



## Modbury Primary School Newsletter Friday 30th 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,

What a superbly wet month we have had! Despite the weather, we have been managing to get the children outside most days. If you would like your child to be able to splash in the puddles, please send them in with wellies. Waterproof coats are essential at the moment. If anyone has any spare coats they are able to donate, we would be very grateful so that we can keep some spares in school for those times when children forget.

### **Out and About!**

This week, children from Modbury have been busily competing in music and athletics competitions. Our musicians travelled to the Saltash Music Festival, where they won both of their classes, receiving superb comments and scores from the judge.

We also took some Year 5 athletes to Ivybridge to compete in the indoor athletics competition. The children showed amazing team spirit and, despite competing against many very strong teams, they performed superbly well, even winning some of their events. A huge thank you to Mrs Gill, Mrs Woods, and all the staff and parents who make these events possible.



**Year 6 SATS club** – It was great to see a few more children this week! 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 a surprise week as Miss Nicholls has not been shopping yet!

**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)

## Mental Health Misinformation

Children and young people are increasingly turning to social media for mental health advice, but much of what they encounter online is unverified, oversimplified or misleading. This guide explores why platforms like TikTok and Instagram have become go-to sources, and how misuse of clinical language and viral trends can distort children and young people's understanding of mental health.

# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### WHAT ARE THE RISKS?

### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### IDENTIFY RELIABLE SOURCES


Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



# #WakeUpWednesday

The National College

X @wake\_up\_weds
f /wuw.thenationalcollege
ig @wake.up.wednesday
yt @wake.up.weds

## Diary Dates - New dates in bold

4th- 6th February - Year 5 Residential  
4th February - Reception children vision screening  
6<sup>th</sup> February – Wear Green NSPCC Number Day  
20th March - Red Nose Day - Wear red  
24<sup>th</sup> March – YR & Y6 Child Measurement Programme  
2nd April - Rocksteady concert 10am Time TBC  
2nd April - Easter Service (afternoon) TBC  
20th April - Year 3 extended day trip  
6th May - Year 5 sailing  
13th May - Year 5 sailing  
13th May - Year 6 SATS week  
3rd June - Class photos  
16th June - Year 4 residential  
24th June - Year 6 residential  
1st July - Sports Day (am)  
2nd July - Year 6 transition day ICC  
8th July - Reserve sports day (am)  
9th / 10th July - Year 6 play  
16th July - Rocksteady Summer concert 10am (Time TBC)  
17th July - Leavers assembly 9.30 Time TBC

### Class Assemblies

(Starting at 2.55pm )  
5th February Year 6  
12th February Year 4  
26th February Year 5  
5th March Year 2  
12th March Year 3  
19th March Year 1  
26th March Reception



## **Stars of the Week** **This week's focus - Respect**



Reception – Raven  
Year 1 – George  
Year 2 – Logan  
Year 3 – Ellen  
Year 4 – Lawrence  
Year 5 – Iris  
Year 6 - Charlie



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

Year 2 – Finley, Emily, Zoe  
Year 3 – Delilah, George, Ellen  
Year 4 – Evie  
Year 5 – Juliet, Seren, Rose  
Year 6 – Jack, Martha, Jago



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

**Overall - Otis 743,928**

Year 2 – Erin, Finley, Louis  
Year 3 – Alice, Delilah, Ellen  
Year 4 – Evie, Jasper, Theo  
Year 5 – Otis, Jack, Felix  
Year 6 - Jack, Maisy, Seb

## **TTRS**

### **Coins earned**

Year 2 – Bear, Erin, Emily  
Year 3 – Flo, Roman, Alice  
Year 4 – Macy, Ollie, Frankie  
Year 5 – Jack, Gwen, Martha  
Year 6 – Ella, Ivy, Jago

