguarding**  **Saint Joseph's Catholic Infant and Junior Schools**

At Saint Joseph's we are committed to the safety and happiness of all our children and adults in our school family. If you are concerned about a child, please talk to our designated safeguarding officers.



**Online Safety**

Each week we will include a link to an information sheet which helps us navigate the online world. I have included the National Online Safety guide on ‘Managing Screen Time’ as a reminder on page 15.

**Value Awards- March– Freedom**

Saint Patrick – Zane P and Raya  
 Saint Teresa- Jerish and Savannah  
 Saint John Paul- Jayden and Arica  
 Saint Angela- Amayah and Brion  
 Saint Catherine- Seanna and Chris  
 Saint Mary- Mary and Vanito  
 Saint Joan of Arc- Keann and Kyara  
 Saint Faustina- Muriel and Galvin

Saint Bernadette- Kyler and Lucia  
 Saint George- Tyler and Shae  
 Saint Christopher- Esau and Staisha  
  
 Saint Jude- Emerson and Crizel  
 Saint Francis- Aidan and Maeve  
 Saint Maximilian Kolbe- Watson and Cyra  
 Saint Vincent De Paul- Johann and Shanaya



Congratulations to all of the children who demonstrated an understanding of the value of ‘Freedom’. Our value for April is **‘Empathy’**. The Prayer Focus sheet can be found on page 8.

### **Star Reader Award**

Saint Patrick – Jesila Saint Bernadette- Heart  
Saint Teresa- Aloysh Saint George- Cyrus  
Saint John Paul- Stella Saint Christopher- Immaculada Saint Angela - Mackenzie  
Saint Catherine- Snoelle Saint Jude- Lestra  
Saint Mary- Leo A Saint Francis- Adayah  
Saint Joan of Arc- Shay Saint Maximilian Kolbe- Crizelle  
Saint Faustina- Clarissa Saint Vincent De Paul- Chris

### **Star Oracy Award**

Saint Patrick – Chrissy Saint Bernadette- Luna  
Saint Teresa- Myler Saint George- Lisa  
Saint John Paul- Alven Saint Christopher- Kaleb Saint Angela- Simora  
Saint Catherine- Adele Saint Jude- Filton  
Saint Mary- Abiel Saint Francis- Roseford  
Saint Joan of Arc- Lysha Saint Maximilian Kolbe- Areya  
Saint Faustina- Ruben Carducci Saint Vincent De Paul- Amanda

### **Star Writer Award**

Saint Patrick – Zane D Saint Bernadette- Starla  
Saint Teresa- Jerish Saint George- Hania  
Saint John Paul- Shane Saint Christopher- Andreea Saint Angela- Sebian  
Saint Catherine- Renisa Saint Jude- Deidra  
Saint Mary-Joanna Saint Francis- Kcuen  
Saint Joan of Arc- Evelyn Saint Maximilian Kolbe- Zylan  
Saint Faustina- Staylon Saint Vincent De Paul- Nathania

### **Star Speller Award**

Saint Patrick – Rhys Saint Bernadette - Clana  
Saint Teresa - Kian Saint George - Waylan  
Saint John Paul - Bianca Saint Christopher - Hania Saint Angela- Kieran  
Saint Catherine - Ethan Saint Jude - Valesia  
Saint Mary - Sofia Saint Francis - Grace  
Saint Joan of Arc - Chrysler Saint Maximilian Kolbe - Leah  
Saint Faustina - Naomi Saint Vincent De Paul - Jayden

### **Star Handwriting Award**

Saint Patrick – Angel Saint Bernadette- Joshua  
Saint Teresa - Dale Saint George - Venisha  
Saint John Paul - Joycee Saint Christopher - Levin Saint Angela- Zane  
Saint Catherine - Derren Saint Jude - Alrea  
Saint Mary - Jonathan Saint Francis - Izabela

Saint Joan of Arc - Adriel    Saint Maximilian Kolbe - Joel  
Saint Faustina - Cyrus    Saint Vincent De Paul - Erica

