



# newsletter

Week ending  
28<sup>th</sup> November 2025

Dear St Mary's Families,

Several parents have raised both questions and concerns about screen time so I thought the following leaflets may be helpful: [Online safety leaflets to download](#) | [Internet Matters](#)

## What are the benefits and challenges of screen use?



### Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential for their child's development.**  
*Source: [Internet Matters Look both ways report](#)*
- Screens can be a great tool to **allow children to maintain relationships** with family and friends.
- Screens can help **ease the financial burden** when looking to entertain children.

### Screen time challenges

- Young children might **stumble across inappropriate content** that may have a negative impact on their digital wellbeing.
- Long periods of passive screen time **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.
- Younger children **may not understand the concept of what the internet** is and how it works so could find it hard to differentiate between what is real and what is fake.

## 5 top tips to balance screen time



### 1 Set rules on the use of screens in and out of the home

**Create a family agreement** together to manage expectations of how screens and online platforms should be used and why.

Set rules to meet the needs of each child based on their use, interest and engagement of screens and **consider how screen time can complement** what they do offline.

**Make sure to stick to the rules** and model the behaviour you'd like to follow to make it a success. It's a good idea to review the rules as children grow and become more active online.

For younger children, it's important to **prioritise face-to-face interactions and apps that encourage active play**

to support their development of language and other skills.



### 2 Make family time and sleep a priority over screens

By creating **device free zones at meal times** and around the home and making use of tools to set limits on when screens can be used, you can improve family interactions and reduce interruptions to children's bedtime routine.

Experts recommend switching off screens **at least an hour before bedtime** to give young children time to wind down.

### 3 Play, watch and discover together

As young children take their first digital footsteps, **play, watch and discover together to stay engaged in** what they are doing and create spaces to talk about what they enjoy and how to stay safe.

This will help them feel more confident to come to you if they get stuck or see something that makes them feel uncomfortable. It's also important to **stay calm and not overreact** when children tell you what has gone wrong.

#### 4 Take the lead when choosing what they see and do on screens

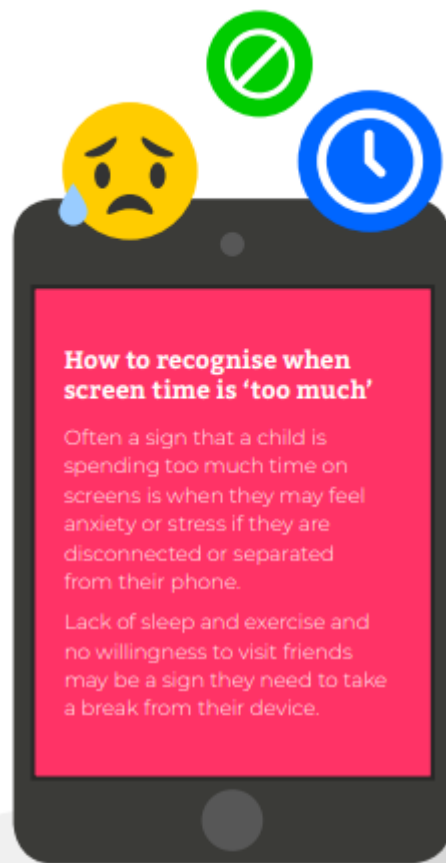
Together find age-appropriate apps, websites and games that will give your child a way to explore their passions, enhance their skills while building their confidence in navigating the online world.

Be sure to make use of free tech tools on the apps and devices they use to create a safer space for them to explore online.

Tools like Apple's Screen time and Google's Digital Wellbeing dashboard can **give you an overview of what they are spending their time on** which you can use as a starting point to talk about ways to improve their screen use and protect their digital wellbeing.

#### 5 Set a good example with your own screen use

Children will tend to model their behaviour on you, so if you **encourage them to take breaks** when on screen or leave devices out of the bedroom at night, they will follow your lead.



