



Modbury Primary School Newsletter

Friday 19th June 2026



www.modburyprimaryschool.co.uk



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



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



Another week has flown by with lots of exciting activities. There are lots of events and activities coming up so please keep an eye out in the newsletter for more information. Hopefully, you have all received staffing letters for next year. If these have not made it to you, please let the office know.

Year 3

Class 3 enjoyed a trip out around Modbury as part of our geography learning. We looked at human and physical features throughout our local area so that we could compare it with a region in the French Alps and a coastal area in Italy.



We also enjoyed tasting and evaluating different sandwiches on Thursday for DT. Yummy!



Football

On Wednesday and Thursday, a Football Coach from ICC came to run some exciting football workshops with the children. They all had a wonderful time and learnt lots of new skills!



SEND Coffee Afternoon - All Parents welcome!

The next coffee afternoon will be a whole federation event based at Loddiswell Primary school on Tuesday 23rd June 2-3pm. We are excited to have Linda Willmott, who previously worked for the Devon Social, Emotional, Mental Health team, joining us to share information on: supporting children with worries, anxiety, emotional regulation and emotional based school avoidance. This will be a really informative session with opportunities to ask questions. We hope to see lots of you there.



Summer Book Swap - Wednesday 15th July

Following the success of our March book swap, we're delighted to bring it back. This time, the book swap will run in the hall on the same day as the Fair. **All children are warmly invited to come along and choose a book to take home, completely free!**

To keep the shelves stocked, we'd love it if your child could **donate one or two good quality books in good condition**. Miss Moor is receiving all donations so please feel free to drop them off in Year 4 before the day. Before you donate, please do take a quick moment to check each book is suitable for children - last time a few cheeky 'spooof' Enid Blyton titles slipped through that were really meant for grown-ups!

Why not make it a summer reading adventure? The long holidays are the perfect chance for children to curl up with a good book, whether it's in the garden, on a rainy afternoon or during a journey away. Swapping a few stories now means a lovely stack of fresh reads ready for the summer.

Happy reading, and we can't wait to see you there. 😊

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.

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 climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

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.

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.

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.

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

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[@wake.up.wednesday](https://www.facebook.com/wake.up.wednesday)
[@wake.up.weds](https://www.tiktok.com/@wake.up.weds)

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Stars of the Week

This week's focus - Classroom resilience

Reception – Bodhi
Year 1 – Freddie
Year 2 – Logan
Year 3 – Arsenii
Year 4 – Lawrence
Year 5 – Nathan
Year 6 – Arlo

TTRS

Coins earned

Year 2 - Isaac, Erin, Barney
Year 3 - Athene, Roman, Delilah
Year 4 - Connie A, Ollie T, Theo
Year 5 - Jack, Freya

AR

Word Count - Last 7 days

Year 2 - Noah, Logan, Barney
Year 3 - Grace, Athene, William
Year 4 - Connie A, Frankie
Year 5 - Jack, Lilah, Juliet
Year 6 - Ella

Highest word counts 2025-26

Otis 2,054,187
Jack D 1,724,728
Felix P 1,216,376

Diary Dates - New dates in bold

23rd June – SEND Coffee Afternoon in school 2pm-3pm
24th June - Year 6 residential
1st July - Sports Day (am)
2nd July - Year 6 transition day ICC
3rd July – Multi-Coloured Mufti Day
8th July - Reserve Sports Day (am)
9th / 10th July - Year 6 play
15th July – Summer Fair
15th July – Swimming Gala – approx. timings:
Y6 – 1.10pm
YR – 1.30pm
Y1 – 1.50pm
Y2 – 2.10pm
Y3 – 2.30pm
Y4 – 2.50pm
Y5 – 3.10pm
16th July - Rocksteady Summer concert 10am (Time TBC)
17th July - Leavers assembly 9.30 Time TBC

Achieve4All – Summer Term 2 – bookings now available!

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

Modbury	Wednesday	KS1+2 Multi Sports Club	https://activities.bookpebble.co.uk/activity/achieve4all-multi-sports-club-ks12-modbury-wednesday-ivybridge-fe504e4d-f52f-4a64-8f05-aec7424ffbe7
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If you have any queries or questions, you can contact them on: info@achieve4all.co.uk



Louise Nicholls
Head of School



Mrs T Coulthard
Executive Head Teacher

PTFA News



Multi coloured Mufti Day on Friday 3rd July

Please come to school dressed as brightly coloured as you can. In exchange we kindly ask if you could bring in a donation on the same day for our RAINBOW TOMBOLA at the Summer Fair! Each class will have a different colour theme for their donation.

