



You can now
follow us on
Instagram!

@shiphaylearningacademytq2



Shiphay Learning Academy Newsletter

Dear Parents and Carers,

We are at the end of another busy, successful academic year. The children have had so many fantastic experiences and opportunities across the year and, as you will have seen from their reports, have made great progress in their learning. It is a great opportunity for me to thank all my fabulous colleagues for all their hard work and dedication in putting the children first at every step of the way.

The newsletter is a busy one. Some key things to note:

- p2 information about meet the teacher meetings in September - please put these dates in your diaries. We are trying something new in response to feedback from parent surveys
- p3 dates for the Autumn Term
- p4 new mobile phone policy and information - please note that the Google form must be filled in for any Y5/6 who are bringing phones into school.
- p4 - walk to/from school permission - only Y5 and Y6 will be given permission to leave the school premises without an adult. This form must be completed so we know they have your permission to leave unaccompanied.
- p5 - uniform reminders - please check this before you buy new uniform

At the end of the newsletter, there are lots of posters for holiday activities.

At the end of this term, we are sadly saying "au revoir" to Mr Ellis who moves on to another school in Torbay, to Miss McCooey-Hall who has secured a post at a school in the Midlands and to Mrs Moon who has supported our Nursery children this year. We wish them all the best in their future ventures.

We also say farewell to our Y6 pupils who were my first Reception class as a headteacher in 2019! Whether they joined us in Nursery or somewhere else along the way, they are all very much a part of our Shiphay family. This week they leave us as confident, thoughtful, kind and capable young people, ready to begin the next chapter of your journey. We couldn't be prouder of each and every one of them.

Before, I run out of space, it just remains for me to wish you all a happy holiday. I look forward to seeing you all on the first day of term - Monday 7th Sept

Mrs Kate Lee
Headteacher

***** Please note - there is a change at the beginning of the Spring Term 2027**

Monday January 4th is now a Non-Pupil Day

***** Please note - there is a change at the end of the Summer Term 2027**

July 23rd 2027 is now a school day and not a Non-Pupil Day. Children will be expected to attend school as normal. If you have already booked holiday prior to publication of this newsletter, please send confirmation of this so that we can authorise any absence.

Pre-loved uniform

There is lots of pre-loved uniform available in the front reception area. If you are in need of anything, please pop in. We are taking donations of logo polos, logo jumpers, grey skirts, grey trousers and grey shorts.

Attendance this year

96.1%

Just above our 96% target
If your child's
attendance is less than
95%, their learning will
be affected by their
absence.

Should I keep my child
off school poster?

Class with highest
attendance this term
Avocet 97%

Class with the highest
attendance this year
Butterfly 97.2%



SUGGESTED DONATION: 50P PER ITEM

PLEASE USE HONESTY BOX PROVIDED



Important Dates

Meet the teacher meetings

Tuesday 8th September	Year 2/3/4
Wednesday 9th September	Year R/Y1
Thursday 10th September	Year 5/6
3:30-4:15pm (Creche for R-Y6 aged pupils provided)	

Meet the teacher - Autumn 2026

During Autumn Term 1, we would like to offer you the opportunity to come into school to meet the teachers and find out more about learning in your child's year group. These "meet the teacher" events will take place in the school hall.

The plan for each session is:

3:15pm	Children are collected as normal at the end of the day
3:20pm	Children and parents/carers come to the hall. Children who would like to use the creche are signed in and will join members of staff in the classroom
3:30pm	Meeting begins
4:15pm	(approx) Parents/Carers re-join their children in the classrooms so they can see their new learning environments.

Celebration Assemblies Autumn Term Y2-Y6 Wednesday, R/Y1 Friday

We love to share good news. Please send in any trophies, certificates, awards etc they have received outside school so that we can present these in assembly. This is a great way to celebrate their achievements and also inspire other children.

During Celebration Assemblies, the house captains give an update on house points, praise postcards are shared and the children who have received "Golden Phonecalls" or "Golden Emails" get their certificates.

Each week, children who have gone above and beyond are recommended to me by the adults in school. I then have the fabulous job of calling or emailing home to share this good news. Sharing this news is the best part of my week!

We also receive updates from our sports teams and children who have represented the school at different events.



Important Dates

As you will notice, some of the dates are still (tbc). We will be able to bring you an update later this term and also give you the dates for the Spring and Summer Terms. Please note, new / changed dates are in red.

Autumn 2026

Thur 3rd and Fri 4th September
Monday 7th September
Week beginning 14th September
Mon 14th / Tue 15th September
Tuesday 16th September
Wednesday 16th September
Thursday 17th September
Friday 18th September
Thursday 1st October

Monday 5th October
Tuesday 6th October
Wednesday 7th October
Thursday 8th October
Friday 9th October
Mon 12th - Wed 14th October
Tuesday 13th October
Thursday 15th October
Mon 19th - Fri 23rd October
Friday 23rd October

Monday 2nd November
Tuesday 3rd November
Thursday 12th November
Friday 13th November
Mon 16th - Fri 20th November
Friday 27th November
Monday 23rd November
Friday 4th December

Monday 7th December
Tuesday 8th December
Wednesday 9th December
Thursday 10th December
Friday 11th December
Saturday 12th December
Monday 14th December
Tuesday 15th December
Wednesday 16th December
Thursday 17th December
Friday 18th December

Monday 21st December - Friday 1st January Christmas Holiday (no Holiday Hub)

Monday 4th January
Tuesday 5th January

Non Pupil Days
Autumn Term Starts
Autumn Term Clubs start
Y6 to Torre Abbey - Agatha Christie Festival
Flu Vaccination
Bikeability Y3/Y4 (book online - see letter for info)
FOSS Scooter Party N/R/Y1 tbc
Swimming begins - Year 4
FOSS Discos Y2/3 and Y4-6

Flu Vaccination
Reception knife and fork skills with Caterlink
School Photos (individual photos)
Parents' Evening 3:30-6:30
Hello Yellow - wear yellow for well being
Y5 Y6 Bikeability (book online - see letter for info)
Parents' Evening 3:30-6:30
Y5 to London - House of Parliament
Year 6 Residential - Heatree
School closes for half term

