



Mapplewells Primary and Nursery School Weekly Newsletter - Friday 16th January 2026

Welcome Message

Dear Parents and Carers,

Welcome to this week's newsletter! We hope you've all had a fantastic few days, and that the children are feeling proud of everything they've achieved. As always, it's been a busy and inspiring week here at Mapplewells—full of learning, teamwork, and plenty of smiles.

This term, we continue to focus on the value of **Mutual Respect**, which is at the heart of everything we do. It's wonderful to see so many of our children demonstrating respect for one

another, alongside other important values such as care, appreciation, and understanding. At Mapplewells, everyone is equally valued, and mutual respect underpins all relationships — whether between staff and children, staff and parents, or governors and the wider school community. We encourage everyone to be a role model for respect, as positive and supportive relationships are essential for our children’s success and well-being.

Together, let’s make this term a time of growth, achievement, and collaboration.

Key Priorities for This Term

- Strengthen partnerships between staff, parents, and the wider community to support pupil well-being.
- Maintain a strong focus on safeguarding and online safety education.
- Promote positive behaviour and mutual respect through assemblies and classroom practice.
- Support pupil progress through targeted interventions and enrichment opportunities.

Read on for all things Mapplewells...

Attendance

Our current school attendance after 16 weeks is 96.68%. Our current attendance by class is:

Birch 96%

Elder 95%

Elm 97%

Hawthorn 97%

Hazel 97%

Juniper 97%

Maple 96%

Oak 97%

Pine 96%

Rowan 95%

Willow 97%

Well done to Elm, Hawthorn, Hazel & Willow class on their fantastic attendance this week! Let's keep striving to improve our attendance, to reach that figure of 97%.



Stars of the week

SUCCESS Stars of the Week! Congratulations to the following children who were chosen by their Class Teacher as 'SUCCESS star of the Week'. The children received their certificate in SUCCESS assembly today.

Ash - Evie

Birch - Jacob

Elder - Bella K

Elm - everyone for producing some amazing work this week!

Hawthorn - Jacob

Hazel - Alex

Juniper - Brody

Maple - Jasmine

Oak - Daniel

Pine - Finley

Rowan - Mya

Willow - Elijah



Headteacher Awards

Each week, I will be presenting Headteacher's Awards to children who have been nominated by staff for a variety of reasons — from producing amazing work, going above and beyond, to simply demonstrating what it means to be a wonderful Mapplewellian. These awards celebrate the values we hold dear and recognise the exceptional efforts of our pupils. We'll proudly share the names of our award winners in each edition of the newsletter, so keep an eye out for these special celebrations!

This weeks recipients of a Headteacher's Award are:

- **Isaac** – For showing fantastic communication skills and growing independence in everything he does. A brilliant role model for others!
- **Charlie and Lucy** – For taking the initiative to set up and run their very own crochet club. Your creativity, leadership and dedication are inspiring!

- **Grace, Poppy and Lucy** – For demonstrating an excellent understanding of semi-colons and using them confidently to enhance their descriptive writing. Superb progress as young authors!
- **Henry T** – For working exceptionally hard to improve his handwriting and presentation. Your determination is really paying off—well done, Henry!
- **Thyme, Evie and Evelyn** – For producing beautiful handwriting with impressive technique on their very first attempt. A stunning start—keep it up!

Well done to all our winners - we are so proud of you! Keep up the fantastic work.

Online Safety

What Parents and Carers Need to Know About Digital Devices and Wellbeing

Digital devices are woven into everyday life for children and young people, but balancing the benefits with potential risks can feel challenging. This #WakeUpWednesday guide explores how screen use can influence sleep, emotional regulation, physical health and online experiences, offering clear context around why concerns about wellbeing are growing.

Written with schools and families in mind, the guide shares practical, realistic advice for setting boundaries, encouraging open conversations and building digital literacy. With insights from an experienced mental health professional, it supports adults to help children develop healthier, more mindful relationships with technology.

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 digital change. Formally delivered by National Crime Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit thenationalcollege.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, correlates with restless sleep and delayed sleep onset. Children may struggle to concentrate or engage in activities due to lower sleep hygiene linked to late-night device use.
- 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.
- 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 behaviors to gain approval.
- EMOTIONAL DYSREGULATION**
Fast-paced digital content can overwhelm young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.
- 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.
- 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 behavior.

Advice for Parents & Educators

- SET CLEAR BOUNDARIES**
Establish screen-free times and device-free zones, e.g. classrooms and dinner tables. Use parental controls and create digital use agreements with children to encourage accountability. Try a visual schedule or timer app to help children understand and stick to limits.
- 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.
- MODEL HEALTHY HABITS**
Children mirror adult behavior. Demonstrate balanced device use, take regular screen breaks, and prioritize face-to-face interactions to reinforce positive behaviors. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.
- PROMOTE DIGITAL LITERACY**
Teach children how to evaluate online content, recognize 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 practice spotting false information.

Meet Our Expert
Adam O'Brien is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Mind4School, which works with schools on improving their mental health provision.