### **Star Mathematician Award**

Saint Patrick – Riaan    Saint Bernadette- Abner  
Saint Teresa - Wiktorja    Saint George - Amos  
Saint John Paul -Jinil    Saint Christopher - Zuzia    Saint Angela - Ava- Marie  
Saint Catherine - Vania    Saint Jude - Anthony  
Saint Mary - Julian    Saint Francis - Cheryl  
Saint Joan of Arc - Neshuan    Saint Maximilian Kolbe - Alvaro  
Saint Faustina - Valeska    Saint Vincent De Paul - Alicia

### **Prayer Leaders Caritas Award For children chosen for their love and care to others and living out the Caritas values**

Saint Patrick – Ariana    Saint Bernadette- Velrick  
Saint Teresa - Tristan    Saint George- Joycee  
Saint John Paul - Jinil    Saint Christopher - Aeden    Saint Angela - Amelia  
Saint Catherine - Lena    Saint Jude - Dallas  
Saint Mary - Gordon    Saint Francis - Maisie  
Saint Joan of Arc - Kyara    Saint Maximilian Kolbe - Velisha  
Saint Faustina - Shanoyah    Saint Vincent De Paul - Jovan



### **Weekly Attendance Award**

Congratulations to last week's winners.

Junior School Saint Joan of Arc with 99%!

Infant School- Saint Angela and Saint Christopher tie on 98%.

Children who have achieved 100% attendance in the spring term will also receive certificates after the Easter holidays.

### **House Points**

Congratulations to Saint Mark house who were the spring term winners and enjoyed wearing their own clothes to school on Monday.

### **Star of the Week**

Saint Bernadette - Alakay  
Saint Patrick - Milosz  
Saint George - Vlad  
Saint Teresa - Lukas  
Saint John Paul - Archie  
Saint Angela – Eleanor L  
Saint Christopher - Vannia

Saint Catherine - Anthea  
Saint Jude - Antonina  
Saint Mary - Jaizelle  
Saint Francis- Maisie  
Saint Joan of Arc - Amalia  
Saint Maximilian Kolbe - Asher  
Saint Faustina - Staylon  
Saint Vincent De Paul - Darius



## An Easter Prayer

Heavenly Father,

As we journey through this holy time of Holy Week,  
help us to remember the love of Your Son, Jesus Christ.

On Palm Sunday, we welcome Him with joy.  
On Good Friday, we remember His suffering  
and great sacrifice for us.

And we wait in hope for the joy of Easter, when He rose again.

Lord Jesus, teach us to follow You with faith and courage.  
Help us to be kind, to forgive others,  
and to show love in all we do.

When we find things difficult, remind us that You are always  
with us.

Holy Spirit, guide us to grow closer to God each day,  
especially during this special and holy time.

Bless our school, our families, and our community.  
Help us to walk with You this Holy Week  
and prepare our hearts for the joy of Easter.

We ask this through Christ our Lord.  
Amen.



*Have a happy Easter.  
Mrs. Whelan*



**We break up for the Easter holidays  
today Thursday 2<sup>nd</sup> April.  
School re-opens on Monday 20<sup>th</sup> April.**



## St Joseph's Infant and Junior School Prayer Focus



### April 2026

During the month of April, we would like you to remember that it is the feast day of St George on 23<sup>rd</sup> April. Please ask St George to pray for us on this day.



St George, Patron Saint of England, was an officer in the Roman army who died on 23<sup>rd</sup> April 303. Little is known of him, though the most famous story is of his conquest over a dragon! King Edward 3<sup>rd</sup> declared him Patron of the newly formed order of chivalry - the Knights of the Garter.

In more modern times, St George was chosen by Baden-Powell, its founder, to be patron of the Scouting Movement, and on St George's Day, scouts are bidden to remember their Promise and the Scout Law. Baden-Powell recounted in Scouting for Boys that the Knights of the Round Table 'had as their patron saint St George because he was the only one of all the saints who was a horseman. He is the patron saint of cavalry, from which the word chivalry is derived'

Dear God,  
Help me to face my dragons,  
the things that I find really scary.  
You are bigger than all those scary things  
and you're not scary at all.

**Amen.**

### Empathy

If your friend is sad and you feel sad too, that's empathy.

If someone falls over and you want to help them, that's empathy.

If you notice someone is left out and you invite them to play, that's empathy.

