



MERRYLANDS

PRIMARY SCHOOL AND NURSERY

AUTUMN TERM – FRIDAY 12TH SEPTEMBER

MESSAGE FROM HEAD OF SCHOOL – MRS PRYER

The children have worked hard in their lessons this week with a big focus on handwriting and presentation. There have been a wide range of lessons from English and maths to science, computing and PE to name a few.

As part of our work to protect the environment we are taking part in the WOW Walk to School Challenge this year. Each day, children will record how they travelled to school on an online app. The aim is to increase the number of children walking to school in order to have a positive impact on the environment. Please help us on our quest to protect the environment by allowing your child to walk to school when possible.

We have made a few changes to homework this year so please look out for information on BoomReader, our new reading record system and Mathletics our new maths platform.

If your child rides a bike or scooter to school, for everyone's safety, please can you remind them that this should be walked once they arrive on school grounds.

I hope you have a lovely weekend and look forward to seeing you all next week.



School Attendance Target: 95.00 %

This week's attendance: 93.98%

The class with the best attendance in KS1 was Mrs Sullivan's class with 99.00 %

The class with the best attendance in KS2 was Miss Medina and Miss Lee's class both with 100 %

If your child is absent, contact must be made to the School Office EVERY school day that your child is absent.



**Expected attendance means
having no more than seven
days off this school year!**

RESPECT

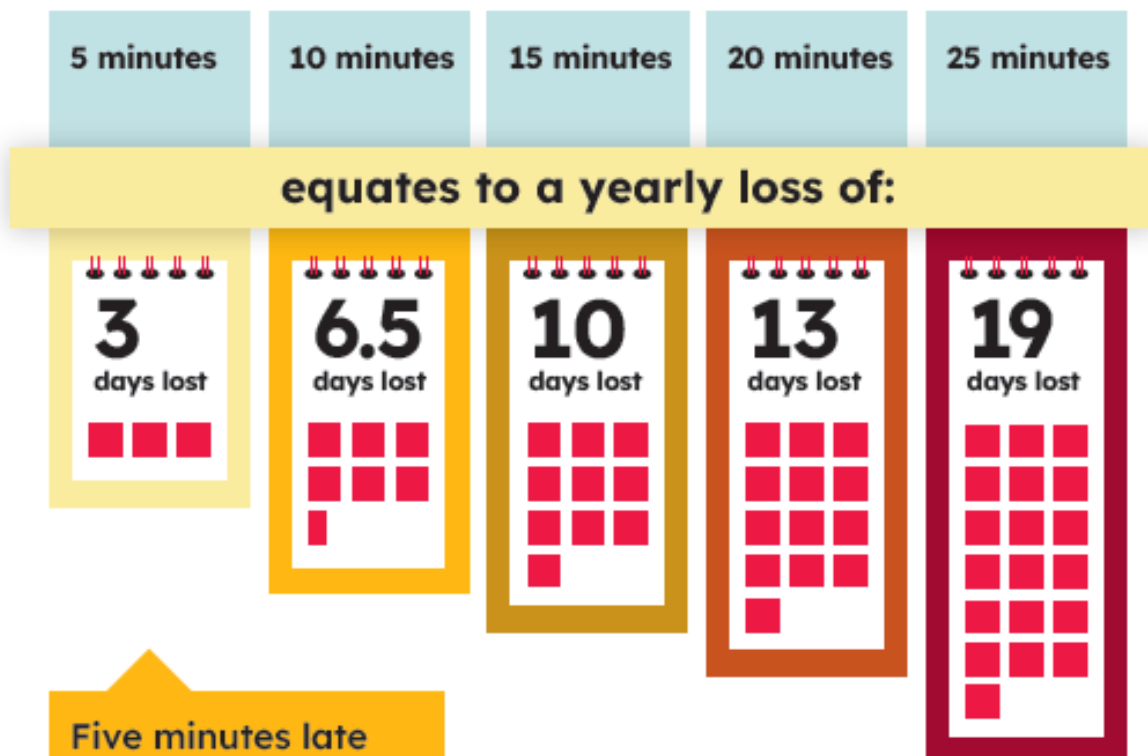
KINDNESS

PERSEVERANCE

HERO

Here, every day, ready and on time

Minutes lost per day



Five minutes late per day adds up to three learning days lost in a school year

If 15 minutes late each day you will miss two full weeks of school in one year

Poor timekeeping means less chance of success!