Monday 26th - Friday 30th Half Term Holiday

Non Pupil Day (no Holiday Hub)
School opens after half term - Autumn Term 2
FOSS Discos Y2/3 and Y4-6
Children in Need
Anti-Bullying Week (odd socks on Monday 16th)
Mufti for Christmas Fair
UK Parliament Week
Mufti for Christmas Fair
FOSS Christmas Fair
Performing Arts (Y4-Y6) to TBGS
Y1-Y3 Christmas Performance 5pm TBGS (tbc)
Y4-Y6 Christmas Performance 6pm TBGS (tbc)
Nursery Christmas Celebration 2pm (tbc)
Rocksteady Performance 2pm School Hall (tbc)
Performing Arts and Y3 singing club - concert
Reception Christmas Celebration 2pm (tbc)
Christmas Fun Day - N /R/Y1
Christmas Fun Day Y2-Y6
Rudolph Run - Christmas Jumper Day
School closes for Christmas

Non-Pupil Day (no Holiday Hub)
School opens after Christmas - Spring Term 1

Mobile Phone Policy / Permission to walk home

Mobile Phone Policy

As you may be aware, the Children's Well Being and Schools Act, prohibits children's use of mobile phones during the school day. This is now law.

As our Y5 and Y6 pupils have the option to walk home unaccompanied, the Trust has made the decision that Y5 and Y6 may bring their phones on the days they are walking to and from school. As you can see from the policy poster, phones must be handed in and will be kept safe throughout the day.

We require parental permission for Y5 and Y6 to bring their phones to school.

Please complete the [Google Form](#).





OUR MOBILE PHONE POLICY

BE READY ~ BE RESPECTFUL ~ BE SAFE



 Our priority is a safe, focused and distraction-free learning environment for every child.

1 WHO CAN BRING A PHONE?



No phones allowed for children in EYFS, Year 1, Year 2, Year 3 and Year 4.

Children must be dropped off and collected by an adult.

YEAR 5 AND YEAR 6



May bring a phone only if they walk to / from school unaccompanied AND parental consent has been given.

2 YEAR 5 & 6 RULES



Parental consent form must be completed before bringing a phone to school.



Turn phone completely off before coming onto the school site.



Phone will be stored securely in the classroom all day.



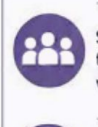
You will get your phone back at the end of the school day.

Phones must stay off and in bags until you have left the school gates.

3 WHY WE HAVE THIS POLICY



Keeps everyone safe.



Supports positive friendships and wellbeing.



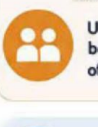
Helps us stay focused on learning.

The school and Trust cannot accept responsibility for loss, theft or damage to any device.

4 MISUSE IS NOT ALLOWED



No pupils' phones seen, heard or used anywhere on the school site (including playgrounds, fields and clubs).



Unauthorised use will be treated as a breach of the Behaviour Policy.

5 CONSEQUENCES



FIRST BREACH
Phone taken and returned at end of day. Parents notified.



SECOND BREACH
Phone taken and returned to a parent. Meeting with class teacher.

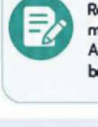


REPEATED BREACHES
Permission removed. Further sanctions applied.

6 EXCEPTIONS



In exceptional personal or medical circumstances, the Headteacher may grant special permission.



Requests must be made in writing. A bespoke plan will be agreed.

7 OUR PROMISE

 A safe and caring environment

 Focused learning every day

 Working together for every child



THANK YOU

for supporting our policy and helping us keep our school a great place to learn.



Permission to walk home (Y5-Y6)

[Please click this link](#)

There has been a change to Trust policy. The decision has been made that only children in Year 5 and Year 6 will be given permission to walk home unaccompanied at the end of the school day. If you would like your child to leave the field without waiting to be collected by an adult, we must have your permission on this form. Without your permission, we will ask them to wait with their teacher until an adult comes to collect them.

Uniform - Key Reminders

Please note the following points. A few things are starting to slip and we want to make sure everyone is Shiphay smart. Persistently failing to meet expectations will result in a consequence - for example missing part of playtime.

Shoes / Trainers for uniform - we know that having to buy shoes and trainers can be costly, especially as children's feet grow so quickly. For this reason, we offer the chance for parents to just purchase **plain black trainers** and for these to be worn with uniform and PE kit.

Jewellery is not permitted - the only exception to this is a watch and a single pair of stud earrings.

Watches that can take photographs, access the internet or receive messages from mobile phones are not permitted.

Long hair must be tied back

Hair accessories - these must be small, discrete and in school colours (red, grey, navy or black)

Under Armour or long-sleeved thermal should not be worn to replace a school jumper. When the weather is cold, we understand that some children may need to wear an extra layer under their polo shirt. However, a long sleeved top under their polo shirt is not a replacement for their jumper since this is not part of uniform. If a top is worn for extra warmth, it should not be visible. If children are cold in class, they should wear a jumper. If children are cold outside, they should wear their jumper and their coat.

PE Kit - should only be worn on PE days.

PE shorts - these must be plain black with no commercial logos. These should be approximately knee length and not very short, hot pant style shorts

PE tops - these must be plain coloured T-shirts with no commercial logos. Football shirts are not acceptable as PE kit

Jumpers for PE - children do not need an extra jumper. They should wear their red school jumper

Full uniform details and ordering information can be found on our [website](#)

Pre-Loved Uniform Shop

The pre-loved uniform is available in the Main Entrance and can be accessed whenever school is open. If you are able to make a donation for items, we would be very grateful. Any funds go straight to Pupil Council who decide how to spend these to improve playtimes and lunchtimes.



Shiphay Learning Academy: Uniform Expectations

Uniform is important to support the children's sense of belonging and pride in their school. We expect children to wear correct uniform including PE kit. Full details can be found on the school website [HERE](#). Our uniform has been designed to be affordable. Whilst Shiphay logo items can be purchased from [Price and Buckland](#), there is no expectation for any pupil to wear items with the Shiphay logo. Alternatives can be purchased from a range of local suppliers.

