



Newsletter

Wk 1 - 27th February 2026

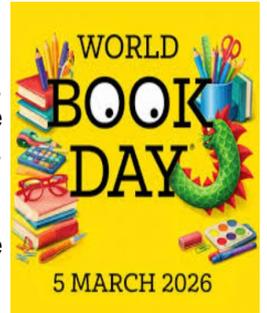
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World Book Day

Thursday 5th March is World Book Day and this year it is also the National Year of Reading. Children are very welcome to come to school dressed as a book character or wear their home clothes for the day. They are welcome to bring in their favourite reading book too. (please ensure the book is named)

As a school, staff will share their favourite stories with classes and children. Also our PTFA are providing hot chocolate and a biscuit for all children to enjoy before story time at school.



The National Year of Reading focus for 2026 is “If you’re into it, read into it”. The campaign is aiming to reconnect reading with the things that already inspire us – from playlists and football matches to films, food and family time. It’s reading that fits how we live, not the other way around.

The National Year of Reading website <https://goallin.org.uk/get-involved/families/> has suggestions of how to get reading as a family and top tips.

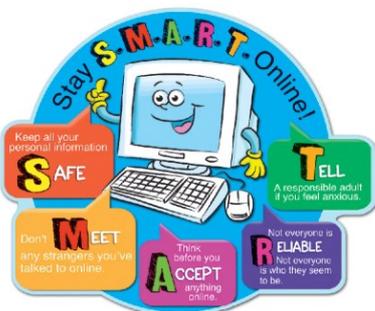
ICT Safeguarding

Digital devices are woven into everyday life for children and young people, but balancing the benefits with potential risks can feel challenging for families.

This guide from the National College explores how screen use can influence sleep, emotional regulation, physical health and online experiences, offering clear context around why concerns about wellbeing are growing.

It is a really good read and can be found on the site below:

<https://nationalcollege.com/guides/digital-devices-wellbeing>



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.

Dates for term 4:

March 2026			
Date	Year Group	Event	Time
Monday 2nd	EYFS	Story time at Thornbury Library—Supertato	10:30am
Tuesday 3rd	Year 6	Information about the Year 6 assessments in May	3:20pm
Thursday 5 th	Whole School	World Book Day – Please come to school dressed as your favourite book character	
Friday 6 th	Whole School	Explorer Dome in school with the Dome to explore Space and mark the start of Science Week.	
Thursday 12 th	Whole School	Lenten Trail at CTK	
Friday 13th	Whole School	PTFA Mother's Day Shop	Pm
Friday 20 th	Whole School	Non School Uniform Day for the PTFA Summer Fair please bring in Tombola prizes,	
Friday 20 th	Whole School	Easter Fair led by the Chaplaincy Team	1:00pm
Monday 23 rd – Friday 27 th		Castle School Year 10 Work Experience Week with students at CTK	
Tuesday 24 th	Years 3 and 4	Year 3 and 4 Production – more information to follow	2:00pm
Thursday 26 th	Years 3 and 4	Year 3 and 4 Production – more information to follow	6:30pm (children return to school at 6:00pm)
Friday 27 th	Years 3 and 4	Years 3 and 4 School trip to the Bristol Beacon to watch a performance by the Bournemouth Symphony Orchestra	More information on timings to follow
Friday 27th	Years 1 to 6	All school led clubs finish for the term.	
Monday 30th	Whole school	Parent's Evening	3:40pm – 6:40pm
Monday 30 th March to Friday 3 rd April	Whole School	Holy week at CTK	

April 2026

Date	Year Group	Event	Time
Wednesday 1 st	Whole school	Parent's Evening	3:40pm – 6:40pm
Thursday 2 nd	Whole School	End of Term Celebration assembly – all families welcome	9:30am
Thursday 2 nd	Whole School	End of term 4	3:15pm
Friday 3 rd	Whole School	Good Friday – Bank Holiday and school closed	
Easter holidays Friday 3rd April –Friday 17th April 2026 School re-opens for the start of term 5 on Monday 20th April 2026			
Monday 20 th	Whole school	Start of term 5	8:45am

**Essential dates for term 5.....**

Year 6: Statuary Assessments from Monday 11th May to Thursday 14th May 2026.
(All children in Year 6 must be in school every day during the assessments)



Whole School: May Bank Holiday—school closed on Monday 4th May 2026

Whole School: Rags to Riches collection on Monday 8th May 2026

Whole School: Class Photos on Tuesday 19th May 2026

Whole School: Sports Day with family picnic at lunchtime and school finishing at 1:30pm on Friday 22nd May

PE kits:

This term children in Years 3, 4, 5 and 6 have cricket coaching led by a professional cricket coach from Gloucestershire Cricket Foundation every Friday. Please can children come to school wearing their PE kits on a Friday.

Year 5 children will also need to wear their PE kits on a Wednesday for swimming.