Empathy is putting yourself in someone else's shoes and imagining how they feel.

### Homework

Empathy: Be a *Kindness Detective* and look for feelings!  
They showed empathy by \_\_\_\_\_.

## **School Newsletter from Brent Libraries**

### **Date 1 April 2025**

#### **Water Creature Mask Making with Patchlarks**

**Wednesday 16 April**

**Ealing Road Library: 11.30am – 1pm**

**The Library at Willesden Green: 2.30 – 4pm**

Make a mask from sustainable materials and transform into your very own underwater creature character. For 6-10 year olds. Advanced booking required at <https://tinyurl.com/jjhjrrzs>

Culture Nature England, a partnership for People, Libraries and Nature  
A Protected Site Strategy Project

#### **Beginner's Gardening in Spring – A Family Workshop**

**Ealing Road Library: Thursday 17 April, 11.30am – 1pm**

**All ages.**

Celebrate the arrival of spring with a fun and interactive introduction to the wonderful world of plants and gardening. Come along and get growing!

Culture Nature England, a partnership for People, Libraries and Nature  
A Protected Site Strategy Project

#### **Kumon Maths and English workshops**

Open to all primary school aged children aged 3 yrs - 11yrs

Booking: [wembleycentral@kumoncentre.co.uk](mailto:wembleycentral@kumoncentre.co.uk)

**Wembley Library:**

**Tuesday 8 April, 2 – 3pm**

**Thursday 10 April 2 – 3pm**

**Tuesday 15 April, 2 – 3pm**



## **Spring Half Term Events Newsletter from Brent Libraries Date 22 March 2026**

### **Ealing Road Library**

#### **Ealing Road Library STEM Club**

29 April, 27 May, 24 June, 29 July

Wednesdays 4 – 5.30pm

Science, Technology, engineering and mathematics workshops for children aged 8-11.

Advanced booking required at <https://tinyurl.com/jihjrrzs>

#### **Capoeira Marshall Arts Family Fun**

Saturday 28 March

Capoeira Workshop 11am – 12noon

Build your own passport craft

2.30 - 4.00pm

Family event

#### **Family Learning gardening workshop**

Wednesday 1 April

11am - 1pm

Learn fun garden techniques and help develop Ealing Road Library's garden into a green space for the local community. For children aged 5 – 11 and carers.

New

#### **Spring Arts and Crafts**

Tuesday 7<sup>th</sup> April

2.30-3.30pm

Spring Bunny Ears & Bonnets

Hop your way down to the library and create bunny ears and bonnets.

Ages 5 - 11

#### **Ealing Road Film Club**

**Family Fun**

**Thursday:**

**2 April, Kung Fu Panda 4**

**9 April Rava the Last Dragon**

2.30 - 4.30pm

#### **Spring Creative art workshops**

Friday 10 April

11am – 12noon and 2 – 3pm

Get crafty with Kites and Spring Garlands workshops

Delivered by Learning Through the Arts

For ages 5 – 11

### **Harlesden Library**

#### **Spring Creative art workshops**

Tuesday 31 March

11am – 12noon and 2 – 3pm

Get crafty with Earth Day Crowns and Matisse Collage workshops

Delivered by Learning Through the Arts



# Spring Half Term Events Newsletter from Brent Libraries

## Date 22 March 2026

### Spring Creative art workshops

Tuesday 7 April

11am – 12noon and 2 – 3pm

Get crafty with Alma Thomas Painting and Butterfly Suncatcher workshops

Delivered by Learning Through the Arts

For ages 5 – 11

### Capoeira Marshall Arts Family Fun

Capoeira Workshop 1.30 – 2.30pm

Wed 8 April – 2-4pm

Design and build your own passport craft

2.30 – 4.00pm

Family fun aged 5 - 11

### Spring Arts and Crafts

Thursday 9 April

2.30-3.30pm

Spring Bunny Ears & Bonnets

Hop your way down to the library and create bunny ears and bonnets.

