

ULLESTHORPE CE PRIMARY SCHOOL

WILLOW CLASS FOCUS

FRIDAY 6TH MARCH 2026

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UPCOMING DATES

Parents Evenings for all:

Tues 10th March 3:45-6pm

Willow Class 2nd Parents Evening:

Weds 11th March 4 - 6pm

Maple, Birch & Oak Class Parents Evening: 4 - 7pm

Cricket Day for all classes:

Friday 13th March

HEAD OF SCHOOL

MRS J. ALLEN

As Spring sunshine seems to have arrived, our Ullesthorpe School children continue to shine their light on all in our community by putting our Christian school values into action:

Respect, Perseverance, Forgiveness, Compassion, Friendship, Thankfulness and Community.

Collective Worship has most recently focused on the value of Forgiveness and the importance and healing value of showing forgiveness to others, just as we wish to be forgiven for our own misdeeds or errors.

This week has been an exciting one for our Book Worms as we have enjoyed a wonderful World Book Day with colourful costumes and varied vocabulary choices for our 'dress as a word' theme this year. Always a delight to celebrate reading!

Congratulations go to the following children who were awarded 'star of the week' certificates at recent Celebration Assemblies:

George, Clara, Ivy N, Ivy B, Suki, Albert, Gracie, Hunter, Cassius, Sam, Teddy, Max, Cansen, Harry and Oliver A.

Well done to them all!

Please do feel free to come and speak with me at the school gates, or make an appointment through the school office.

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The truck can
sell ighscreen
and lollies.

The children in Willow Class have been enjoying their new topic, 'On the Move!' They have been learning about how different forms of transport are useful and sorting them into those that travel by land, sea or air.

They have worked together to make some very creative junk model vehicles, including crane trucks, speed trains and brilliant boats that actually float! They enjoyed listening to and retelling a story called **The Naughty Bus**. The bus got up to all sorts of adventures, even travelling through baked beans!

The bus took them through London, which they compared to Ullethorpe village. They notice there is so much traffic there and very high buildings. They built Tower Bridge brilliantly in our small world area.

The children have also been interested in early forms of transport, looking at books that tell them about old carts, cars, bikes and hot air balloons. The children used their new knowledge and phonics skills to write sentences about the story bus, cars and trucks.

Well done Willow Class for showing such an interest in the world and demonstrating your curiosity and creativity.



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LEARNING THROUGH PLAY



The big red car
is cool.



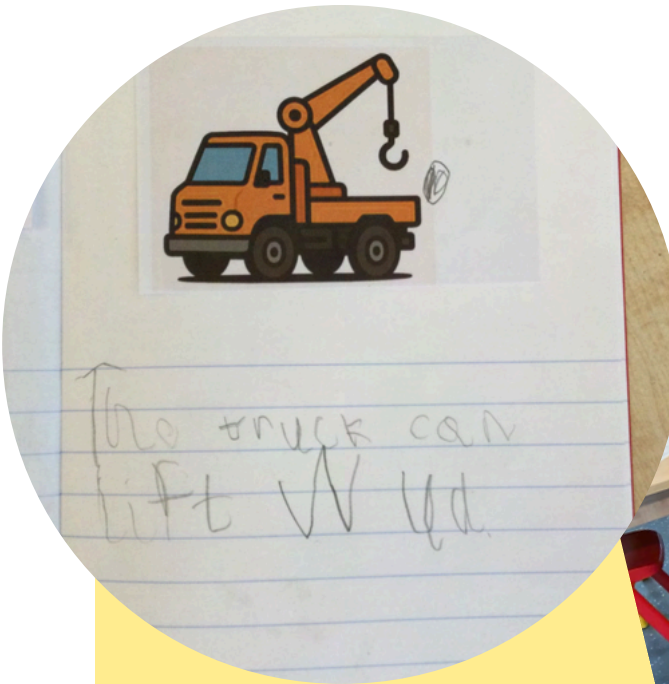
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LEARNING THROUGH PLAY



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WORLD BOOK DAY 2026



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**MOMENTS
MATTER,
ATTENDANCE
COUNTS.**

ENCOURAGING ATTENDANCE

SCHOOL ATTENDANCE CHECK-IN

**SUPERBLY WELL DONE TO THOSE YEAR GROUPS
WITH 100% ATTENDANCE!**

| Class: | Last Week % | This Week % |
|--------------------|-------------|-------------|
| Willow | 97% | 90% |
| Maple | 96% | 97% |
| Birch | 100% | 100% |
| Oak | 92% | 99% |
| Year Group: | | |
| EYFS | 100% | 88% |
| Year 1 | 96% | 97% |
| Year 2 | 93% | 95% |
| Year 3 | 100% | 100% |
| Year 4 | 100% | 99% |
| Year 5 | 95% | 99% |
| Year 6 | 88% | 99% |

School Overall % (this Year):

95.4%

National Average:

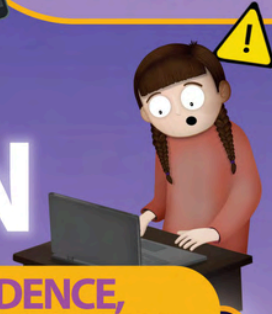
94.6%



It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Do we as parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?



What parents need to know about SCREEN ADDICTION



HEALTH & WELLBEING

Children as young as 13 are attending 'smartphone rehab' following growing concerns over screen time. There are now help centers in the UK which deal with screen addiction for children and adults showing the seriousness of device addiction. The World Health Organisation (WHO) has officially recognised gaming addiction as a modern disease. The condition was confirmed as part of their International Classification of Diseases (ICD) which serves as an international standard for diagnosing and treating health conditions.

LACK OF SLEEP

7 out of 10 children said they had missed out on sleep because of their online habits and 60% said they had neglected school work as a result. It is important that children get the sleep they need in order to focus the next day.

LOSS OF INTEREST IN OTHER THINGS

Your child may become less interested in anything that does not include their device. You may notice that your child is missing school time and generally being less engaged with other activities in the home. It is important to discuss this with your child as soon as you notice a behaviour change.



CONFIDENCE, SUPPORT & ADVICE

The Children's Commissioner report 'Life in Likes', explored how children aged 8-11 are using social media today. It showed that children are using their devices to speak to their online friends about their problems and seek acceptance and support, removing face to face interactions.

APPS CAN BE ADDICTIVE

Apps have been designed with 'psychological tricks' to constantly keep grabbing your attention. One example of this is on the app Snapchat, where you can gain 'streaks' when interacting with your friends. If you don't respond, you lose the streak. This addictive nature of apps aims to engage children and keep them coming back for more.



National Online Safety®



Top Tips for Parents



LIMIT SCREEN TIME

In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Rather than banning them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.

LEAD BY EXAMPLE

Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.

REMOVE DEVICES FROM THEIR BEDROOM

Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 20% of teenagers said that they wake up to check their social network accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.

ENCOURAGE ALTERNATE ACTIVITIES

It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them realise they can have fun without their device. Playing football, trampolining, camping, going for a walk or swimming are all healthy replacements for screen time. Try to join them in their Outdoor activities to show your support.

MOBILE-FREE MEAL TIMES

Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but in reality, it is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content etc. Less time spent on a screen means that a child will be less exposed to these risks.

STATISTICS

52% of children aged 3-4 go online for nearly **9hrs** a week

82% of children aged 5-7 go online for nearly **9.5hrs** a week

93% of children aged 8-11 go online for nearly **13.5hrs** a week

99% of children aged 12-15 go online for nearly **20.5hrs** a week

Children and Parents: Media Use and Attitudes Report 2018