**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!:

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

## Community News



**COUNTRY MUSIC  
NIGHT**

**In the UK home of the Stetson Family.**

**Friday 27<sup>th</sup> Feb 2026**  
**@Modbury Memorial Hall. Bar / raffle.**

**Dust off your cowboy boots and hats and join us  
for line dancing (with expert tuition)  
then boogie the night away to live music  
from SW country music sensations 'Hipslinger'.**

**In aid of Modbury Cubs & Scouts**  
**Doors@7pm / Event starts at 7.45pm**

**Tickets £10 available from Modbury Post Office**  
**(event suitable for those over 12 yrs)**

ONE SMALL STEP FOR MAN, ONE GIANT LEAP FOR HIGH 5!

# GALAXY EXPLORERS

@STOWFORD SCHOOL

MONDAY 16<sup>TH</sup> - FRIDAY 20<sup>TH</sup> FEBRUARY 2026

**AWARDED**  
 ☆ BEST CHILDREN'S ACTIVITY PROVIDER IN THE SOUTH WEST  
 ☆ BEST SUMMER CAMP IN SOUTH WEST

SCAN TO BOOK NOW

MARTIAN MONDAY	EXTRATERRESTIAL TUESDAY	OUT OF THIS WORLD WEDNESDAY	MILKY WAY THURSDAY	FLYING SAUCER FRIDAY
Deep Space Dodgeball	Meteorite Multisports	Cosmic Cricket	Deep Space Dodgeball	Big Bang BenchBall
Halo Hockey	Halo Hockey	Deep Space Dodgeball	Fireball Football	Deep Space Dodgeball
Big Bang BenchBall	Fireball Football	Big Bang Bench Ball	Meteorite Multisports	Cosmic Cricket
Zero Gravity Inflatables session: including zorb wars	Circus Skills & Floor Art	Zero Gravity Inflatables session: including zorb wars	Neon Dodgeball Tournament	Fluro Dance Party including circus skills
Gravity Ball & Mega Art Project	Gravity Ball & Mega Art Project	Gravity Ball & Mega Art Project		Zero Gravity Inflatables session: including zorb wars

DAILY COSMIC CRAFTING - SEND THEIR IMAGINATIONS OUT OF THIS WORLD!

BOOK NOW @ [www.high5sportscamps.co.uk](http://www.high5sportscamps.co.uk)

Ofsted

FIND US ON

To book, please follow this link  
<https://campscui.active.com/orgs/High5SportsCamps?season=3753336>



# HOLIDAY CAMP

TOTNES FUSION

## WHAT TO EXPECT

- Glow Sports
- Arts & Crafts
- Bubble Football
- Inflatable Games
- Bouncy Castles
- Swimming
- Sports & Team Games

## GOOD TO KNOW

📅 Monday 16th - Friday 20th February

✓ Ages 5 - 12

£ £35 Day / £157.50 Week

🕒 8:15am - 5:15pm - Standard Day Ticket



Join us this February Half Term for an exciting programme with at least 6 activities each day.

Accept tax free / childcare vouchers

More information  
**07721638935**

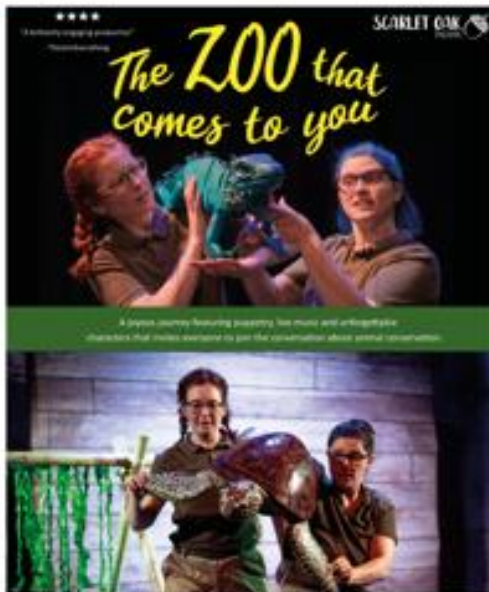
Visit our website  
**sportystars.co.uk**

To book, please click on the following link...