Uniform:

- Red jacket or round-necked sweatshirt
- Navy blue polo shirt with plain collar
- Charcoal grey trousers, tailored shorts, box-pleated skirt, skort or pinafore
- Red and white gingham dress / culotte dress
- Black, grey or white socks (short or knee length)
- Black, red or grey tights
- Black school shoes with fastening or plain black trainers (no logos or brightly coloured soles please)

Summer:

- White socks can be worn with black/white sandals
- Red knitted cardigan can be worn over Summer dress

PE Kit: (children to come dressed in PE kit on PE days)

- Plain black shorts (no commercial logos please)
- Plain round-necked T-shirt - Team Colour
- Trainers or plimsols
- Black leggings or plain black jogging bottoms can be worn in the colder months
- School sweatshirt to be worn over PE Kit - no sports tops, football tops, hoodies or other non-uniform items please.



Hair Accessories:

- Long hair should be tied back at all times
- Small bows, hair clips, plain hair bands, narrow Alice bands and small "scrunchies" are permitted. These should be in school colours: red, grey, navy or black

Jewellery:

- One stud earring may be worn in each ear
- Watches may be worn
- Smart watches that can take photos are not permitted
- All earring and watches must be removed for PE

Make Up:

- Make up, including nail varnish and tattoos, is not part of uniform and must not be worn.

Leadership Opportunities

House Captains 2026/7



Hollie



Freddie



Xander



Zayden

Following the application process, our new house captains were elected by the children in their houses.

Well done to the new team who will work with Mr Nutbeam throughout the year to support our school.



Annabelle



Madison



Layla



Munopa

Play leaders and digital leaders are chosen on the strength of their applications - it was a strong field! Well done everyone!

Digital Leaders



Oscar



Charlie W



Charlie R



Josy



Bowie



Oliver

Play Leaders



Thomas



Minnie



Frankie



Riley



Delilah



Caitlyn



Adaline



Evie

Celebrations!

Sports Days

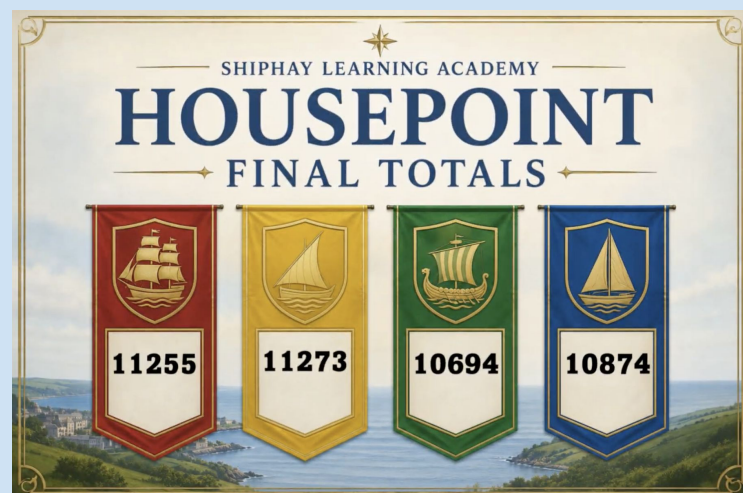


All the children earned points for their houses at sports day. Yellow House won EYFS/KS1 sports day and Blue won KS2. When all the points were added together, it was Yellow house who won the overall trophy



House Points

Just 18 point between 1st and 2nd after a whole year of collecting house points! Well done to Yellow House who are this year's overall winners.



Trips and Enrichment Planner 2026/2027

As part of our aim to open doors for pupils and give them opportunities to see their learning in the real world, these are our proposed trips and enrichment visits for 2026/2027. Some are linked to the curriculum and some are linked to Riviera 70 opportunities. This list is not exhaustive as opportunities will arise during the year.

We know that the number and "size" of trips is not the same in every year group. However, during their time with us, children will have this full range of opportunities.

Trips and Enrichment Planner 2026/2027 (draft)

As part of our aim to open doors for pupils and give them opportunities to see their learning in the real world, these are our proposed trips and enrichment visits for 2026/2027. Some are linked to the curriculum and some are linked to Riviera 70 opportunities



	Autumn	Spring	Summer	All Year groups
Nursery	- Tiny Travels (Understanding the World) - Regular visits to local parks	- The Little Village People (People who Help us) - National Beep Beep Day: Road Safety visit School Patrol Crossing	- Nursery Fun Day and Sports afternoon - Beach Trip	Christmas entertainment as part of Christmas Fun Day
Reception	- Cockington Seasonal Change - PWHU visitors	- Spring 1: Castle visit: Berry Pomeroy - Spring 2: Cockington Seasonal Change	- Dartmoor-Summer- 1 - Beach Trip- Summer 2	Science Week (Spring Term)
Year 1	- Geography - Shipway Walk - Science- Cockington walk - Art- Beach trip (Amiria Gale)	- Re- ICE visitors - DT - Caterlink	- Science (animals)- Zoo trip - Beach trip- Dawlish	Trip to the beach RNLI assembly
Year 1/2	- Geography - Shipway Walk - PD - Recycling Centre in school - Art - Beach Visit - Andy Goldsworthy - RE - Church Visit / ICE	- History -Local History - How has Torquay Changed? Torre Abbey - Science - Occombe Farm - Habitats	- Geography - River Walk - RE - Mosque Visit - DT/English - Puppeteers linked to Fairy Tales	Torquay library assembly NPSCC assembly
Year 2/3	- Geologist workshop - Tale Blazers - Prehistoric Britain - Kents Cavern	- Beach Trip linked to Mary Anning, Fossil Hunter - Egyptians - Exeter museum - hands on workshop -Coach	Science - zoo or aquarium visit (tbc)	Inter Trust Sports (Y3-Y6)
Year 4	- Geography South America Animal Encounters - History - Maya Archaeologist	- Music - Bournemouth Symphony Orchestra concert - Geography - Eden Project	- Geography - Earthquakes Natural History Museum virtual workshop - History - Brixham Battery & Torquay Museum (virtual trip)	
Year 5	- Parliament - London - Fairtrade workshop- Visitor - Islam - visitor	- RAMM visit- Romans in Devon (£4.50 Max per child) - South West Water workshop	- Watch a theatre production - Mobile Planetarium Visit - Children's Parliament	
Year 6	- English Agatha Christie Creative Writing Day at Torre Abbey - Geography - Slapton Sands - Heatree House - Residential	- History - Dartmoor Stone Age visit - RAMM Exeter - time travelling adventure	- Paddleboarding and meal out as a class. - Leavers' events	



As a school and Trust, we have devised a list of 70 experiences that we believe children should, and will, have during their time at Shiphay. These experiences enhance the curriculum we offer.

