



Stillington Primary School



Weekly bulletin Friday 16th January 2026

Good morning everyone,

We have been extremely busy at Stillington this week! EYFS have been enjoying exploring animals and their habitats as well as practising their drawing skills in the creative area. KS1 loved their computing lesson where they focused on instructions using shortcuts to share how to build a model for their partners to follow. In KS2, they have worked really hard in their precision skills within gymnastics and working together. Amazing work everyone!

As we look ahead this half term, our sharing assembly will be held on Thursday 5th February to celebrate all the fantastic work the children have done this half term. Parents and the local community are welcome to join in the celebration. If your child is receiving a certificate for the assembly, a note will be in your child's planner the Friday before.

Have a great weekend everyone!

Thanks,
Miss Tordoff
Head of School



**Stillington Community
Primary School**



**Terrington Church of
England VA Primary School**

Wow Class work



EYFS and Year 1 & 2 – Miss Allwood

EYFS have been exploring animals and their habitats, with a focus on woodland and rainforest environments. The children have enjoyed learning which animals live in each habitat and discussing why these environments are suitable for them, making links between animals' features and where they live.

KS1 have been investigating materials and have begun carrying out simple experiments to test their properties. They have been making predictions, observing carefully, and talking about what they notice as young scientists.

Y3,4,5,6 – Miss Jackson

In this Week in Key Stage 2 we have been enjoying a fun filled week with all our learning. In English, we have been developing our character descriptions, so we are almost ready to start writing them out. In maths, Years 3 and 4 have finished their topics and will be starting their new topics next week. Years 5 and 6 are trying really hard with their fractions learning, and we are seeing progress.

In DT we are looking at pneumatics systems, and created our own pneumatic system, which we loved doing, and learning how air can make objects move. We have also been learning about different Greek Gods and Goddesses, and the children have been making a fact file on some of these Gods and Goddesses.

We have had a great first 2 weeks of term and are looking forward to seeing this continue.

Developing Healthy Sleep Patterns

Quality sleep is paramount for wellbeing as it impacts our cognitive function, emotional balance and overall health. A World Health Organisation study highlighted that 44% of young people reported difficulty sleeping — potentially affecting their mood, concentration and immune system.

If your child still struggles with sleeping [The Sleep Charity](#) is a great website, by incorporating [The Sleep Council](#), they provide advice and support to empower the nation to sleep better. The website has lots of information to help with children's sleep problems, bedtime routines, bedroom environment, relaxation, diet and sleep, night terrors and nightmares, melatonin, children with SEND and many more.

The charity also offer a commissioned sleep support service where they understand how difficult life can be when a child has a sleep issue. Their aim is to support families to get a better night's sleep by offering workshops, clinics and written materials. They use a behavioural approach to sleep and work in partnership with families, they know that you are the expert on your child. In some areas, their services are bought in by local clinical commissioning groups or funded by grants so that families can access one to one support from trained practitioners. To find out if there is a sleep service in your area, please contact info@thesleepcharity.org.uk.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

- GET OUT AND ABOUT**: If the weather's decent, invite some friends to the garden or go for a walk. Even a walk in the fresh air would do the most thing to getting your brain on and a break from your screen.
- TRY A TIMED TRIAL**: When you're taking a break, instead of a different activity or hobby, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?
- GO DIGITAL DETOX**: Challenge yourself and your family to take time off screens for a week. You could even go all out and have a day, then build up to a full day or even an entire weekend.
- LEAD BY EXAMPLE**: Let your family see you successfully changing your own screen time. They'll be inspired to follow, and it might stop some of those questions about why you can't go online.
- AGREE TECH-FREE ZONES**: Everyone agrees on spots at home where devices aren't allowed. Any phones, tablets or laptops are left in the living room, and no one is allowed to use them in the bedrooms.
- HOLD A SCREEN TIME AMNESTY**: As a family, agree specific instances where it's OK to use devices. This could be whenever in bedtime time on phones or gaming with your quality moments together.
- MEET OUR EXPERT**: We have a team of experts who are available to provide you with advice and support. They are experts in their field and can help you with any questions you have. They are available to you via email, phone or in person.
- BE MINDFUL OF TIME**: Stay aware of how long you've been on your devices. Counting down each time you spend in gaming or social media of the Internet – the social media platform – can also boost your wellbeing.
- PARK PHONES OVERNIGHT**: Let us be honest, changing habits for everyone is a challenge. It's a challenge that requires lots of temptation for the night of sleeping.
- SWITCH ON DND**: Research shows that when you're in bed, your phone is a distraction. It's important to get out of your bed and turn on DND (Do Not Disturb) when you're in bed.
- TAKE A FAMILY TECH BREAK**: Set aside certain times when the whole family puts their phones away and does an activity together: playing a board game, going for a walk or just being in chat.
- SOCIALISE WITHOUT SCREENS**: When you're with friends, try not to automatically involve phones. Try to meet each other in person and have fun in your own way.
- WIND DOWN PROPERLY**: Try saying off phones, consoles, tablets and so on just before you go to bed. Instead of just getting ready in bed for a night, get you or much more needed night.

