



## Modbury Primary School Newsletter Friday 16<sup>th</sup> January 2026



[www.modburyprimaryschool.co.uk](http://www.modburyprimaryschool.co.uk)

 <https://www.facebook.com/p/South-Hams-Federation-61556768462697>

 <https://www.instagram.com/southhamsfederation2025/>

Dear Parents and Carers,

Our first full week of 2026 has been busy and full of learning opportunities for the children. You all should have received the termly class letter at the start of this week. If you feel you could contribute any expertise to any areas of our curriculum, please get in touch as we would love to provide chances to bring the curriculum to life.

### **Sportshall athletics**

Letters have come home today for those children in Year 5 who were interested in joining in with the sportshall athletics. There are only 12 spaces available, so children will be allocated spaces on a first come first served basis.

### **Activity Clubs**

This term's activity clubs are now up and running. There are spaces available in all clubs except the Nature/Gardening Club on Friday lunchtimes.



**Year 6 SATS club** – Please encourage your child to attend this club – It will be very beneficial in preparation for the SATs in May. Free biscuits are included. Next week is Jammy Dodger week!

### ***After School Clubs – 3.30pm – 4.30pm***

Y1 & 2 Mindful Colouring Club – Mondays – **7 spaces available**

Y6 SATs Club – Wednesdays Miss Nicholls and Mrs Robinson

### ***Lunchtime Clubs***

Y5 Chess Club – Mondays – **15 spaces available**

Y1 & 2 Story Club – Wednesdays – **2 spaces available**

KS2 TTRS Club – Thursdays **10 spaces available**

Y1 & 2 Lego Club – Thursdays **5 spaces available**

KS2 Cross Country Club – Thursdays (will continue after half term) **Limited spaces available on request**

KS2 Nature/Gardening Club – Fridays - **Full**

If you are unsuccessful in securing a place in a club for your child, you will be able to join a waiting list and will be contacted if/when a space becomes available.

### **Online Safety**

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.

# 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, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

### 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 behaviour to gain approval.

### 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.

### 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.

### EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

### 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 behaviour.

## Advice for Parents & Educators

### SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can 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 behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. 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, recognise 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 practise spotting fake information.

### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



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@wake.up.wednesday

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 14.01.2026

## **Achieve4All – Spring Term – until February Half Term**

If your child would like to join/continue this Multi-Sports club on a Wednesday after school – 3.30pm-4.30pm, please follow the new link below to book.

Modbury	Wednesday	KS1+2 Multi Sports Club	<a href="https://activities.bookpebble.co.uk/activity/achieve4all-multi-sports-club-ks12-modbury-wednesday-ivybridge-fe504e4d-f52f-4a64-8f05-aec7424ffbe7">https://activities.bookpebble.co.uk/activity/achieve4all-multi-sports-club-ks12-modbury-wednesday-ivybridge-fe504e4d-f52f-4a64-8f05-aec7424ffbe7</a>
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If you have any queries or questions you can contact them on: [info@achieve4all.co.uk](mailto:info@achieve4all.co.uk)

### **Plymouth Argyle's Y2 – Y6 Football After School Club - CANCELLED**

Unfortunately, due to low numbers since September and the coach/transport costs not being met, Argyle have advised that they are not able to continue this club into the New Year.

We are hoping to revisit this and have a new club set up for the summer term.

### **Diary Dates - New dates in bold**

29th January Sports Games at ICC - Open to Y4,5,6  
29th January Saltash Music Festival - Letters have gone out to those taking part  
4th- 6th February Year 5 Residential  
4th February Reception children vision screening



### **Stars of the Week**



Reception – Bohdi  
Year 1 – Elodie  
Year 2 – Olivia  
Year 3 – Jamiee  
Year 4 – Rory  
Year 5 – Harry  
Year 6 - Maisy



### **AR This week's highest word count...**

Year 2 – Finley, Emily, Zoe  
Year 3 – Grace, Delilah, Roman  
Year 4 – Theo, Evie, Ollie  
Year 5 – Rose, Jack, Iris  
Year 6 – Ella, Tristan, Martha



### **AR This year's highest word count...**

Overall - Otis 743,928

Year 2 – Emily, Louis, Barney  
Year 3 – Alice, Delilah, Elliot  
Year 4 – Evie, Jasper, Theo  
Year 5 – Otis, Jack, Felix  
Year 6 - Maisy, Seb, Tristan

## TTRS

### Number of correct answers this week

Year 2 – Toby F, Rosie  
Year 3 – Flo, Roman, Alice  
Year 4 – Rory, Oliver, Stanley  
Year 5 – Jack, Iris, Gwen  
Year 6 - Ella



**Louise Nicholls**  
Head of School



**Mrs T Coulthard**  
Executive Head Teacher

### PTFA News

The **Fabulous Friday Cake Stand** is back for the Spring term! Each Friday we have a table in the lower playground to sell wonderful baked creations and contributions for just **50p** per item. The money raised goes towards loads of cool stuff the PTFA support. Come along to our next meeting on **Monday 19 January from 8pm at The White Hart pub**, to find out more about what we do and how you can join in.

Here are the dates for each year group \*Thank you everyone for your support!:

16 January | Yr 1  
23 January | Reception  
30 January | Yr 6  
6 February | Yr 5  
13 February | Yr 4

*20 February | None as Half Term*

27 February | Yr 3  
6 March | Yr 2  
13 March | Yr 1  
20 March | Reception  
27 March | Yr 6



The graphic is a vertical poster with a dark red background. At the top, the letters 'PTFA' are written in large, bold, orange font. Below this, the word 'MEETING' is written in white, bold, sans-serif font inside a white rounded rectangle. Underneath, the text 'PLEASE COME ALONG AND SHARE YOUR IDEAS' is written in white, bold, sans-serif font. In the center, there is a white rounded rectangle with a blue border containing the text 'WE NEED YOUR HELP' in blue and black, with a red and yellow megaphone icon below it. At the bottom, there are two orange rounded rectangles: the left one contains '19TH JANUARY 2026' and the right one contains '8PM'. At the very bottom, a white rounded rectangle contains the text 'The White Hart'.

## **Community News**

### **Citizen's Advice Winter Newsletter**

Please follow the link below for the newsletter which includes information about what do if you're getting into debt, important changes to the rules governing tenants and landlords responsibilities and how you can reduce your energy bills.

<https://tinyurl.com/yaevrzhs>



Family Hub Advice &  
Guidance Line, 0800  
5385458

Mon-Fri 10am—4pm

## 'Connecting Moments' - Digital SEND Support for Families

Are you a parent or carer of a child with **Special Educational Needs and Disabilities (SEND)**?

Join us for **Connecting Moments** – a friendly online space designed just for you.

### *What's it all about?*

- **Connect with other families** in a small, welcoming group
- **Share experiences and ideas**
- **Build a peer support network**

Please join us on the **27th January at 12noon**, for a **1 hour session**—to book a space please fill in the form using the QR code below, places are limited and the session will be run via Teams.





**MILLIONS OF BRICKS**



**CHARITY-TOMBOLA**



**LEGO DISPLAYS**



**RETIRED SETS**



**ACTIVITIES**



**07/02 SAT**

# **PLYMOUTH BRICK FESTIVAL**



**PLYMOUTH  
BRICKFESTIVAL.COM**



**LIFE CENTRE**