Some of these experiences have been built into our curriculum and will link with some of the National Curriculum experiences. Others will be stand alone activities to enrich the children's learning.

We record these experiences in the class Personal Development books so that the children can look back on their memories as they move through school.



Clubs Autumn 2026 - a sneak preview

Civic Engagement	Arts and Culture	Nature, Outdoors and Adventure	Sport and Physical Activities	Developing wider life and future skills
for example volunteering, debating, school and college democracy, community engagement	for example, taking part in and having live experience of music, art, dance, theatre, other expressive arts, visits to museums and galleries	for example time outdoors, climate education and sustainability projects, gardening, residentials and camps	for example participating in individual and team sports, physical activities like dance, fitness activities or cycling, representing the school or college, attending live events	for example digital literacy, STEM clubs, cooking, managing finances, enterprise and (for colleges only) teaching Relationships and Sex Education

Mondays	
Creative writing club	Year 2 and 3
Micro:bit Club	Y4-6
STEM	Y5-Y6
Netball	Y3-6
Green Crafters Each week we turn your trash into treasures! Bring along recycled cereal boxes, tubes and most importantly, your imagination.	Year 2-6
Pupil Council	Elected Member
Gardening & Eco-Council	Elected Member

Tuesdays	
Makaton	Y1
Singing - Choir	Y2/3
Sensory Music and Dance Club	Invite only

Wednesdays	
Dance Club	Y1-Y6

Thursdays	
Drawing Club	4
Performing Arts **Y3 will be able to join Performing Arts in Spring	Y4-6 for autumn term
Playground Games	YR/Y1
Reception Forest Club	YR

Fridays	
Saints Southwest Football	

A sneak preview of some of the clubs on offer next term

Full details of clubs, timings and dates will be sent out in the Autumn Term. Booking forms will also be sent out in the Autumn Term.

Careers Day 2026

Careers Fair

In UST, the children visited a Careers Fair. At the Careers Fair, the children were able to visit stalls covering Emergency Services, Healthcare, Engineering, Military and Parliament opportunities. The children were able to listen to the careers pathways for these different areas. They were also able to use some of the equipment used and see photos from these people when working.



Gooch & Housego



Peninsula Imaging Network



UK Parliament



Employer Encounters

In LST, the children were able to go on some virtual employer encounters. They learnt about the role of a pilot, tourism opportunities and the roles within the Emergency Services. The children also explored the career pathways for 'people who help us' and challenged gender stereotypes.



What Parents & Educators Need to Know about ONLINE GROOMING

Online grooming is when someone builds a relationship with a child or young person online to gain their trust for the purpose of sexual abuse, exploitation, radicalisation, or criminal activity – such as county lines or financial scams. According to the NSPCC, police in the UK recorded over 7,000 offences involving sexual communication with a child in a single year – an increase of 89% since 2017/18.

WHAT ARE THE RISKS?

STRANGERS USING FAKE IDENTITIES

Groomers often pose as children or teenagers online to build trust. They may create convincing fake profiles, share photos stolen from real people, or mimic the interests of the child. By pretending to be someone their age, they make conversations feel safe and reliable. Over time, they may ask for personal details, photos, or suggest meeting in person, exposing children to significant emotional and physical harm.

EXPLOITATION THROUGH GIFTS AND FLATTERY

To gain trust quickly, groomers often send gifts, gaming credits, or money. Alongside material offerings, they use excessive compliments, affection, and attention to create emotional dependency. These tactics make children feel valued and special, lowering their defenses. Once trust is secured, groomers may escalate their requests, often asking for photos or private conversations, making the child feel pressured or indebted to continue.

GROUP CHATS AS HIDDEN PATHWAYS

Unmonitored group chats on platforms like WhatsApp or Discord provide a cover for groomers. They can watch how children interact, identify those who seem vulnerable, and then move conversations into private messaging. This transition makes detection difficult for trusted adults. The seemingly harmless group setting often masks the presence of predators, giving children a false sense of security.

THE RISE OF SEXTORTION

Sextortion involves pressuring children into sharing explicit content, then blackmailing them for more. Offenders may claim to have hacked a child's device, threaten to share images with friends or family, or demand money. Many victims remain silent out of fear and shame. This growing crime is particularly dangerous because children often feel trapped, believing there's no safe way to escape the situation.

GAMING PLATFORMS AS GROOMING GATEWAYS

Games like Roblox, Fortnite, or Call of Duty, which include live chat features, are frequent targets for groomers. Conversations often begin casually during gameplay and can become manipulative over time. Groomers may offer in-game gifts, credits, or exclusive add-ons to build rapport. Children using headsets or private chat features are especially at risk, as conversations are harder for adults to monitor.

CRIMINAL & RADICALISATION RISKS

Grooming is not always sexual. Some offenders manipulate children into criminal activities such as drug running or online fraud. Others attempt to radicalise young people with extreme ideologies. Groomers often use fear, money, shame, or promises of belonging to control their victims. These forms of exploitation can be just as harmful as sexual grooming, and often leave lasting psychological and social consequences.

Advice for Parents & Educators

KEEP CONVERSATIONS REGULAR

Rather than having one "big talk" about online safety, weave conversations into everyday life. Ask questions about children's online friendships and interests. Share real-life examples to make discussions relatable and encourage honesty instead of secrecy. When children feel comfortable discussing their digital lives, they are far more likely to share concerns or admit when something feels wrong, reducing the chance of risky interactions going unnoticed.