<https://activities.bookpebble.co.uk/activity/sportystars-torbay-and-south-hams-totnes-multi-activity-camp-totnes-4847109f-4f36-435c-a622-0bf76fdb22d3>

# FEBRUARY HALF-TERM

FUN at THE FLAVEL, Dartmouth 01803 839530



## The ZOO that comes to you

Treat the family to a joyous journey featuring puppetry, live music and unforgettable animal characters, that invites everyone to join in the conversation about animal conservation.

The Zoo That Comes To You follows the efforts of two wildlife enthusiasts who provide respite, care and a temporary home to those in need and now have a sanctuary full of animals, however, no-one has come to visit their zoo. So everybody - animals and humans alike - have decided it is time to get out, see the world, and bring the zoo, to you!

These chatty creatures have a lot of stories to tell and want to inspire people of all ages to take action, because they know small actions can make a big difference in the world.

LIVE on stage with Scarlet Oak Theatre.

Thu 19 Feb, 11am and 2pm

Adults £12, Under 16s £8  
Family ticket £35 (family of 4)



**The SpongeBob Movie:**  
Search for SquarePants (PG)

Mon 16 Feb 2pm  
Wed 18 Feb 2pm  
Fri 20 Feb 11am

  
www.theflavel.org.uk



**Drumming Workshop with Drum Devon**  
Come and learn to play a traditional West African Djembe rhythm - No experience necessary! Starting from scratch, through games and activities, you will learn fundamental techniques to create uplifting, authentic rhythms.

£15 Adults per session  
Family sessions are £15 per person including one child and £5 per extra child.  
Sat 14 Feb 10am



**Hamnet (12A)**  
The powerful story of love and loss that inspired the creation of Shakespeare's timeless masterpiece, Hamlet.

Tue 17 Feb 2pm  
Wed 18 Feb 7pm  
Thu 19 Feb 7pm

The Flavel Centre Trust, Flavel Place, Dartmouth, TQ6 9ND; Registered Charity Number 1082208



Dear Parent / Guardian,

Weekend Sailing Lessons for 2026 - information for you.

There are half day lessons available at weekends for your child / children to come along to. You choose just one half day and you will need to commit to the same time every weekend.

Age range is 8 years to 15 years old and each lesson takes a maximum of six children.

We'll be starting on Saturday 7th March and continuing till Sunday 11th October and not including July or August.

Saturday Morning, 10:00 to 13:00

Saturday Afternoon, 14:00 to 17:00 (fully booked)

Sunday Morning, 10:00 to 13:00

Sunday Afternoon, 14:00 to 17:00

Cost is £440 for the year and there are around 22 lessons in total. Excellent value for money.

Payment can be made in full with a one off payment or four monthly payments by standing order of £110 per child. First payment at the end of January and then each month thereafter.

It's worth noting that there are no refunds available for any lessons you can't make or any lessons that are cancelled because of the weather.

The Wind Project is a Charitable Community Benefit Society. We source additional funding that is needed to support this particular project and our other ones too.

Salcombe Dinghy Sailing, an RYA Training Centre, will be contracted to deliver the Sailing lessons on our behalf. They operate from Whitestrand pontoon in the centre of Salcombe with their Sailing boats kept on a pontoon close by.

All lessons are undertaken by RYA Advanced Instructors who are first aid trained and are DBS checked.

Children will need to have their own wetsuits, boots etc. Buoyancy aids are fitted and supplied. A kit list is sent once payment, full or part is received.

The boats used are Laser Picos, two children per boat and with the Instructor teaching from a safety boat.

If you have any questions, please let me know.

Kind regards,

Zoe

The Wind Project

A Charitable Community Benefit Society - Registration Number 8661

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

Give us a like on [Instagram](#) & [Facebook](#)