### The truth about screen time

**Not all screen time is created equal** so it's important to encourage children to have a healthy balance between passive screen time (i.e. watching YouTube) and interactive screen time (i.e. creating content or playing games online).

**There is no safe level of screen time** but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

**One size does not fit all** when it comes to screen time – it's more about getting it right for your families needs.

If you would like any further advice or support please do let us know. Hope you have a wonderful weekend!

From Mrs Chambers

## HSLW

In this week's [HSLW weekly bulletin](#), you will find information on the following:

- Surrey Child and Family Health
- Mindworks – out of hours advice line
- Social prescribing – Byfleet Methodist church
- The Nurturing Programme (formerly The Parenting Puzzle)

There is also a fun family activity to try at home and a recipe idea.



The Band of His Majesty's Royal Marines (Collingwood) are performing at [Camberley Theatre](#) on Friday 6<sup>th</sup> February 2026 at 7:30pm.

Surrey Music Hub are delighted to share with you a discount code for the event which reduces tickets by 50%. The code is **SurreyMH26** and is limited to **50 tickets** in total. The code cannot be used online, please call or visit the box office.



## Star of the Week



- Moles:** Faye “for always trying her best and having a go.”  
Ava “for a lovely answer in our LIFE bus session this week.”
- Rabbits:** Donny “for fantastic progress in blending graphemes into words.”
- Hedgehogs:** Alex “for working so hard with your phonics!”
- Cheetahs:** Fleur “for working really hard in class this week!”
- Panthers:** Marcel “for always being ready to learn with a smile on his face!”
- Lions:** Amir “for working incredibly hard on your phonics and reading!”
- Tigers:** Elsie “for showing great confidence in her reading and practising her lines for the Nativity so diligently!”
- Polar Bears:** Paul “for working hard to improve his writing in all areas of the curriculum.”
- Pandas:** Florence “for consistently showing kindness to others and the learning environment.”
- Elephants:** Ami “for working hard on her times tables.”
- Hippos:** Gayle “for great progress in learning her times table facts.”
- Kangaroos:** Raees “for a conscientious work ethic and great team work skills.”
- Giraffes:** Alexandra “for improved focus in lessons.”
- Chimps:** Charlotte “for excellent effort across all subjects!”
- Lemurs:** Penny “for being so helpful when making the Christmas decorations.”

### Times Table Rock Stars

Year 3 and 4

Henry – Elephants  
George – Elephants  
Gayle – Hippos

Year 5 and 6

Tommy - Lemurs  
Edie - Lemurs  
Mimi - Chimps

## Dates for your Diary (New dates/events/changes shown in bold)

03.12.2025	MOLES ONLY Tombola Donations Mufti Day – PTA
03.12.2025	Parent Voice – 8.45am
03.12.2025	Nursery Nativity 9.30am
05.12.2025	Tombola Donations Mufti Day – PTA
06.12.2025	Christmas Fair 11am-1pm - PTA
08.12.2025	Choir to Barnes Wallis
09.12.2025	Carol Service – St Marys Church 6.30pm (TBC)
10.12.2025	Reception Nativity 9.30am
11.12.2025	Christmas Jumper & Christmas Lunch Day
11.12.2025	KS1 Nativity – 2pm
12.12.2025	KS1 Nativity – 9.30am
18.12.2025	Christmas Service – Yr 5 parents Invited
19.12.2025	End of term 1.05pm
05.01.2026	Start of Summer Term
06.01.2026	Parent Voice – 8.45am
13.01.2026	Great Fire of London Workshop – Yr 2
15.01.2026	Lemurs Class Assembly
20.01.2026	Little City – Yr R & Yr N
22.01.2026	Little City – Yr R & Yr N
22.01.2026	Choir Young Voices trip to O2
26.01.2026	Open Classroom 3.10pm
28.01.2026	Full Governing Body – 5pm
28.01.2026	Pizza Express Trip – Cheetahs (Date changed from 26.01.26)
29.01.2026	Hippos Class Assembly
29.01.2026	Friendship Disco - PTA
30.01.2026	Romans Workshop – Yr 3
03.02.2026	Parent Voice – 8.45am
04.02.2026	Pizza Express Trip – Panthers
05.02.2026	Kangaroos Class Assembly
06.02.2026	Our World Day
06.02.2026	Quiz Night - PTA
10.02.2026	Safer Internet Day
10.02.2026	Parents Evening ONLINE
11.02.2026	Buddhist Temple Trip – Yr 6
12.02.2026	Parents Evening FACE TO FACE
12.02.2026	Uniform Sale – PTA at Parents Evening
16.02.2026	Half Term
26.02.2026	Painshill Trip – Yr 4
26.02.2026	Open Classroom 3.10pm
w/c 02.03.2026	Book Fair
03.03.2026	Parent Voice – 8.45am
05.03.2026	World Book Day
05 & 06.03.2026	Dance Workshop – Yr R – 6
w/c 09.03.2026	Science Week
09.03.2026	Hindu Temple Trip - Yr 5
10.03.2026	Litter Picking – Yr 3
11.03.2026	Full Governing Body – 5pm
11 – 13.03.2026	Wonderful Women Crafternoon - PTA
12.03.2026	Cheetahs Class Assembly
16.03.2026	Legoland Trip – Yr 1
19.03.2026	Lions Class Assembly
20.03.2026	Red Nose Day
23 & 24.03.2026	Feet First Training – Yr 3