Meet Our Expert
We have a team of experts who are available to provide you with advice and support. They are experts in their field and can help you with any questions you have. They are available to you via email, phone or in person.

DEVICE BOX
The National College
NOS
National Online Safety
#WakeUpWednesday

Does your child have screentime before bedtime? Is their phone or device kept in their room overnight?

Please see the information sheet attached around managing screen time, but try and think about removing tablets, phones or consoles before going straight to sleep to help encourage a good nights sleep and have these devices in a different place to the bedroom for charging to reduce the temptation for late night scrolling or gaming.

Age-Appropriate Content

It has come to our attention that some children have been talking about programmes and films that are recommended for older children.

In a private setting, such as at home, age ratings are advisory guidelines and parents are not breaking the law by allowing their child to watch a film that is rated above their child's age, however, we ask that parents think carefully about the impact this may have on their child and that they also speak to their child about talking to other children about what they are watching.

We live in a world where the internet is accessible to most children and any child if parental restrictions are not in place can google, look up on you tube or other platforms the name of the film/programme and see content that is not appropriate. This is also one of the reasons age restrictions are given to apps, as once you give your child access to a device that has the internet on, they have access to a world of content that is out of your control.

If you are ever unsure of the appropriateness of a film/programme, a good website for advice which we have shared before is <https://www.common sense media.org/> which will give you a more detailed breakdown of what you can expect to see or the [BBFC](#) which will break down episodes giving you an age rating for each episode.

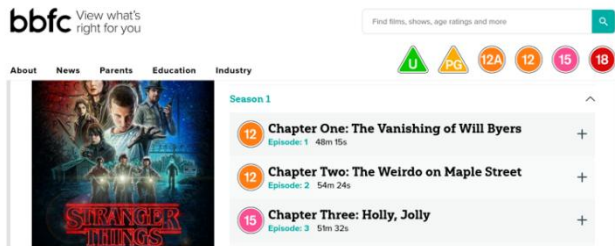
Parents' Guide to Stranger Things: Season 5
TV | Netflix | Drama | 2025

Common Sense Says: ●●●●● Parents Say: ●●●●● (6 Reviews)

Common Sense Media Review
By Joyce Slaton, based on child development research. How do we rate?

● age 14+ ★★★★★
Final go-round has intense violence, product placement.

Why Age 14+?	Any Positive Content?
Violence & Scariness ●●●●● Intense monster/slasher-type scares; frequent d... >	Positive Messages ●●●●● Friendship and family are key, and it's important! ... >
Language ●●●●● Cursing includes "f---k," "s---t," "hell," "a--hole," "da... >	Positive Role Models ●●●●● Some parents are present, responsible, and conc... >
Products & Purchases ●●●●● An array of nostalgic products take center stage... >	Diverse Representations ●●●●● Diversity and inclusion increases as the series co... >
Drinking, Drugs & Smoking ●●●●● A parent smokes during stressful moments, and t... >	
Sex, Romance & Nudity ●●●●● Teen characters kiss frequently; sexual reference... >	



NORTH YORKSHIRE COUNCIL

Feeling the squeeze from rising costs? You're not alone.

North Yorkshire Council can help point you in the right direction if you're struggling, whether that's emergency support with everyday living costs, benefits, food or energy bills.

There's information about money management, advice for families and free adult learning courses too.

Find out more at [northyorks.gov.uk/NYcostofliving](https://www.northyorks.gov.uk/NYcostofliving)

Age Restrictions for Social Media Platforms

Why are there age restrictions on social media platforms?
 Many social media platforms have an age restriction of 13 years or over. This is because you have to be at least 13 years old to give consent for your personal data to be collected and processed.

What is the minimum age for UK account holders on these social media platforms?

13	16
Facebook	Vimeo
Instagram	Tumblr
Snapchat	
TikTok	
X (formerly Twitter)	
Pinterest	
Twitch	
Reddit	
Messenger	
Discord	
Skype	
YouTube	
WhatsApp	

The above age restrictions are based on the age required by the individual platform. This may differ from the age ratings suggested on app stores such as Google Play or App Store.

Social Media Disclaimer: This resource/information is not intended to encourage social media use and we cannot accept any responsibility for pupils that sign up to social media sites after using this resource/information. This resource refers to UK age ratings and other countries may differ. Please note that age restrictions for social media platforms may vary depending on the laws and regulations in your location.

What should I do if I am worried about a child?

How to report your safety concerns

If you believe that a child is in immediate danger from significant harm, dial 999 to report it to the Police.

How do I make a referral?

Referrals can be made via the universal referral form or following an Early Help Assessment. Both can be located on North Yorkshire Safeguarding

Children Partnership website:

<https://www.safeguardingchildren.co.uk/professionals/forms-and-tools/>

Urgent referrals can be made via telephone to the Customer Resolution Centre on 0300 131 2 131.

or alternatively call the NSPCC Helpline: 0808 800 5000 or email: help@NSPCC.org.uk

Dates for the Diary	
End of term – Last day of school	Friday 13 th February
Start of term – First day back	Monday 23 rd February
Parents Evening	Tuesday 17 th March 5:00-7:00pm
Parents Evening	Thursday 19 th March 3:30-5:30pm