STAR OF THE WEEK

CERTIFICATE FOCUS : RESPECT



Nursery: Aldrin M

Nest: Olivia A

Reception, Mrs Anthony: Ava B

Reception, Mrs Sullivan: Natalia M

Reception, Miss Bagridge: Harley Y

Year 1, Mrs King: June L

Year 1, Mrs Camoccio: Francesca B

Year 1, Mrs Andrade: Klay C

Year 2, Mrs Didham: Allison J

Year 2, Miss Milne: Rosie P

Year 2, Mrs Cooper/Mrs Christie: Maisie B

Year 3, Mrs Almond: Zuri W

Year 3, Miss Gilmore: Grace S

Year 3, Miss Medina: Jude B

Year 4, Miss Lee: Lillie S

Year 4, Miss Miller: Mark O

Year 4, Miss Atkin: Layla W

Year 5, Miss Day: Nina-Florence A

Year 5, Mr Taylor: Carson K

Year 5, Miss Osborne: Penelope R

Year 6, Miss White: Alyzza W-C

Year 6, Mrs Thour: Ella W

UPCOMING DIARY DATES

SEPTEMBER

15.09.2025 International Day of Democracy

24.09.2025 Pro-Strike Event

29.09.2025 - 03.10.2025 - Year 6 Isle of Wight

OCTOBER

Black History Month

Oracy Month

Harvest Festival Collection- Date TBC

02.10.2025 National Poetry Day

15.10.2025 Reception - Year 6 Autumn Term Parents Evening - 3.40pm-7.30pm

16.10.2025 Reception - Year 6 Autumn Term Parents Evening - 3.40pm-5.30pm

21.10.2025 Nursery Parents Evening (Morning)

22.10.2025 Nursery Parents Evening (Afternoon)

27.10.2025 October Half Term

03.11.2025 Inset Day - School Closed

04.11.2025 Back to School



RESPECT

KINDNESS

PERSEVERANCE

PHYSICAL EDUCATION



Sportsperson of the Half Term...

Lauren James



Who is Lauren James?

Lauren James is a professional women's football player who is currently signed to Chelsea and has represented England and the Women's Euros and Women's World Cup as a forward. She was born on the 29th September 2001 and started playing football from a young age, playing with her brother's in the park behind their house.

What has Lauren achieved?

At the age of just 17, Lauren signed for Manchester United and helped the team to gain promotion to the Women's Super League – she scored 14 goals in 18 appearances. In 2021, she rejoined Chelsea and has continued to have a successful career. Some of her achievements include: FA Women's Super League Winner (2021/22), Women's FA Cup (2021/22), Arnold Clark Cup Player of the Tournament (2023) and London Football Awards Young Player of the Year (2023). In addition to this, she helped England to win the Women's Euros (2025).



7 Minute Workout



What you need: 1 clock or stopwatch

What to do: complete each exercise for 30 seconds:

- Jog on the spot
- Star jumps
- Lunges
- Tuck jumps
- Press ups
- High knees
- Squats
- Plank
- Burpees
- Side plank
- Mountain climbers
- Side plank on the other side
- Sit ups
- Heel flicks



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BOOK OF THE WEEK

Miss White's class have been enjoying reading *Fantastic Mr Fox* by Roald Dahl.