CREATE A "TELL ME" CULTURE

Children often keep silent because they fear being punished or losing access to their devices. Reassure them that coming forward with concerns won't get them into trouble. Emphasise that you are there to help, not judge. Creating a safe, open environment encourages children to speak up if something feels wrong, and helps to ensure they don't suffer in silence when facing potential grooming risks.

UNDERSTAND THE PLATFORMS CHILDREN USE

Take time to learn about the apps, games, and social platforms children are on. Familiarise yourself with privacy settings, parental controls, and group chat features. Use resources like The National College guides or conduct quick searches to stay updated. By understanding how these platforms operate, you'll be better equipped to set boundaries, guide safe use, and notice any unusual or concerning online behaviour early.

STAY ALERT TO WARNING SIGNS

Be attentive to both behavioural and digital red flags. Sudden secrecy, mood swings, or new online contacts may signal a problem. Watch for unexplained gifts, new social media profiles, or changes in sleep patterns. Increased anxiety or reluctance to attend school can also be indicators. Regularly checking in and showing interest in those whom they communicate with online help prevent small issues from escalating into serious risks.

Meet Our Expert

Staffordshire Police is dedicated to keeping people safe and tackling crime across both the physical and digital world. The force continues to strengthen its digital investigation and safeguarding capabilities to protect children and vulnerable people online, working in partnership with local, regional and national organisations, schools, and the wider community.



See full reference list on our website

[@wake_up_weds](https://twitter.com/wake_up_weds)

www.thenationalcollege.com

[@wake.up.wednesday](https://twitter.com/wake.up.wednesday)

[@wake.up.weds](https://twitter.com/wake.up.weds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.03.2026

Download the
guide here:
<https://vist.ly/53zbc>

Online grooming is a growing and deeply concerning threat, with thousands of offences recorded each year in the UK. This edition explores how offenders build trust with children through fake identities, flattery, gifts and group chats before exploiting that relationship. It also examines the rise of sextortion and how gaming platforms and social media can become gateways for harm.

Beyond sexual exploitation, the guide highlights criminal grooming and radicalisation, helping adults recognise that manipulation can take many forms. With practical advice on spotting warning signs, creating open conversations and understanding the platforms children use, this resource empowers parents and educators to intervene early and keep young people safer online.

#Wake up
Wednesdays

Download the guide here:
<https://vist.ly/59nif>

10 Top Tips for Parents and Educators

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

- 1 ASK A GROWN-UP FIRST**
For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.
- 2 PROTECT SLEEP BUFFERS**
Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.
- 3 CO-VIEW AND CHAT**
Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.
- 4 KEEP DEVICES HIDDEN**
Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.
- 5 PLAN THE TRANSITION**
The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.
- 6 LEAD BY EXAMPLE**
Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.
- 7 MAKE SCREENS PREDICTABLE**
Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.
- 8 CREATE SCREEN ZONES**
Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.
- 9 USE SIMPLE SCRIPTS**
Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.
- 10 PRIORITISE SLOW CONTENT**
Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert
 Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.

#WakeUpWednesday
The National College

See full reference list on our website

[@wake_up_weds](https://www.wake_up_weds.com) www.thenationalcollege.com [@wake.up.wednesday](https://www.wake.up.wednesday) [@wake.up.weds](https://www.wake.up.weds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.07.2026

Screens are now part of daily life, but for very young children, simple and predictable boundaries can make a big difference. This guide explores how adults can help under-fives build healthier digital habits by choosing content carefully, keeping devices in shared spaces, protecting bedtime routines and making screen time feel calm rather than constant.

It also highlights the importance of adult involvement, from co-viewing and chatting about what children see to modelling balanced device use ourselves. With practical scripts, transition tips and age-appropriate routines, the guide offers supportive advice for families, nurseries and early years settings looking to manage screen time with confidence.

#Wake up
 Wednesdays

Lunch Menu

SPRING SUMMER MENU 2026

caterlink
feeding the imagination

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	MENU KEY:
WEEK ONE w/c 14/09 5/10	Main Option	Macaroni Cheese	Pork Sausage Roll with Potato Wedges	Roast Chicken, Stuffing, Roast Potatoes & Gravy	Spaghetti Bolognese (Beef)	Fishfingers with Chips & Tomato Sauce	
	Veggie Option	Chickpea Curry with Rice	Mild Mexican Chili with Rice	Roasted Quorn, Roast Potatoes, & Gravy	Bean Burger with Wedges & Tomato Sauce	Cheese & Bean Pasty with Chips & Tomato Sauce	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	NEW Banana Mousse	Orange Drizzle Cake	Fruit Platter	Apple Flapjack	Strawberry Jelly with Mandarins	Whole grain
WEEK TWO w/c 31/8 21/9 12/10	Main Option	Cheese & Tomato Pizza with Summer Mixed Salad	Beef Chili with Rice & Sweetcorn & Cucumber Salsa	Roasted Pork Sausage, Roast Potatoes & Gravy	Greek Chicken Pitta with Herby Rice & Salad	Battered Fish with Chips or Salmon Fish Fingers with Tomato sauce	
	Veggie Option	Lentil & Sweet Potato Curry with Rice	Spaghetti & Plant Meatballs in a Tomato Sauce	Veg Wellington, Roast Potatoes & Gravy	Cheese Whirl with Herby Rice, Tzatziki & Salad	NEW Cheesy Broccoli Frittata with Chips	Plant based
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Iced Vanilla Sponge	Peaches & Ice Cream	Freshly Chopped Fruit Salad	Jam Sponge	Oaty Cookie	Added plant protein
WEEK THREE w/c 7/9 28/9 19/10	Main Option	Tomato Pasta	Beef Burger with Potato Wedges & Rainbow Slaw	Roast of the Day, Potatoes & Gravy	Chicken Curry with Rice	Fishfingers with Chips & Tomato Sauce	
	Veggie Option	NEW Chinese Vegetable Noodles	Mexican Bean Roll with New Potatoes & Rainbow Slaw	Vegetable Loaf with Stuffing, Potatoes & Gravy	All Day Vegetarian Breakfast	Cowboy Sausage and Bean Hotpot	
	Sides	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	Vegetables of the Day	
	Dessert	Pineapple Upside Down Cake	Chocolate Brownie	Fruit Medley	Strawberry and Apple Crumble with Custard	Vanilla Shortbread	
AVAILABLE DAILY:		Jacket Potatoes with a choice of fillings, Baguette with Ham, Cheese or Tuna Mayo, Salad Bar, Freshly Baked Bread, Fresh Fruit, Yoghurt					