Ages 5 - 11

## Kilburn Library

### Capoeira Marshall Arts Family Fun and create your own passport workshop

Tuesday 31 April

11am – 3.30pm

Family craft ages 5 - 11

### Family Craft Fun with Barnardos

Tuesday 7 April

2.30 – 4pm

Ages 5 - 11

### Spring Arts and Crafts

Wednesday 8 April

11am - 12noon

Spring Bunny Ears & Bonnets

Hop your way down to the library and create bunny ears and bonnets.

Ages 5 - 11

## Kingsbury Library

### Family Craft Fun with Barnardos

Tuesday 7 April

11.30am – 1pm

Ages 5 - 11



## **Spring Half Term Events Newsletter from Brent Libraries Date 22 March 2026**

### **Somali Craft workshop**

7 April  
2.30 - 4.30  
Ages 5 - 11  
Heritage Event

### **Spring Arts and Crafts**

Wednesday 8 April  
2.30-3.30pm  
Spring Bunny Ears & Bonnets  
Hop your way down to the library and create bunny ears and bonnets.  
Ages 5 - 11

### **Spring Creative art workshops**

Saturday 11 April  
11am – 12noon and 1 – 2pm  
Get crafty with Paper flower Bouquets and Phases of the Moon workshops.  
Delivered by Learning Through the Arts  
For ages 5 – 11

### **Half Term Fun: Dinosaur Pop Up Book**

Tuesday 26 May  
2.30-3.30pm  
Create your own story telling pop up dinosaur book, will your book roar with fun?  
Ages 5 - 11

## **Wembley Library**

### **The Story Detectives with Katie Green**

Wednesday 1 April  
11am - 12noon  
A dance performance that takes you on an imaginative journey around the library. Are you ready to help the Story Detectives?  
5 – 11 **Please book**

### **Get crafty with Leaf Rubbings and Animals in the Meadow workshops Delivered by Learning Through the Arts**

Thursday 2 April  
11am – 12noon and 2 – 3pm  
For ages 5 – 11

### **Spring Arts and Crafts**

Tuesday 7<sup>th</sup> April  
2.30-3.30pm  
Spring Bunny Ears & Bonnets  
Hop your way down to the library and create bunny ears and bonnets.  
Ages 5 - 11



## **Spring Half Term Events Newsletter from Brent Libraries Date 22 March 2026**

### **Spring Creative art workshops**

Thursday 9 April  
11am – 12noon and 2 – 3pm  
Get crafty with Bunny Bag and Migrating Birds workshops  
Delivered by Learning Through the Arts  
For ages 5 – 11

### **Autism-friendly early opening**

Friday 10 April  
9.30 - 10.30am

### **Somali Craft workshop**

Friday 10 Apr 2.30 - 4.30  
Ages 5 - 11  
Heritage Event

## **The Library at Willesden Green**

### **Spring Creative art workshops**

Monday 30 March  
11am – 12noon and 2 – 3pm  
Get crafty with Stencil Art and Self Portrait workshops  
Delivered by Learning Through the Arts  
For ages 5 – 11

### **The Story Detectives with Katie Green**

Wednesday 1 April  
2.30-3.30pm  
A dance performance that takes you on an imaginative journey around the library. Are you ready to help the Story Detectives?  
5 – 11

### **Spring Arts and Crafts**


Tuesday 7<sup>th</sup> April  
2.30-3.30pm  
Spring Bunny Ears & Bonnets. Hop your way down to the library and create bunny ears and bonnets.  
Ages 5 - 11

### **Capoeira Marshall Arts Family Fun**

Wednesday 8 April  
**Capoeira Workshop 1.30 – 2.30pm**  
**Design and build your own passport craft 2.30 – 4.00pm**  
Family craft ages 5 - 11