WakeUpWednesday The National College

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www.thenationalcollege.com
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SEN Drop-in sessions - everyone welcome

As you may have read on our last SEND newsletter, we will be running SEN Drop-in sessions every term which will offer the opportunity to chat with Mrs Richards, our SENCO (Special Educational Needs Coordinator), in school about any concerns or worries you may have about your child. This is available to every parent in school and not just those with children on the SEND register. Our current proposed date for the Spring term SEND drop in session is: Tuesday 27th January from 1-4pm. You can book your 15minute slot via Arbor (Guardian Consultations section).

Glee Club

Before Christmas, our Glee Club children brought festive cheer to Kingsmill Hospital with a beautiful performance of Christmas carols in the main entrance. It was wonderful to see them sharing the holiday spirit with patients, staff, and visitors.

The hospital has since sent a thoughtful letter of thanks to the children for their efforts, which you can read below. We're already excited to return again this year and spread even more Christmas joy!

Outstanding Care,
Compassionate People,
Healthier Communities


Sherwood Forest Hospitals
NHS Foundation Trust

King's Mill Hospital
Mansfield Road
Sutton in Ashfield
Nottinghamshire
NG17 4JL

Tel: 01623 622515
Join today: www.sfn-tr.nhs.uk

9th January 2026

Christmas Carol Concert Programme

I am writing to thank you on behalf of the patients, visitors and staff of Kings' Mill Hospital for supporting our 2025 Christmas Programme. Please extend my thanks to the children, teaching staff and parents who attended the hospital during the festive period to support our events. The children singing Christmas carols and festive songs in our main entrance was very much appreciated and enjoyed by everyone.

A fantastic £1285.47 was raised by all the local schools and colleges who attended between 1st December and 18th December 2025 inclusive. This is an excellent boost for our Sherwood Forest NHS Charity fund.

I hope you all had a wonderful Christmas. Please extend my best wishes for 2026 to your colleagues and pupils.

Thank you once again for your continued support of King's Mill Hospital services and we hope to see you again this year!

Yours sincerely





Jo Thornley
Community Involvement Manager

Body Image and Nutrition workshop (BIN)

Join Us for an Empowering Parent Workshop! Healthy Child Conversations: Let's Get Into Their BIN

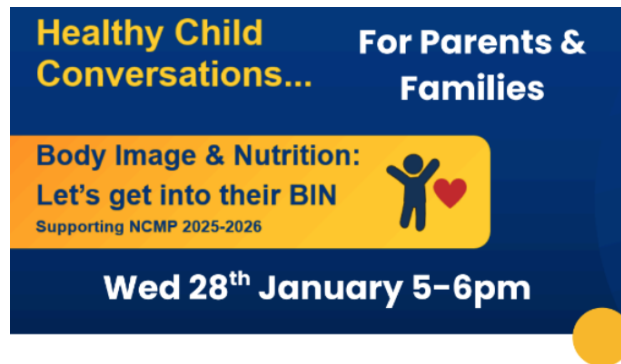
 Wednesday, 28th January | 5:00–6:00 PM | At School

We're inviting all parents and families to a free, interactive session designed to help you navigate important conversations around your child's body image and nutrition. Led by a family weight management specialist, this workshop will:

-  Share the latest research and practical tips
-  Provide tools and resources to support healthy habits
-  Explore topics like selective eating, physical activity, and online safety
-  Offer guidance on when and how to discuss weight and eating habits—while prioritizing mental and physical well-being

This is a safe space to reflect, learn, and connect with other parents. Together, we'll empower you to make informed choices for your family and encourage positive dialogue at home. Don't miss this opportunity to gain confidence and clarity in supporting your child's health journey! Please complete the Forms to let us know how many adults will attend or let us know by contacting the Office.

<https://forms.office.com/e/sUNr3HMdW7>



School Games Multi-Skills Event

This week, selected children from Key Stage 2, represented Mapplewells at a Multi-Skills Event run by the School Games. The children had a fantastic time trying out new skills and games, and were brilliant team players!





Key dates

Please keep updated with our key dates as we will add to this over the coming weeks.

Our term dates are on the school notice board and our website -

<https://www.mapplewellsprimary.co.uk/page/?title=Useful+Information&pid=86>

Diary Dates	
2026	
February	
6 th February	NSPCC Number Day
9 th February	Young Voices
11 th February	Individual Pupil Photos
13 th February	Last Day of Spring 1 – non-uniform day
23 rd February	INSET day
24 th February	First Day of Spring 2
March	
27 th March	Last Day of Spring 2 – non-uniform day
April	
13 th April	First Day of Summer 1
16 th – 17 th April	Year 3 residential
27 th – 28 th April	Year 4 residential
May	
1 st May	LCH Charity Colour Dash
4 th May	Bank Holiday – School closed
11 th – 14 th May	Year 6 SATs week
21 st May	Last Day of Summer 1 – non-uniform day
22 nd May	INSET day
June	
1 st June	First day of Summer 1
1 st - 2 nd June	Year 5 residential
1 st – 12 th June	Year 4 Multiplications Checks
8 th – 12 th June	Year 1 Phonics Screening Checks
19 th June	Year 6 Leavers Photos & Class Photographs
July	
8 th – 10 th July	Year 6 residential
14 th – 17 th July	Year 6 Bikeability
24 th July	Last Day of Summer 2 – non – uniform day
27 th July	INSET day

Mr Whittle

Head Teacher

Mr Latkowski

Deputy Headteacher