If you would like to know about particular allergens in foods, please ask a member of the catering team for information. If your child has a school lunch and has a food allergy or intolerance you will be asked to complete a form to ensure we have the necessary information to cater for your child. We use a large variety of ingredients in the preparation of our meals and due to the nature of our kitchens it is not possible to completely remove the risk of allergen cross contact.

Packed Lunches

Just a friendly reminder that whole nut products (including **peanuts, tree nuts, chocolate/nut spread and nut bars**) are not allowed in students' lunch boxes due to allergy risks.

We have children in our school with severe nut allergies, and even small traces can cause serious reactions.

Please check all snacks and lunch items carefully before sending them in.

Thank you for helping us keep our school a safe environment for all students.

Does your child go to Primary School?

From September 2026,
500,000 more children will qualify for **Free School Meals!**

ALL children in **Reception, Year 1 & Year 2** are eligible for a
universal infant free school meal.



IF YOUR CHILD IS IN YEAR 3 - YEAR 6,
SCAN HERE TO SEE IF YOU'RE ELIGIBLE
FOR A FREE SCHOOL MEAL



Having a free school meal in the
UK can save families
approximately **£400 to £500 per**
child per year!

From September 2026, Free School
Meals (FSM) eligibility in England is
expanding to all children whose
households receive Universal Credit.

So why choose a Caterlink lunch?

**Our meals are
balanced and
nutritious!**

**All meals
comply to the
Food Standards
& Food for Life
Silver
Standards.**



Our meals are made from scratch on site,
making sure to meet your child's needs, from
portion size to dietary requirement.



On average our
meals offer:

- **100% of pupils fibre goals**
- **Up to 3.5 portions of fruit and veg**
- **Only 3.8g sugar** (40% less than government recommendations)



Please speak to your school to enroll your child for a lunch.
If your child requires a special diet menu please complete our allergy form.
For more information or to look at the Caterlink menus, please visit
www.caterlinkltd.co.uk



Term Dates

***** Please note - there is a change at the beginning of the Spring Term 2027**

Monday January 4th is now a Non-Pupil Day

Riviera Education Trust: School Term Dates: 2026-27 Academic Year

	Sep-2026				
Monday		07	14	21	28
Tuesday	01	08	15	22	29
Wednesday	02	09	16	23	30
Thursday	03	10	17	24	
Friday	04	11	18	25	
Saturday	05	12	19	26	
Sunday	06	13	20	27	

	Oct-2026				
	05	12	19	26	
	06	13	20	27	
	07	14	21	28	
01	08	15	22	29	
02	09	16	23	30	
03	10	17	24	31	
04	11	18	25	01	

	Nov-2026				
02	09	16	23	30	
03	10	17	24		
04	11	18	25		
05	12	19	26		
06	13	20	27		
07	14	21	28		
08	15	22	29		

	Dec-2026				
Monday		07	14	21	28
Tuesday	01	08	15	22	29
Wednesday	02	09	16	23	30
Thursday	03	10	17	24	31
Friday	04	11	18	25	
Saturday	05	12	19	26	
Sunday	06	13	20	27	

	Jan-2027				
	04	11	18	25	
	05	12	19	26	
	06	13	20	27	
	07	14	21	28	
01	08	15	22	29	
02	09	16	23	30	
03	10	17	24	31	

	Feb-2027				
01	08	15	22		
02	09	16	23		
03	10	17	24		
04	11	18	25		
05	12	19	26		
06	13	20	27		
07	14	21	28		

	Mar-2027				
Monday	01	08	15	22	29
Tuesday	02	09	16	23	30
Wednesday	03	10	17	24	31
Thursday	04	11	18	25	
Friday	05	12	19	26	
Saturday	06	13	20	27	
Sunday	07	14	21	28	

	Apr-2027				
	05	12	19	26	
	06	13	20	27	
	07	14	21	28	
01	08	15	22	29	
02	09	16	23	30	
03	10	17	24	01	
04	11	18	25	02	

	May-2027				
03	10	17	24	31	
04	11	18	25		
05	12	19	26		
06	13	20	27		
07	14	21	28		
08	15	22	29	30	
09	16	23	30	31	

	Jun-2027				
Monday		07	14	21	28
Tuesday	01	08	15	22	29
Wednesday	02	09	16	23	30
Thursday	03	10	17	24	
Friday	04	11	18	25	
Saturday	05	12	19	26	
Sunday	06	13	20	27	

	Jul-2027				
	05	12	19	26	
	06	13	20	27	
	07	14	21	28	
01	08	15	22	29	
02	09	16	23	30	
03	10	17	24	31	
04	11	18	25	01	

	Aug-2027				
02	09	16	23	30	
03	10	17	24	31	
04	11	18	25		
05	12	19	26		
06	13	20	27		
07	14	21	28		
08	15	22	29		

KEY

	School Holidays
	Bank Holidays
	INSET (Non-Pupil Days)

***** Please note - there is a change at the end of the Summer Term 2027**

July 23rd 2027 is now a school day and not a Non-Pupil Day. Children will be expected to attend school as normal. If you have already booked holiday prior to publication of this newsletter, please send confirmation of this so that we can authorise any absence.

2027/2028 Term Dates are available on the Website.

