

WELTON ST MARY'S CHURCH OF ENGLAND

PRIMARY ACADEMY



April 2025

Dear Parents/Carers,

It is good to see that the days are getting longer, the weather is feeling much more spring like and the birds are beginning to sing. You may have also seen that we have birds nesting in our birdboxes near the bin stores. Our poppy garden is now bursting into life. You may have noticed we recently had our snowdrops flowering. These were planted last year as a symbol of personal hope for everyone and hope for our world. Our snowdrops are a reminder that we all must live with hope in our hearts.

'May the God of love fill you with all joy and peace as you trust in him, so that you may overflow with hope by the power of the Holy Spirit'. Romans 15:13

Hopefully the weather will be kind to us all over the next two weeks and we can take some time away from our busy days and appreciate the new life, changes in the nature and be grateful for the beauty of the world around us.

This term there have been many opportunities for the children including World Book Day. Thank you for all the support with this. The children had a great day- there were so many conversations about the characters the children had come to school as. The School Friends' event with the Golden Tickets was also very successful. The children have enjoyed the many different prizes – the playleaders and being a teacher's helper for a day were particularly successful. We still have the 'be a headteacher for the day' prizewinner to have their day.

Our School Council organised our Red Nose Day events including leading a collective worship before hand, sharing with the children how, by donating, they were being agents of positive change. Thank you for your generosity, an amazing £496.55 was raised.

Year 5 have really taken their studies on Space to the next level including a Stem day with the RAF where they built model space craft with a payload and experimented on how far they could travel. and a visit to the Space Centre. Year 5 staff were blown away by the enthusiasm, level of knowledge and expertise our Year 5 have of space.



The Year 4 children have recently returned from a fantastic residential trip to Rand Farm. They enjoyed different workshops, sausage making, carrot cake, planting sage and carrot seeds as well as experiencing a bit about working life on a farm.

Whenever we take children out of school, their behaviour, enthusiasm, participation and level of respect and responsibility, are always commented on. We are extremely proud of the children. It is a real pleasure to be able to provide all these opportunities, knowing that how much can be gained from the experiences due to the children's love for learning.

As we come to the end of the term, we all wish you a good break and a very Happy Easter. We look forward to seeing you all back at school on 23rd April.

Kind regards

Mrs Gough

Opal Play

Our OPAL play is going from strength to strength with more activities being added. Each time a new activity is introduced, we work with the children to consider risks, benefits and management of risks. Our two most recent activities are wheels and swings. All Risk Benefit Assessments can be found on our website [Outdoor Play and Learning \(OPAL\) - Welton St Mary's Academy](http://www.outdoorplayandlearning.org.uk)



If you would like to learn more about the OPAL Primary Programme, please have a look at the OPAL website (www.outdoorplayandlearning.org.uk), where you will find lots of useful information and several videos about the programme.

Naming clothing

After a chilly start to the term, the sun has eventually decided to shine! Long may it last. With the sunny days comes that time of year when jumpers and cardigans come off at breaktimes. Please can these be named so that if they should go missing, they can be returned.

We do not have a lost property box. Looking after property is the children's personal responsibility. If they are not wearing their jumpers, they need to be kept in their locker. For children in FS, they put their jumpers in the baskets provided in each classroom.



Space centre NEWS ARTICLE

On Wednesday 26 March, Year five had the immense privilege of going into space! Umm ...well...maybe just the international space station in Leicester.

At first, they were split into groups of thirteen and set off from the coach. Furthermore, as they entered the building, they were greeted by a vast display of orrery with an interactive model of the solar system. There was a widespread amazement at the detailed information about each and every planet (including the dwarf planets). They were then taken to the planetarium, which was an omni theatre, that showed a 360 view of our solar system from space. They were even able to zoom in and take a closer look at the planets. It felt like they were soaring through space. Next stop, ROCKET TOWER!

Before reaching the top, we had to climb a whopping 144 steps. At different levels of the tower, they could see different parts of the rocket; the sheer size of the rockets was mesmerising. Moving on from the tower, they next attended the module where they learned how astronauts continued their life up, up and away in space. Watch out for the space sickness, it can be a rough time!