"We have been reading a book about a sneaky, cunning fox who tries different ways of escaping the farmers who are hunting him down." – Akira T

"It is an exciting book, one where you always want to read more even when it is home time." – Evan P

"I think it is intriguing to see how he escapes the hunters and finds food for his family." – Suzanna F



CLOTHES DONATION

There is a clothes bank located by the main office. The clothes bank accepts all that is listed on the front of it. All items must be placed in a bag.

The clothes bank accepts:

- Clothes
- Blankets
- Belts
- Paired Shoes
- Handbags
- Towels



RESPECT

KINDNESS

PERSEVERANCE

Snacks

As part of the National School Fruit Scheme all children in Nursery, Reception, Year 1, and Year 2 are provided with free fruit each day. They can also bring in their own fruit or a healthy snack as set out below. In KS2 children can bring their own snack for break time. Below is a list of suitable options that you could provide for your child:

- fruit
- vegetables
- plain rice cakes
- plain crackers
- bread sticks
- nut free granola bar or oat bar



Snacks should not contain chocolate chips, chocolate coating, nuts, artificial sugars and colourings or have a high sugar, fat or salt content eg crisps, fruit winders, pretzels, mini cheddars etc.

L U N C H T I M E

Lighter Bites



OUR LIGHTER LUNCH OPTIONS OF JACKET POTATO & HAM OR CHEESE BAGUETTE ARE AVAILABLE TO ALL PUPILS EVERYDAY



MONDAY
TUESDAY
WEDNESDAY
THURSDAY
FRIDAY

WEEK 1

SWEET & SOUR CHICKEN
SWEET & SOUR VEGETABLES
WITH STEAMED RICE & SWEETCORN
DESSERT - HOMEMADE CHOCOLATE SPRINKLE CAKE
FRUIT & YOGHURT

FISH FINGERS
CHEDDAR WHIRL
WITH SMILEY FACES AND SPAGHETTI HOOPS
DESSERT - AMERICAN PANCAKES WITH SYRUP
FRUIT & YOGHURT

BUTCHERS PORK SAUSAGES
VEGAN SAUSAGES
WITH MASH, YORKSHIRE PUDDING, PEAS & GRAVY
DESSERT - JELLY & FRUIT

BEEF BOLOGNESE
VEGETABLE BOLOGNESE
WITH PENNE PASTA & MIXED VEGETABLES
DESSERT - HOMEMADE FLAPJACK
FRUIT & YOGHURT

PEPPERONI PIZZA
CHEESE & TOMATO PIZZA
WITH PASTA IN HOMEMADE TOMATO SAUCE
DESSERT - ICE CREAM
FRUIT & YOGHURT

WEEK 2

CHICKEN NUGGETS
VEGETABLE NUGGETS
WITH CHIPS & BAKED BEANS
DESSERT - STRAWBERRY SWIRL MOUSSE
FRUIT & YOGHURT

BEEF CHILLI
QUORN & VEGETABLE CHILLI
WITH RICE & MIXED VEGETABLES
DESSERT - HOMEMADE LEMON DRIZZLE CAKE
FRUIT & YOGHURT

BACON MACARONI CHEESE
MACARONI CHEESE
WITH PEAS & SWEETCORN
DESSERT - FRUIT JELLY & FRUIT

CHICKEN CURRY
VEGETABLE CURRY
WITH SAVOURY RICE
DESSERT - HOMEMADE FLAPJACK
FRUIT & YOGHURT

BATTERED FISH
VEGETABLE FINGERS
WITH POTATO WEDGES & PEAS
DESSERT - ICE CREAM
FRUIT & YOGHURT

WEEK 3

CHICKEN FAJITA WRAP
QUORN FAJITA WRAP
WITH SQUARE POTATOES & SALAD BAR
DESSERT - HOMEMADE ICED SPRINKLE CAKE
FRUIT & YOGHURT

