



Inspiring, believing
and achieving in our
loving Christian
community

Newsletter

Date: **Friday 16th January 2026**

Issue: **#16**

“Let your light shine before people so that they may see your good works and glorify your Father in heaven.” (Matthew 5:v.16)



CONGRATULATIONS

Congratulations to the children who have been chosen to receive our Christian Value award this week.

Reception (Mrs Aspinall) – **Eden D**

Year 1 (Miss Threlfall) – **Isaac S**

Year 2 (Mrs Coupe)– **Martha W**

Year 3 (Miss Reeve)– **Mimi I**

Year 4 (Mrs Parsons)– **Lucy G**

Year 5 (Mrs Todd)– **Henry B**

Year 6 (Mrs Knight)– **Lily H**

WEEKLY ATTENDANCE

(Week beginning 5th January 2026)
SCHOOL MINIMUM TARGET: 96.4%

WHOLE SCHOOL: 95.6%

Reception: 92%

Year 1: 94.3%

Year 2: 96.7%

Year 3: 98.2%

Year 4: 97.2%

Year 5: 94%

Year 6: 96.4%

Swimming

Well done to our year 3 children for completing their two week swimming programme at Fulwood Leisure.

This morning was their final session until the summer term, when they will start another two week block of swimming.

All our children listened well to the swimming instructors, and made great progress across the two weeks.

All the staff who attended are incredibly proud of our children, some of whom hadn't been swimming before and thus overcame some fears.

Diary Dates

MONDAY 19TH

EXTRA-CURRICULAR CLUBS START

3pm Whole School Worship

TUESDAY 20TH

3pm Hymn Practice

WEDNESDAY 21ST

3pm Key Stage Worship
10am Year 6 at St Michael's Church

THURSDAY 22ND

3pm Key Stage Worship

FRIDAY 23RD

2:45pm Celebration Assembly
1pm Penathlon sporting event



Inspiring, believing and achieving in our loving Christian community



Secretary Wanted – PTFA

Our PTFA is looking for an organised and enthusiastic secretary to join our committee and support the work we do for the school community.

The role involves:

- Taking minutes at PTFA meetings
- Managing correspondence and emails
- Helping to organise meetings and events
- Supporting the committee with general administration

We're looking for someone who:

- Is organised and reliable
- Has good communication skills
- Is happy to work as part of a team
- Can spare a small amount of time each month

No previous experience is required – support will be provided, and the role is a great way to get involved in school life and make a real difference.

To apply, please send a brief expression of interest to:

ptfa@grimsargh-st-michaels.lancs.sch.uk

We welcome applications from all parents, carers, and members of the school community.

Thank you to all current members of our PTFA for their continued support, time, energy and effort towards raising funds and providing experiences for our families.

MATHLETICS

Scores for: 5.1.26—11.1.26

Children scoring 1000+ points:

1st place: year 5	17 children
2nd place: year 3	13 children
3rd place: year 2	12 children
4th place: reception	10 children
5th place: year 6	9 children
6th place: year 4	6 children
7 th place: year 1	5 children

Girls' Football

Yesterday, our girls' football team embarked on another league campaign with an opening fixture against one of the favourites for the league title, St Joseph's.

Many of our girls have limited football experience but have shown a willingness and desire to be part of our school team, which has been great to see.

I was incredibly proud of them for their perseverance and resilience last night as despite conceding 5 goals, in a 5-0 defeat, our girls continue to give their all.

Well done to: Charlotte B, Matilda B, Savannah A-R, Rua E-A, Elise T, Sophie J, Sarah H-K, Jocelyn G, Elissa D, Ella-Rae M

Year 4 Mini-skills

On Tuesday, our year 4 mini-skills team represented our school in a local competition. We participated in 6 events, testing our teams' speed, throwing for speed and accuracy and kicking for accuracy skills.

After all scores had been counted, we were informed that we had finished in 3rd place. Medals will be presented to our team during a celebration assembly. I was incredibly proud of our team for their positivity, team work and effort.

Well done to Aiden H, Cerys P, Tilly B, Max R, Charlie T-C and Freddie W.



Inspiring, believing and achieving in our loving Christian community



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

