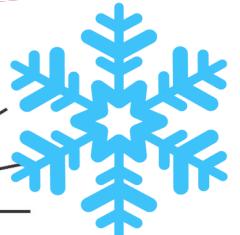


# NEWSLETTER -JANUARY 2026



## News From The Office...

Dear Parents/Carers,

Happy New Year

What a cold and frosty start we have had to the new year. It has been lovely to see the children after the Christmas break and as I write this the children are back into the routine in the classroom. Information will be sent to you by your child's class teacher informing you of key dates that will be happening in the classroom and what your child will be studying this term. I have also attached key dates at the bottom of the newsletter which will

also be happening throughout the term.

As always if you have any queries at all please do not hesitate to discuss them with your child's class teacher in the first instance.

Kind regards

Mrs N Kelly

### *Special points of interest:*

- *A Happy 2025*
- *Afterschool Clubs*
- *PHSE*
- *X*
- *Attendance*
- *Parent Events*
- *Dates for your Diary*

## Afterschool Clubs...

This term we have a wide range of after school clubs available. Mrs Lamb will be running our very popular family cooking sessions for parents and children to attend. We also will be offering Year 3 board games, Year 4 movement to music and many more. Please visit our website to find the full list.

## PHSE At Rise Park

You may be aware that the Department for Education has released updated guidance for PSHE and Relationships Education in primary schools. These changes are intended to ensure children receive clear, age-appropriate learning that supports their wellbeing and safety. We are beginning to introduce this guidance in school ahead of it becoming statutory in September, so that it can be embedded carefully and thoughtfully.

The updated guidance strengthens learning around personal safety, including fire safety and staying safe near roads, water and railways. It also places greater emphasis on helping children understand their bodies and the changes they may experience, including the use of correct names for body parts. This supports safeguarding and helps children talk confidently if they have concerns. Like many schools, we already teach this, and welcome the new guidance offering helpful clarity and reassurance.

There is also more focus on mental health, including learning about grief and loss, as well as awareness of financial exploitation. Our PSHE lessons are always taught in a sensitive and age-appropriate way, supporting children's wellbeing, relationships and personal development.

This term, classes will be working on the 'Dreams and Goals' or 'Healthy Me' unit from the Jigsaw programme, alongside continued financial education through the LifeSavers programme.

Look out for the parent knowledge organiser coming home this week, which will give a detailed insight into what your child's year group is learning this half term.

## X ...

Please follow us on X @RiseParkSchool to see what the children are learning within school.



## Attendance...

Could I politely ask that you contact school if your child is absent. This needs to be done before 9am. You are more than welcome to leave a message on the attendance line giving your child's name, class and reason for absence. Alternatively you can email [admin@risepark.nottingham.sch.uk](mailto:admin@risepark.nottingham.sch.uk)

## Parent Events

Messages from Mrs Lamb, our family support worker.

### MHST coffee morning

We will be holding a coffee morning on Thursday 8<sup>th</sup> January from 8:30-9:30am. We will have our wellbeing practitioner available to discuss any issues you are having with your child, particularly around behaviour. You are able to come and enjoy some light refreshments before school if you would like. Doors will open at 8:30am. Come and meet Lisa, our wellbeing practitioner and see what support is on offer or just pop in for a cuppa!

### Boxercise

Let's start off the year with our free boxercise sessions. The sessions will continue on Thursdays from 2-3pm. Starting on 8<sup>th</sup> January. Just come along and join in the fun. You can even bring your baby/toddler along to join in with you. If you are interested in attending the sessions, please email [admin@risepark.nottingham.sch.uk](mailto:admin@risepark.nottingham.sch.uk)

### Early Years Course

We have a new early years course starting on Friday 9<sup>th</sup> January 9:15-11:15am. The sessions are

free and will continue each Friday for 6 weeks. There are lots of fun interactive activities for children under 5 to enjoy. The course is open to everyone. You do not have to have a child in the school to be able to attend. Please let your friends and family members know about the course.

### Toddler stay and play

After the success of our first baby/toddler stay and play, we have decided to hold one each half term. Our next one is on Monday 19<sup>th</sup> January at 9-10am. Come along and enjoy the fun activities all designed for children under 5 years old. These sessions are also open to the wider community so please let your family and friends know.