[CLICK HERE](#)



MUSIC LESSONS

INSTRUMENTS

VIOLIN | SINGING | PIANO | FLUTE
OBOE | CLARINET | PIANO | RECORDER

LEARN TO PLAY AN INSTRUMENT
A FUN EXPERIENCE
LESSONS BY A PROFESSIONAL MUSICIAN

30 Minutes - £17.50
20 Minutes - £12

ROSIE DAVIES
07879 613920

ROSEMARYANNEDAVIES@GMAIL.COM

Group Lessons for Clarinet

If your child is in Y4, Y5 or Y6, they will have had clarinet lesson in class in Y4. Rosie, our woodwind teacher is offering group lessons for children who wish to continue. We have instruments that the children can use for these lessons. Please contact Rosie directly.

Group of 3 - 30min lesson £7 each
Group of 2 - 20min lesson £7 each

Music Lessons in School

We are currently able to offer guitar, violin, singing, piano, flute, oboe, clarinet, piano, recorder and drums (percussion).

If you are interested in lessons, please contact the teachers directly.

DRUM LESSONS

LEARN DRUMS WITH CHARLIE FURNEAUX!

WANT TO UNLEASH YOUR RHYTHM AND MASTER THE DRUMS? WHETHER YOU'RE A COMPLETE BEGINNER OR LOOKING TO SHARPEN YOUR SKILLS, CHARLIE OFFERS FUN, TAILORED DRUM LESSONS TO HELP YOU HIT YOUR GOALS.

- ALL AGES & ABILITIES WELCOME
- LEARN YOUR FAVOURITE SONGS
- BUILD SOLID TECHNIQUE & CONFIDENCE
- FRIENDLY, PATIENT TEACHING
- IN SCHOOL AVAILABILITY ON THURSDAYS
- BOOK YOUR FIRST SESSION TODAY!

EMAIL: FURNEAUXCHARLIE@GMAIL.COM
MOBILE: 04720 805522



GUITAR LESSONS

with

Scott McGowan

Guitar lessons are available here at Shiphay Learning Academy.

I can provide both shared or individual guitar lessons for students of all ages.

I deliver ten lessons per term with five each side of half-term.

The fee for these lessons is £60 for shared lessons or £110 for individual lessons.

Please feel free to contact me for more information.

Email – smcgowan@btinternet.com

Mob – 07817 000529

DRUM LESSONS

LEARN DRUMS WITH CHARLIE
FURNEAUX!

WANT TO UNLEASH YOUR
RHYTHM AND MASTER THE
DRUMS? WHETHER YOU'RE A
COMPLETE BEGINNER OR
LOOKING TO SHARPEN YOUR
SKILLS, CHARLIE OFFERS FUN,
TAILORED DRUM LESSONS TO
HELP YOU HIT YOUR GOALS.

- ALL AGES & ABILITIES
WELCOME
- LEARN YOUR FAVOURITE
SONGS
- BUILD SOLID TECHNIQUE &
CONFIDENCE
- FRIENDLY, PATIENT TEACHING

IN SCHOOL AVAILABILITY ON
THURSDAYS

BOOK YOUR FIRST SESSION
TODAY!

EMAIL:
FURNEAUXCHARLIE@GMAIL.COM
MOBILE: +44 7960 405322



ROCK
STEADY

LEARN TO PLAY MUSIC. AMPLIFY CONFIDENCE.

Choose from: Vocals, keyboard, drums, guitar or bass.

A Rocksteady band is for everyone

Takes place in school,
instruments provided and no
experience necessary!

Taught by professional musicians

Rocksteady band leaders are
highly trained musicians who
make learning music fun.

Progress at their own pace

Your child can achieve an
exam-free, Ofqual-regulated
Trinity Music qualification!

Have fun and learn by playing

Children work their way
through a curriculum of up to
300 musical skills.

Much more than music

Improves wellbeing,
confidence, social skills and
academic achievement.

End every term on a high note

Watch your child shine as
they perform in their end of
term concerts.

"He was shy in
reception and is now
completely different!"

Dana

"Seeing her perform
unfazed in front of a
large audience is not
something I could've
imagined before
Rocksteady!"

Lois

"I had tears watching
her perform. Amazing
skills that will help her
for the rest of her life."

Amita

BOOK YOUR CHILD'S
PLACE ONLINE



£42.79 per month (no payment in August).
Money back guarantee for the first month
Cancel at any time.

0330 113 0330
(Mon-Thurs 8am-8pm, Fri 8am-6pm, local rate)
Rocksteady Music School Ltd. Registered in England No. 08110026

TRINITY
COLLEGE OF MUSIC
Musician, Composer and
Arranger Qualifications

ROCK
STEADY

ROCK AND POP BAND LESSONS!



Ignite their inner spark

- Learn to play an instrument in their very own band.
- Fun and inclusive in-school band lessons.
- Follow their musical journey in your Backstage account.
- Exam-free, Ofqual-regulated Trinity Music qualification.
- Instruments provided and no experience necessary.

BOOK
YOUR CHILD'S PLACE
ONLINE



0330 113 0330 (Mon-Thurs 8am-8pm, Fri 8am-6pm, local rate)

rocksteadymusicschool.com

Funding opportunities for young musicians in Devon

Struggling with the costs of tuition?

Need help to further your musical talent?

Household income of less than £37,500?

There could be financial support available.

For more info

Email: hannah.stephenson@devon.gov.uk

or scan the QR code and complete the contact form



Young Sounds UK
Connect



Devon
Music
Education
Hub

Supported using public funding by

Department
for Education

ARTS COUNCIL
ENGLAND

ARTS COUNCIL
ENGLAND



ARGYLE
COMMUNITY
TRUST

ARGYLE SUMMER FOOTBALL CAMPS

SOUTH DEVON 2026

9.30am - 3.30pm | boys & girls all abilities aged 6 - 14 | £15



PAIGNTON ACADEMY

JULY 29TH

AUGUST 5TH, 12TH, 19TH, 26TH

KINGSBRIDGE COMMUNITY COLLEGE

JULY 30TH

AUGUST 6TH, 13TH, 20TH, 27TH

KEVICC, TOTNES

JULY 31ST

AUGUST 7TH, 14TH, 21ST, 28TH

For more info email
Ben.Thompson@pafc.co.uk

**BOOK
NOW!**



IMPACT

Kids

HAF

SUMMER

HOLIDAYS

TORBAY



MONDAY – WEDNESDAY
3RD AUGUST – 26TH AUGUST



TIME...

