

ST. JAMES' (C OF E) JUNIOR SCHOOL

Every Child, Every Chance, Every Day.



IT'S HOT...

This week's hot weather has certainly been a challenge, but our children have coped exceptionally well with the adaptations we have put in place. We have been incredibly proud of their resilience, positive attitudes and determination to keep learning despite the high temperatures. We appreciate the support from families in ensuring children came to school prepared for the warm weather. Whilst we are aware that some schools have chosen to close early, our priority is always to remain open wherever possible so that children can continue to receive their education and benefit from being in school. We are hopeful that temperatures will be cooler next week and that we can return to our usual routines. Therefore, from next week, we would like all children to return to wearing full school uniform. Thank you for your continued support.

YEAR 4 UKULELE PERFORMANCE...

On Tuesday 30th June, our Year 4 children will be showcasing the fantastic ukulele skills they have developed throughout this academic year. They have worked incredibly hard and are excited to perform for an audience. We would be delighted if parents and carers could join us to celebrate their achievements and enjoy the performance. The concert will begin at 2:30pm, and we look forward to seeing you there.

SPORTS DAY

A reminder that Sports Day, which was postponed due to the hot weather, will now take place on Thursday 2nd July. We are looking forward to an exciting afternoon at Arboretum Park and would love for parents and carers to join us to support and encourage the children. Further details and reminders about arrangements will be shared via Class Dojo early next week.

TRANSITION DAYS...

Our Transition Days will take place on Tuesday 7th July, Wednesday 8th July and Thursday 9th July. During these three days, children will spend time with their new teachers and classmates, helping them to become familiar with their new classroom environment and routines ahead of September.

Year 6 pupils will attend their secondary school transition days during this time. Please note that Year 6 children should go directly to their secondary school on these days and should not come to St. James' Junior School. Families should follow the arrangements and timings provided by their child's secondary school.

We know these transition opportunities are invaluable in helping children feel confident and excited about the next stage of their education.

WEEKLY NEWSLETTER

FRIDAY 26TH JUNE 2026

Golden Book AWARDS

Our theme for the Golden Book this week has been 'Someone who has tried hard to improve their handwriting.'

The children in the Golden Book this week are:

3R	Aarush
3W	Ionis
3/4MS	Ayaan
4A	Adrian
4B	Jochebed
5F	Milana
5H	Adam
5/6FB	Edward
6K	Tiwa
6Q	Fatima

Well done to all this week's winners.



10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>