### Upcoming events

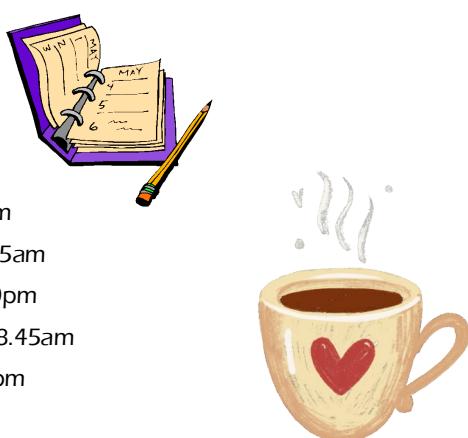
Keep a look out for information about what will be available for the rest of the Spring term. We will have our family cooking sessions back by popular demand! Our Mother's Day events will soon be upon us and we will be putting on some Spring craft sessions for parents and children to enjoy together. Keep a look out for further information.

### Safeguarding

If your child/children has had a new phone for Christmas please see next page for safety information and tips.

## Dates For Your Diary....

- 14th January - Year 5 Magna Science Trip
- 15th January - Reception Greens Windmill Trip
- 5th March - Year 1 Wollaton Hall Trip
- 9th March - Year 1&2 Mothers Day Event - 3.30pm-4.00pm
- 10th March - Nursery Mothers Day Breakfast - 8.15am-8.45am
- 10th March - Year 3&4 Mothers Day Event - 3.30pm-4.00pm
- 11th March - Reception Mothers Day Breakfast - 8.15am-8.45am
- 12th March - Year 5&6 Mothers Day Event - 3.30pm-4.00pm
- 20th March - Comic Relief



# My Child's First Device

5 Steps to Make Phones, Tablets, and Laptops Safer this Christmas

This Christmas might be the time you're deciding to give your child their first phone, tablet, or laptop (or third, fourth, fifth – even a new update). This is a big decision! The responsibility and freedom that comes with owning a device is a big step for children – and you! It might even be their first "grown up" responsibility.

As a parent or carer, it's important to remember that even if a child is tech-savvy, they need to be taught how to be tech-safe. We know this can be daunting with various device brands, apps, and settings to choose from. Our online safety experts have created 5 steps to help you make that first device (or brand-new model!) safer for the child or young person in your care.



## Remember!

This is an exciting time in your child's life! You want to be a part of that in a positive way that encourages them to share with you and trust you. If you take the time to teach them, they will be empowered in their online actions and behaviours for the better.

1

### Do your homework

Make sure your home environment is secure and ready for your child to be online. Many major broadband providers offer age restriction settings so check with your provider to ensure these restrictions are put in place.

Many retailers offer free Parental Controls to their customers. You can find Parental Control walkthroughs on most popular provider websites.

Check the device's brand website for simple walkthroughs of where to find privacy settings on your child's specific device.

2

### Set up the device with your child

Taking the time to sit down with your child and set up the device together will help you both get to know how the device works, allow you to implement SafeSearch filters on search engines, and set up in-app purchase restrictions. You can use the device settings to set up agreed upon restrictions, like Screen Time and App Limits.

Explain why these settings are important to protect children and young people from online risks and that these restrictions will be lifted when they are old enough. Ensure your personal account is set as the Parent account and make sure your parental control PIN number is secure and random.

3

### Discuss and agree on healthy phone and device habits

Once the device has been set up, take the time to agree on some healthy rules and boundaries for how they will use the device. This can include rules like when and where they can use their device, screen time allowance and which apps are allowed to be used.

Be realistic on what will work in your household. If your child has friends with different rules, remind them that what works for one family might not work for another! As the parent or carer, you are responsible for the way your child uses their device and they will need guidance, especially if this is your child's first independent responsibility.

4

### Check-in with your child

Check-in with your child about their device use. It doesn't have to be a big sit-down conversation! Informal chats over the dinner table, in the car or while watching television as a family can have the biggest impact. Ask questions like, "Tell me about your favourite app! Why do you like to use it?" or, "How has your device helped you today?"

Online safety is never a one-off conversation – it's a continuing dialogue. Show your child that you're interested in their responses and thoughts to foster an environment of openness and trust between you and the child in your care.

5

### Keep Yourself Informed

We live in a digital world that changes daily. The most responsible thing you can do in keeping your child's device safe is to keep yourself informed.

Stay alert to trends and threats that they may be exposed to. With many companies beginning to offer "kid" versions of their platforms, knowing what is safe and what is suspect will help you make the best decision for your child. Luckily, we have some excellent resources to assist you that are reliable and relevant. Visit our website and social media pages.



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[oursaferschools.co.uk](http://oursaferschools.co.uk)

