

Newsletter

10th October 2025

Term 1 - Responsibility

parents@abbotswoodprimary.org.uk



Aim High, Believe and Achieve

OUR VALUES

Responsibility
Empathy
Sense Of Pride
Perseverance
Enthusiasm
Curiosity
Teamwork

A Week of Wonderful Learning!

It's been great showing new parents around this week, who are looking for a Reception place in September 2026. It shows how calm and focused our school is. This week, our Reception children have been busy exploring some big questions as part of their topic "Who Lives in My House?" and "What Is My House Made Of?" Their curiosity and enthusiasm have filled our classrooms with excitement as they investigated materials, talked about their homes, and shared stories about their families.

Meanwhile, our Year 1 pupils have been showing some truly amazing thinking skills, becoming *mini philosophers* as they explored their learning in creative and thoughtful ways. It's been wonderful to see such deep discussion, imagination, and reflection from our youngest learners!

We were also delighted to welcome visitors from the Local Authority last week. They observed outstanding behaviours for learning across the school, along with some inspiring, engaging writing lessons. The feedback was glowing – our pupils and staff are an absolute credit to our school community.



Tesco Stronger Starts - We Need Your Votes!

We're thrilled to share that **Abbotswood Primary School** has been shortlisted for the **Tesco Stronger Starts in-store vote!**

From **early October 2025 until mid-January 2026**, customers can vote for our project – the **Abbotswood Learning Hut**, an outdoor classroom designed to support group work, therapy sessions, and enriched learning experiences in our beautiful school grounds.

Every vote counts! The more votes we receive, the more funding we could win – up to **£1,500** for our project.

How to vote:

- Shop at any participating Tesco store (listed below).

You'll receive a blue token at the checkout – simply place it in our Abbotswood Primary School box!

Participating stores:

- Yate Extra, BS37 4AS
- Yate Station Road Express, BS37 4PH
- Yate Wellington Road Express, BS37 5UY
- Yate Brimsham Park Express, BS37 7PJ

Please spread the word to friends and family – every token helps our children's learning grow!

NOTICE BOARD

Coming up soon.....

- ◆ **Monday 13th October 2025**
- Year 5 Explorer Dome - if you haven't yet paid please do so via Eduspot.
- ◆ **Monday 20th October 2025**
- INSET

Do you have a child due to start school in September 2026 or know someone that does?

We have lots of open days coming up so please give us a call and book yourself in to have a look around our lovely school.

Free School Meals

Have your circumstances changed? Do you think you may now be entitled to Free School Meals? If so please pop into the office and pick up a form or go to South Glos website where you can apply online.

Uniform

We still have lots of good quality pre-loved uniform for sale. Items just 50p or £1. Please drop into the office and take a look. We will also exchange any item for a different size if your child has outgrown their uniform as long as it is in good condition and has been washed.



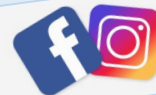
Tesco Stronger Starts - We Need Your Votes!

We're thrilled to share that **Abbotswood Primary School** has been shortlisted for the **Tesco Stronger Starts** in-store vote!

See first page for details.

Social Media

Check out our pages on Facebook and Instagram where teachers post all the great stuff you children have been doing in class.





Workshops being held here at Abbotswood Primary School
(more details to follow)

Thursday 13th November 2025 - Parent Engagement - 9am

Wednesday 21st January 2026 - Masking Workshop - 9am

Thursday 12th February 2026 - Anxiety Workshop - 9am

Thursday 5th March 2026 - Sensory Workshop - 9am

Find out more about South Glos Parent Carers and the support available to you.

Your feedback drives real change in supporting neurodiverse children at school.

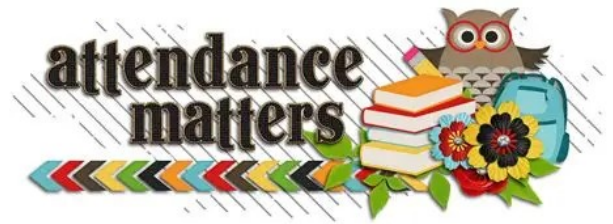
A chance for you to gain valuable information and support for your child.

