

This term's Christian Value is:

Perseverance

"Let us not become weary in doing good, for at the proper time we will reap a harvest if we do not give up." Galatians 6:9

Attendance

Attendance this week: 98.4%

12 classes this week have had 97+% attendance

Whole school attendance to date: 96.7 %

This academic year our target is 97%



Lightcliffe 100 – this week's words have been: **method, minimum, motivation**

Children's Mental Health Week Danceathon!

On Friday 13th February, our Kindness Ambassadors along with Mrs Gillespie, will be taking on a Danceathon throughout the school day to raise awareness for Children's Mental Health Week and to support the incredible charity 52 Lives. We are inviting all children to come to school in non-uniform on the day. If they'd like to, they can wear something purple to mark the occasion – but there is absolutely no pressure to do so. Donations can be made using the link below, and any additional sponsorship for our Danceathon is very gratefully received. Throughout the day, The Kindness Ambassadors will be visiting every classroom as they dance their way around school, with the children cheering them on! Thank you so much in advance for your support... and we wish them good luck! [Gemma Gillespie is fundraising for 52 Lives](#)



CHILDREN'S MENTAL HEALTH WEEK

February 9th – 15th, 2026

Children's Mental Health Week is organised by the [Place2Be](#) charity and is taking place from Feb 9th-15th. The theme for 2026 is 'This is My Place' and the aim of the week is to encourage a sense of belonging – in friendships, in school, and in our communities. When we feel that we belong, it helps us feel connected to one another and also empowers us to go out into the world and create positive change.

It's really important to help each other out when we can, and to find ways to take care of our minds. One very simple but powerful way to connect with others and create that sense of support and belonging is through kindness.



Mrs Dunkley



Mrs Hustler

Upcoming Events

Fri 6 th February	PFSA Quiz
Wed 11 th & Thurs 12 th February	Parent Consultation Evenings
Fri 13 th February	PFSA Tuck Shop
Fri 13 th February	Non-uniform day/Danceathon
Fri 13 th February	School closes for half-term
Mon 23rd February	School re-opens



Parent Consultation Evenings

Invitations for Parents' Evening were sent out last week. Please make sure you have booked your appointment to meet with your child's teacher for either Wednesday 11th or Thursday 12th February by midnight tonight (Fri 6th Feb). To help your child's teacher/s organise their timetable properly, appointments cannot be booked on the day, so please ensure your slot is confirmed in advance. If you experience any difficulties with the booking system, please contact the school office and they will be happy to help.

Young Voices Concert

Our school choir had an amazing time at the Young Voices concert yesterday. The children sang brilliantly and represented our school with pride, enthusiasm, and fantastic behaviour throughout the day. Joining thousands of other pupils to perform in such a huge arena was an unforgettable experience for them all. A big thank you to the staff and volunteers who supported the trip, and to the families who came along to watch. Well done to our wonderful singers – you were amazing!



Rotakids next adventure!

Hot on the heels of their last fundraising achievement, the Rotakids are planning their next event, this time raising funds solely for their second chosen charity – Forget Me Not Children's Hospice. Their next project is an art competition of the theme 'Things That Makes Me Happy'. Children are invited to create a piece of art – collage, drawing, painting or a 3D masterpiece to show what makes them happy. Entries are to be returned to school by Monday 2nd March. The competition entries will be exhibited on a date yet to be confirmed in March, along with artwork from within the school. Stay tuned for more information about the exhibition, but for now get creative! There will be prizes for winners in various age categories. Good luck!

Oliver and Reuben's Chinese New Year Fundraiser for Hove Edge Scout Group

We are delighted to be supporting Oliver and Reuben with their fundraising stall on Tuesday 10th February. All money raised will go towards improving access to the scout hut, as the current route becomes extremely muddy and unsafe in wet weather. This project would benefit every child and adult who uses the hut, and it means a great deal to the group – especially to Oliver and Reuben, who are very proud to be involved. To help raise funds, they will be hosting a special Chinese New Year fundraiser after school where children can buy handmade bracelets, fortune cookies, stickers, and Chinese New Year themed decorations and souvenirs, including horse keyrings, pens, and badges. Thank you in advance for supporting Oliver and Reuben. Every contribution helps the scouts continue offering wonderful experiences for our local children.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthrals young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of the Rainbow Within, a book which supports children with SEMH needs.

National Online Safety **#WakeUpWednesday**

Source: <http://www.bbc.co.uk/news/technology-53024905>
<https://www.safesurf.co.uk/insights/social-media-algorithms/>

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ADVENTURE DAY CAMP

9AM - 3:30PM



Mon 16th & Tue 17th February

£25

1 Day

£45

2 Days

*SIBLING DISCOUNT & EARLY (8:15AM) DROP OFF
AVAILABLE*

LIGHTCLIFFE PRIMARY SCHOOL
HX3 8SH

TO BOOK, PLEASE TEXT OR WHATSAPP 0794 959 7032 (JOE)
OR 0786 864 0602 (LUKE)

WHAT TO BRING

- Suitable sports clothing for indoor and outdoor activities
- Trainers
- Football boots (optional)
- Water bottle
- Packed lunch (**nothing containing nuts**)
- Healthy snacks (**nothing containing nuts**)
- Medication if required

WHEN BOOKING PLEASE SEND THE FOLLOWING DETAILS

- Childs name
- The camp they are attending
- Dates attending
- Medical Information
- Emergency Contact
- If you are requesting early drop-off/late pick-up

Thanks for your continued support - we look forward to welcoming everyone to a week of sport, fun, and unforgettable memories.