Spring Term 2026	
<b>First day:</b> Tuesday 6th January 2026	<b>Half term:</b> Monday 16 <sup>th</sup> February 2026 – Friday 20 <sup>th</sup> February 2026
<b>Last day:</b> Thursday 2 <sup>nd</sup> April 2026	<b>Easter Holidays</b> Friday 3 <sup>rd</sup> April 2026 – Friday 17 <sup>th</sup> April 2026
Summer Term 2026	
<b>First day:</b> Monday 20 <sup>th</sup> April 2026	<b>Half term:</b> Monday 25 <sup>th</sup> May 2026 – Friday 29 <sup>th</sup> May 2026
<b>Last day:</b> Friday 17 <sup>th</sup> July 2026	<b>Summer Holidays Starts</b> Monday 20 <sup>th</sup> July 2026
Staff Training Days	
<b><i>There will be no school on training days Staff only attendance</i></b>	Monday 1 <sup>st</sup> September 2025 Tuesday 2 <sup>nd</sup> September 2025 Monday 5 <sup>th</sup> January 2026 Monday 20 <sup>th</sup> July 2026 Tuesday 21 <sup>st</sup> July 2026
Bank Holidays 2025/2026	
Christmas bank holidays New Year's Day Good Friday Easter Monday Early May Bank Holiday Spring Bank Holiday Summer Bank Holiday	Thursday 25 <sup>th</sup> and Friday 26 <sup>th</sup> December 2025 Thursday 1 <sup>st</sup> January 2026 Friday 3 <sup>rd</sup> April 2026 Monday 6 <sup>th</sup> April 2026 Monday 4 <sup>th</sup> May 2026 Monday 25 <sup>th</sup> May 2026 Monday 31 <sup>st</sup> August 2026

 <b>Saint Joseph's Infant and Junior Schools</b> <b>School Term and Holiday Dates 2026/2027</b>	
Please ensure you adhere to the published holidays as additional leave can only be authorised in exceptional circumstances.	
Autumn Term 2026	
<b>First day:</b> Thursday 3 <sup>rd</sup> September 2026	<b>Half term:</b> Monday 19 <sup>th</sup> October 2026 – Friday 30 <sup>th</sup> October 2026
<b>Last day:</b> Friday 18 <sup>th</sup> December 2026	<b>Christmas Holiday</b> Monday 21 <sup>st</sup> December 2026 – Friday 1 <sup>st</sup> January 2027
Spring Term 2027	
<b>First day:</b> Monday 4 <sup>th</sup> January 2027	<b>Half term:</b> Monday 15 <sup>th</sup> February 2027 – Friday 19 <sup>th</sup> February 2027
<b>Last day:</b> Thursday 25 <sup>th</sup> March 2027	<b>Easter Holidays</b> Friday 26 <sup>th</sup> March 2027 – Friday 9 <sup>th</sup> April 2027
Summer Term 2027	
<b>First day:</b> Monday 12 <sup>th</sup> April 2027	<b>Half term:</b> Monday 31 <sup>st</sup> May 2027 – Friday 4 <sup>th</sup> June 2027
<b>Last day:</b> Friday 16 <sup>th</sup> July 2027	<b>Summer Holidays Starts</b> Monday 19 <sup>th</sup> July 2027
Staff Training Days	
<b><i>There will be no school on training days Staff only attendance</i></b>	Tuesday 1 <sup>st</sup> September 2026 Wednesday 2 <sup>nd</sup> September 2026 Monday 19 <sup>th</sup> July 2027 Tuesday 20 <sup>th</sup> July 2027 Wednesday 21 <sup>st</sup> July 2027
Bank Holidays 2026/2027	
Christmas bank holidays New Year's Day Good Friday Easter Monday Early May Bank Holiday Spring Bank Holiday Summer Bank Holiday	Friday 25 <sup>th</sup> and Saturday 26 <sup>th</sup> December 2026 (Monday 28 <sup>th</sup> December) Friday 1 <sup>st</sup> January 2027 Friday 26 <sup>th</sup> March 2027 Monday 29 <sup>th</sup> March 2027 Monday 3 <sup>rd</sup> May 2027 Monday 31 <sup>st</sup> May 2027 Monday 30 <sup>th</sup> August 2027

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [nationalcollege.com](https://nationalcollege.com) for further guides, hints and tips for adults.

# Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY  
MILK

## GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

## TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

## GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

## LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

## AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

## HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

## BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

## 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

## SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

## TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

## SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

## WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College

NOS National Online Safety  
#WakeUpWednesday

@natonlinesafety

/NationalOnlineSafety

@nationalonlinesafety

@national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2024

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**GO  
ALL  
IN.**

National  
Year of  
Reading  
2026




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HA9 6TA  
St Joseph's Rc Infant School -  
19/07/2024