Attendance

TARGET 96%

LAST WEEK 95.7%

THIS WEEK 95.6%



'Aim High, Believe & Achieve'



Abbotswood Primary School

Is your child starting school in September 2026?

Come and see our 'welcoming and nurturing school' in action. We have open days throughout October, November & December. Call or email to book a place for you and your child.



01454 867777



admin@abbotswoodprimary.org.uk



Overall effectiveness	Good
The quality of education	Good
Behaviour and attitudes	Good
Personal development	Outstanding
Leadership and management	Good
Early years provision	Good

Learner of the Week and Respect Award

Hedgehogs - Noah and Xxavier

Squirrels - Theo WT and Eli

Foxes - Joey and Emilia D

Badgers - Arabella and Hope

Rabbits - Bethany and Imogen

Robins - Excel and Quinn

Deer - Thomas and Billy

Bats - Leah and Kooper

Woodpeckers - Lola and Jack

Otters - Isaac and Lily

Kingfishers - Jasper and Heidi

Falcons - Amelia and Xara

Dates for your Diary

2025

* Added since last newsletter

Monday 13th October 2025 - Year 5 Explorer Dome

Monday 20th October 2025 - INSET

Tuesday 21st October 2025 - Reception Class Museum 2pm - 2.30pm

Tuesday 21st October 2025 - How can I help my child with early reading? - Parent Workshop 2.30pm - 3pm

Thursday 23rd October 2025 - Flu immunisations

Thursday 23rd October 2025 - Year 4 Science Fair 2.45pm

Thursday 23rd October 2025 - St Mary's v Abbotswood Cup Match

Tuesday 4th November 2025 - Abbotswood v St Mary's Boys League Match

Monday 10th November 2025 - Abbotswood v Frampton Cotterell Boys League Match

Tuesday 11th November 2025 - Parents Evening

Wednesday 12th November 2025 - Parents Evening

Thursday 13th November 2025 - PINS Parent Engagement (details to follow)

Monday 8th December 2025 - Rocksteady Concert for Parents of band members only - 10am

Tuesday 9th December 2025 - Reception Nativity 2.30pm til 3pm

Tuesday 9th December 2025 - School Choir performing at Yate Shopping Centre

Wednesday 10th December 2025 - Reception Nativity 9.15am - 9.45am

Wednesday 10th December 2025 - Christmas Fair 3.30pm - 5pm

Monday 15th December 2025 - KS1 Nativity (time to be confirmed)

Tuesday 16th December 2025 - KS1 Nativity (time to be confirmed)

Wednesday 17th December 2025 - Christmas Dinner

2026

Monday 5th January 2026 - INSET

Wednesday 21st January 2026 - PINS - Masking Workshop (details to follow)

Thursday 12th February 2026 - PINS Anxiety Workshop (details to follow)

Thursday 26th February 2026 - Lego Competition

Thursday 5th March 2026 - PINS Sensory Workshop (details to follow)

Tuesday 17th March 2026 - Parents Evening

Wednesday 18th March 2026 - Parents Evening

Tuesday 24th March 2026 - Year 1 trip to Noah's Ark Zoo Farm (details to follow)

Wednesday 10th June 2026 - Sports Day (times to be confirmed)

Monday 15th June 2026 - Friday 19th June 2026 - Year 6 camp to Morfa Bay

Monday 22nd June 2026 - Friday 26th June 2026 - Year 5 swimming

Monday 29th June 2026 - Friday 3rd July 2026 - Year 5 swimming

Wednesday 1st July 2026 - Year 6 Transition to Brimsham Green

Thursday 2nd July 2026 - Year 6 Transition to Brimsham Green

Friday 10th July 2025 - INSET

Tuesday 14th July 2026 - Year 6 Play (time to be confirmed)

Wednesday 15th July 2026 - Year 6 Play (time to be confirmed)

Thursday 16th July 2026 - Year 6 Party (details to follow)

Friday 17th July 2026 - Year 6 Leavers Assembly (details to follow)

Monday 20th July 2026 - INSET

Tuesday 21st July 2026 - INSET

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 releases, 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.

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.

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.

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 Wraithmell 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.



#WakeUpWednesday

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