26.03.2026	Easter Egg Trail – PTA
26.03.2026	Open Classroom 3.10pm
27.03.2026	Easter Service – Yr 4 Parents Invited
27.03.2026	End of term 1.05pm
13.04.2026	Start of Summer Term
14.04.2026	Wisley Trip – Yr 2
15.04.2026	Class Photographs
17.04.2026	Library Visit – Pandas am
17.04.2026	Library Visit - Polar Bears pm
22.04.2026	Earth Day
23.04.2026	Pandas Class Assembly
24.04.2026	Brooklands Museum Trip- Yr 3
24.04.2026	Library Visit – Giraffes am
24.04.2026	Library Visit – Rabbits - pm
27-29.04.2026	Yr 4 Residential
30.04.2026	Tigers Class Assembly
01.05.2026	Bocketts Farm Trip – Yr R
01.05.2026	Library Visit – Tigers am
01.05.2026	Library Visit – Hedgehogs pm
06.05.2026	Parent Voice – 8.45am
06.05.2026	Full Governing Body – 5pm
07.05.2026	Rabbits Class Assembly
08.05.2026	Library Visit – Lions am
08.05.2026	Library Visit – Hippos pm
w/c 11.05.2026	SATS Week
12.06.2026	Library Visit – Kangaroos am
12.06.2026	Library Visit – Cheetahs pm
15.05.2026	Park Trip – Yr 6
19.05.2026	Mosque Trip - Yr 1
20.05.2026	Ancient Egyptian Day (MOLES ONLY)
20.05.2026	Portals to the Past – Yr 5
21.05.2026	Disco - PTA
22.05.2026	Ancient Egyptian Day
w/c 25.05.2026	Half Term
02.06.2026	Open Classrooms 3.10pm
03.06.2026	Parent Voice – 8.45am
05.06.2026	Library Visit – Lemurs am
05.06.2026	Library Visit – Panthers pm
11.06.2026	Panthers Class Assembly
17-19.06.2026	Marvellous Men Crafternoon - PTA
18.06.2026	Hedgehogs Class Assembly
24.06.2026	Nursery Sports Day
26.06.2026	Sports Day
01.07.2026	Nursery Sports Day (reserve)
01.07.2026	Full Governing Body – 5pm
03.07.2026	Parent Voice – 8.45am
03.07.2026	Sports Day (reserve)
08 & 09.07.2026	Yr 6 Productions
15.07.2026	Yr 6 Leavers Day & BBQ
17.07.2026	Yr 6 Leavers Service to Parents
20.07.2026	End of term 1.05pm