9:30–13:30 EVERY DAY



LOCATION: HOME CHURCH

527 BABBACOMBE ROAD TORQUAY, TQ1 1HG



FREE SCHOOL MEAL PUPILS
ATTEND FOR FREE

£10 PER DAY

For
Non Eligible HAF

WEEK 1– Sporting stars, Beach explorers, Talent show

WEEK 2– Pirate day, Crabbing, Water fun, Sports

WEEK 3– It's a knockout, Scavenger hunt, Mad science

WEEK 4– Beach explorers, Creative workshops, Sports
END OF SUMMER PARTY!

Book in Fast
Limited Spaces



HEALTHY LUNCH AND SNACKS PROVIDED EACH DAY





SUMMER SPECIAL **DAILY** **FOOTBALL** & MULTI-SPORT ACTIVITIES



TORBAY COUNCIL

NUTRITIOUS COOKED MEAL EVERY DAY
CHEF DEMOS | NUTRITION GUIDES



ANIMAL HQ VISIT | GO KARTS | LOCAL TRIPS
MAGICIAN & ENTERTAINER | PRIZES
CERTIFICATES | and much more

10am-2pm

FREE FOR ALL CHILDREN
AGED 5-14 ELIGIBLE FOR BENEFIT
RELATED FREE SCHOOL MEALS

[£25 per day for pupils not eligible]

SCAN THE BALL

For locations, dates and bookings or visit

SHEARSOCCKER.CO.UK

for more information contact

ADAM SHEARER 07967 124844



TORQUAY
PAIGNTON



Wild Week

Paignton
Zoo

Wild Week is a summer holiday club like no other - perfect for kids who love animals and the outdoors!

Wild Week - Ages 7-11
Wild Rangers - Ages 12-16

- Up-close animal encounters
- Team challenges
- Outdoor adventures
- Creative projects and practical skills

Hands-on days packed with animals, exploration, and creativity.



Dates from 27 July-28 Aug
10am-4pm 4-5 days a week


Book Now!

MAKE A SPLASH!

JOIN NEWTON ABBOT

SWIMMING AND WATER POLO CLUB!

FUN
FRIENDSHIPS
★ **FITNESS** ★
ACHIEVEMENT
FOR LIFE!

ALL
ABILITIES
WELCOME!

From beginners
to champions –
everyone can
be part of
our team! ♥

BE PART OF A
FRIENDLY,
SUPPORTIVE
AND AMBITIOUS
CLUB! ♥

SWIMMING IS FOR EVERYONE!



IMPROVE
FITNESS

Build strength,
stamina and
coordination



BUILD
CONFIDENCE

Achieve goals
and be proud
of yourself



MAKE
FRIENDS

Join a team
and create
lifelong memories



HAVE
FUN

Enjoy training,
competitions
and club events



TRY
WATER POLO

Fast paced,
exciting and
awesome!



TRAIN HARD
HAVE FUN
ACHIEVE TOGETHER! ♥

COME AND TRY
A SESSION –
WE'D LOVE TO
WELCOME YOU! ↗



FOR MORE INFORMATION EMAIL:

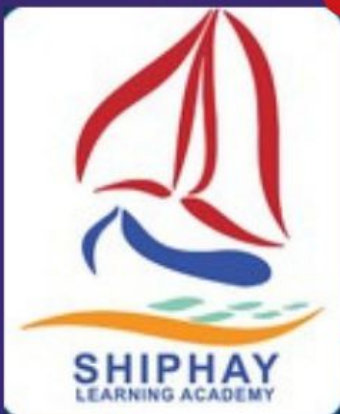
secretary@naswpc.co.uk

ONE CLUB. ONE TEAM.
ENDLESS POSSIBILITIES. ♥

www.naswpc.co.uk

Spanish club at Shiphay Learning Academy

Bookings are now open!



Learn Spanish through songs, games, role play and fun activities

Tuesday: 3:15pm - 4:15pm

For Years 2, 3, 4, 5 & 6

Cost: £31.00 per child, per month

Free access to 250+ online games

Autumn term starts 8th September

patty.rojas@kidslingo.co.uk

To book please visit:

www.kidslingo.co.uk/area/teignbridge-s-hams-torbay/



Very limited spaces!

DISCOVER SAILING

Always liked the idea of sailing
but not yet given it a go? Well,
why not join us for a **FREE** taster
session on a Friday Evening?

For more information visit our website or
email:

bigfriday@paigntonsailingclub.co.uk



Join us on the:

24th July



**Adults and Junior Learn to Sail
courses available, along with
Powerboat, First Aid, Short Wave
Radio (VHF), Race coaching, Race
Officer and mark laying courses,
on request.**



In conjunction with the
Royal Yachting Association's
'Discover Sailing' initiative.

Paignton Sailing Club
www.paigntonsailingclub.co.uk



HAF PROGRAMME

THIS SUMMER!

**SCAN TO
BOOK**

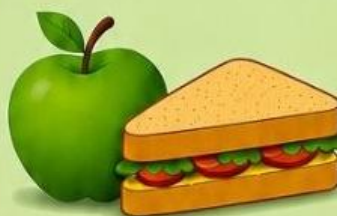
**FUN, FREE ACTIVITIES
& HEALTHY FOOD**



For Children During the Summer Holidays!



**FOOTBALL,
SWIMMING,
ACTIVITIES &
MORE!**



**HEALTHY
LUNCHES
PROVIDED!**



**FOR CHILDREN
AGED 5-11**



FREE TO ATTEND
FOR PUPILS WHO
RECEIVE FREE
SCHOOL MEALS



**MAKE FRIENDS,
STAY ACTIVE,
HAVE FUN!**



**SAFE, INCLUSIVE
AND SUPPORTIVE
ENVIRONMENT**



LIMITED SPACES AVAILABLE



01803 322551



admin@tucst.co.uk