Reception - Red
Year 1 - Pink
Year 2 - Yellow
Year 3 - Purple
Year 4 - Orange
Year 5 - Blue
Year 6 - Green

These donations can be non- perishable food items, soft drinks, small pocket money toys, toiletries, stationary etc all in your year colour.

Get in touch by emailing modburyptfa@southhamsfederation.org.uk or speak to any of the committee members.

Thanks, PTFA x

Community News

Dear Families,

The wait is over — our summer holidays are officially here, and we couldn't be more excited to share what we've got in store for you!

This year's themes are live, early bird pricing is available (until 15/06) and spots are already filling up fast. Whether you need childcare for work, want to fill their summer with epic adventure, or simply want them to socialise away from screens, come and check out our 8 Summer Fun Fest Themes, there's definitely something for everyone this summer.



Explore this summer's themes and secure your spot:

<https://www.high5sportscamps.co.uk/camps/summer-camps-2026/>

Quick booking link: <https://campscui.active.com/orgs/High5SportsCamps?season=3825238>

We can't wait to see you there.

Ben, Aimee & The High 5 Team

A vibrant poster for 'HIGH 5 PRESENTS SUMMER FUN FEST 2026'. The background is blue with colorful triangular bunting at the top. The text is in various fonts and colors, including orange, white, and blue. It features a central white box with text, a yellow ticket icon on the left, a blue award ribbon on the right, and a QR code at the bottom right. The bottom of the poster has an orange banner with 'Ofsted' and the website 'www.high5sportscamps.co.uk'. Social media icons for YouTube, Facebook, and Instagram are also present.

HIGH 5 PRESENTS
SUMMER FUN FEST
★ ★ ★ 2026 ★ ★ ★
@STOWFORD SCHOOL
IVYBRIDGE
MONDAY 27TH JULY - FRIDAY 28TH AUGUST

Featuring...
5 INCREDIBLE THEMES, 5 WEEKS OF EPIC SCREEN FREE FUN!
PACKED FULL OF SPORTS, ART & ADVENTURE!

TICKET AGES 5-12

MULTI-AWARD WINNING
BEST CHILDREN'S ACTIVITY PROVIDER IN THE SOUTH WEST
BEST SUMMER CAMP IN SOUTH WEST

Funded places available

For more details and bookings please scan the QR code...

BOOK NOW @

Ofsted www.high5sportscamps.co.uk

FIND US ON...



18th, 19th & 20th September 2026

DadFest DevonTM

Location: Beryl's Campsite, Beeson. Kingsbridge,
South Devon. TQ7 2HW

Awarded 'Best Small Event in the UK' in 2015 & 2025
The only UK festival just for dads & their children.

- campfire stories • water-rockets • bat walk
- Forest School • board games • rifle range
- wrestling show • arts & craft • sport skills
- kids disco • music workshops • archery
- slip n slide • beach trip • food & drink • & more...
- + 2026 World Dad Dancing Championship

Dads/ male carers with children of all ages welcome

DadFest 2026 tickets must be bought in advance

Dad + 1 child (all ages): £109

Dad + 2 children (all ages): £119

Dad + 3 children (all ages): £129



Ticket includes camping & all activities – nothing more to pay
Get food tickets too: £40 (dad): £30 (children)

To book search 'ticket tailor DadFest Devon'

or email: info@thedadsnetwork.org





South Devon Fun with Dads Project



Calling all dads & children

Summer Camp 2026

An amazing overnight camp really near the beach
at Terawhiti Farm, South Milton. Nr. Kingsbridge. Devon. TQ7 3JT

Sat. 18th - Sun. 19th July

- beach games • soft archery
- dad jokes • BBQ & marshmallows •
- glow-worm walk • campfire stories



£5 - £20 (sliding scale)

Camping equipment can be borrowed
www.bookwhen.com/southdevondads
any questions? email: info@thedadsnetwork.org

Booking essential

