

Newsletter 30<sup>th</sup> January 2026

Value of the term: Resilience

## Learners of the Week

Ash Class: Elliott, a wonderful Athlete

Oak Class: Reuben, a marvellous Mathematician

Beech Class: Seb, an amazing Author

Chestnut Class: Lauren, a great Mathematician

Sycamore Class: Seb, a fantastic Author Writer



## Next Week's Menu



## Eco-Council and our Sustainability Pledge

As you will know, we have an Eco-Council at Gomeldon, who take charge of all things linked with our Sustainability. Most recently they have been thinking hard about what it means here and designed our very own Gomeldon Pledge. Can you help us to fulfil it too?



Our Eco Pledge



We will be...

## Oak Class Fundamentals

A huge well done to the Oak Class, who travelled to Wyvern St Edmund's to take part in the sports Fundamentals morning this week. They participated excellently and the morning was enjoyed by all!



Educators

Climate aware

Opting for change

Planet protectors

Litter pickers

Earth lovers

Daily waste reducers

Gardeners

Energy savers

## NSPCC Speak Out. Stay Safe

A reminder that we will be taking part in the NSPCC programme on Monday 2<sup>nd</sup> February across the school.

## Well-being

Please see attached for helpful parent information

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 [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints 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 enthrals 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, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood 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 scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. 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 keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be 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. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of the Rainbow Within, a book which supports children with SEMH needs.

Sources: <http://www.bbc.co.uk/news/technology-55204929>

<https://iprosocial.com/insights/social-media-algorithms/>

 [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)

In partnership with...

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## 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. As they grow up, of course, children need space to exercise their independence – but 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 alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, 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 hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so 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 children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

 **National Online Safety®**  
#WakeUpWednesday



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## Gomeldon dates for your diary

\*Please note that some dates may be subject to change\*

2.2.26	NSPCC Speak out. Stay safe. campaign
10.2.26	Safer Internet Day
13.2.26	TD Day – no school for pupils
16.2.26 – 22.2.26	February Half Term Holiday
23.2.26	First Day of Term 4
6.3.26	World Book Day
17.3.26 & 19.3.26	Parent Consultation Meetings – 3:40pm – 6:00pm
27.3.26	GPA Easter Bake Sale
30.3.26 – 12.4.26	Easter Holidays
13.4.26	First Day of Term 5
17.4.26	GPA first Frozen Friday (weather permitting!)
11.5.26	SATs week for Year 6
18.5.26	Class Photographs
25.5.26 – 31.5.26	May Half Term Holiday
1.6.26	TD Day – no school for pupils
2.6.26	First Day of Term 6 for Pupils
11.6.26	Sports Day
17 – 19.6.25	Avon Tyrrell Residential – Year 5 and 6
3.7.26	Summer Fayre
16.7.26	End of Year Disco and Y6 Leavers party
20.7.26	Year 6 Leavers assembly @ 2:40pm
21.7.26	Last day of school for pupils
22.7.26	TD Day – no school for pupils

**ROCK  
STEADY**

# **DOES YOUR CHILD WANT TO PLAY MUSIC IN THEIR OWN BAND?**



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It's the perfect way to learn new musical skills, make friends and have a great time - all at school! There's no musical experience necessary and instruments for lessons are provided.

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find out more!**

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THEIR CHILD LOVES OR  
ENJOYS ROCKSTEADY  
BAND LESSONS**

**94%**

**OF PARENTS SAY  
ROCKSTEADY  
IMPROVES THEIR  
CHILD'S CONFIDENCE**

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# **ACTIVITIES CAMP**



**ST PETER'S PRIMARY SCHOOL, XANTEN WAY, SP2 9FL**  
**08:30AM – 15:30PM**

**SCAN TO BOOK**



**AGES 5-12 YEARS**

**FREE BREAKFAST PROVIDED FOR ALL**

**FREE LUNCH PROVIDED FOR THOSE  
CHILDREN IN RECEIPT OF FSM.**



# Ms Levoir's Art Academy

**Old Sarum Community Centre**

9am to 3pm Drop Off

16th to 20th February

## *An Artist A Day*

*Come and explore a different artist every day and make your own masterpiece!*

For 7 to 11 year olds

1 day £35, 2 days £65,

3 days £95 4 days £125, 5 Days £145

10% sibling discount.

WhatsApp  07801800640 to book