CHEESE PASTA BAKE
VEGETABLE PASTA BAKE
WITH SWEETCORN
DESSERT - CHOCOLATE SWIRL MOUSSE
FRUIT & YOGHURT

BUTCHERS ROAST CHICKEN
VEGAN FILLET
WITH ROAST POTATOES, YORKSHIRE PUDDING, VEGETABLES & GRAVY
DESSERT - FRUIT JELLY & FRUIT

FISH FINGERS
CHEDDAR WHIRL
SMILEY FACES & BAKED BEANS
DESSERT - HOMEMADE FLAPJACK
FRUIT & YOGHURT

BEEF BURGERS
QUORN BURGER
WITH CHIPS & SPAGHETTI HOOPS
DESSERT - ICE CREAM
FRUIT & YOGHURT

On Monday 15th September 2025 children will return to school on Week 1.



Please ensure all school lunches are paid for in advance on ScoPay.



Please let the office staff know if there are any changes to your child's dietary needs.

RESPECT

KINDNESS

PERSEVERANCE



Be a superhero

and come to school every day!

If you miss school, you miss out.

HERO

Here, every day, ready and on time

What Parents & Educators Need to Know about TECHNOLOGY ATTACHMENT

WHAT ARE THE RISKS?

In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 96% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

WIRED FOR REWARD

Children's brains are particularly sensitive to reward-based stimulation, and some digital platforms, especially those offering quick-hit content like short-form videos, are designed to exploit this. The instant gratification of likes, comments, and rapid scene changes triggers dopamine release, making these interactions highly addictive. Over time, this may contribute to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

NIGHT-TIME TECH HABITS

Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtimes, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) on online interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

SHAPED BY SCREENS

For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image carefully, with likes, comments, and shares serving as social validation. This environment can tie self-esteem to online feedback, making children vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

DIGITAL WORLD DANGERS

The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to idealised lifestyles, and online predators are all risks children face, often without fully understanding the consequences. Misinformation can shape distorted worldviews, while constant comparison to others can erode self-confidence. Without guidance, children may internalise these digital dangers, impacting their emotional and mental health.

DIGITAL DEPENDENCY BUILDS

Devices often become digital comfort blankets. In moments of boredom, anxiety, or loneliness, children may instinctively reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop healthy coping mechanisms, such as mindfulness, conversation or physical activity. As the habit builds, their dependency may displace real-world experiences and emotional resilience.

FRIENDSHIPS & FILTERS

Technology transforms how young people socialise, often replacing face-to-face interaction with text-based or image-based communication. While messaging apps and social media enable connection, they may also limit emotional expression and the development of essential interpersonal skills, such as tone recognition, empathy, and reading body language. As a result, some children may become less confident with exchanges in person and more reliant on digital personas to navigate friendships.

Advice for Parents & Educators

READ THE ROOM

Pay attention to behavioural changes that may signal unhealthy tech attachment. This includes mood swings, increased secrecy about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or even exposure to distressing content. Early recognition allows for proactive support and meaningful conversation.

DON'T WAIT, REACH OUT EARLY

If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

SHAPE DIGITAL BOUNDARIES

Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes screen-free zones (e.g. bedrooms, dining tables), app restrictions, and time limits. More importantly, involve children in these decisions and explain the reasoning behind them, even reflecting upon your own digital use so they can see it's something we all have to manage. Turning boundaries into a dialogue, not just directives, helps build trust and encourages self-regulation.

SET THE STANDARD

Children often model the behaviour they see. When adults demonstrate healthy digital habits, such as prioritising face-to-face conversation, balancing screen time with other activities, and using devices with purpose, children are more likely to follow suit. Share your own positive uses of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

Meet Our Expert

Philippa Walthwell is an award-winning educator, author of *The Digital Ecosystem*, and founder of *Edruption* and *Digital Bridge*. Digital Bridge supports the relationship between families and technology, empowering everyone to be balanced and digitally well. With over 15 years in digital education and wellbeing, she supports families, schools, and governments to build balanced and safe digital cultures.



The National College