And finally, Year 5's last stop was our beautiful blue home planet, Earth. The children reported that it was eye-opening to see how much damage humans have caused to this magnificent creation. Influenced by this, the group finished their trip with a pledge to be better stewards of God's creation.

Evie S

Year 5 Tiger

Rand Farm

THANK YOU

Thank you to all the staff who gave up their time this week so that our Year 4 children could have the opportunity of a residential at Rand Farm. The children had a great time learning about life on the farm, feeding the animals, mucking them out, making carrot cake and sausages as well as finding time to enjoy the play barn and outdoor play.

Red Nose Day

RED NOSE DAY

A huge thank you to everyone that kindly donated to Red Nose Day 2025

Together we raised £496.55



Online Safety Update – Part Two

Following on from the online safety information provided in a previous newsletter, here are some more findings from our recent parent survey and pupil voice (just a reminder that this was a random sample of children from KS2).

90% of Welton St Mary's parents discuss and set online or technology rules and boundaries. Only 5% say that they have tried to but that this is difficult to enforce. This would suggest that children are sticking to these. In addition, **92% of parents discuss safe use of internet with their children.** This is excellent. The vast majority of the 92% say that they do this regularly. Interestingly, the children's perceptions of discussing staying safe online is not the same as the parents (of course this is only reflective of the sample of children chosen but it was a consistent finding in each year group). Two questions for us all to reflect on might be: How frequent and in depth are these conversations? Are they reactive (happening only when something goes wrong) or proactive (trying to prevent something from potentially going wrong)? The following tips from the LGfL are useful in reassuring us that we do not need to be an IT expert to have the conversations.



YOU don't need to be an **EXPERT ... be a PARENT**

- **It's your choice** - **Don't let others dictate when the right time is** to use tech.
- **Stay involved** – make **time to communicate**, talk about what they are doing. What do they enjoy? What makes them laugh?
- **Don't quiz them** – have regular **conversations**. What's their favourite app? What is the best site to learn new things from?
- **Join in** - **watch them** play a game and join in. Who are they playing with? Do they know the other players?
- **'Show me how...'** – **ask their advice** to help you with your privacy settings, who you should add as a friend, are there any risks?
- **Lead by example** - children learn as much from watching as they do from being told not to do something, so **model** good behaviour
- **Reassure them** - tell them that they **won't get in trouble** and that you are always there **to help**.



Screen Time

It was evident from the comments that we received that screen time is a major concern for parents. Concerns included:

- Screens replacing in person interaction with friends
- Peer pressure and wanting devices or access to phones earlier than parents are happy with
- Wi-Fi radiation, eye strain and blue light impacting on sleep and concentration
- Over stimulation affecting how easily bored the children get in other situations
- The consumption of their time, impact on their behaviour and thoughts about themselves
- Not being active enough and becoming a drone to tech
- The addictive nature of gaming and finding a healthy balance between letting children play but not often enough for it to pose a problem with social skills/spending time with family.



These are all legitimate concerns that are shared by parents everywhere. Firstly, let's look at how much time our children are spending online.

How often are children online **during the school week**?

Option	Percentage	Quantity
0	19.5%	31
1	44.0%	70
2	27.0%	43
3	6.9%	11
4	0.6%	1
More than 4	1.9%	3
Total		159

How often are children online **at the weekend**?

Option	Percentage	Quantity
0	10.3%	16
1	17.4%	27
2	35.5%	55
3	23.2%	36
More than 4	13.5%	21
Total		155

Unsurprisingly, screen time increased at the weekend. Notably, **20% of our children do not go online at all during the school week** and this reduces to 10% at the weekend. Interesting, most children in the sample group felt they were on longer than this. This did vary a lot! Of course, this could be down to the children's perception of time or parents underestimating the time their children are on devices but it was interesting that the children did not try to underplay their screen time!

Screentime often lacks context yet can be used to instil and exacerbate fears upon parents leading to other concerns such as addiction. Screen 'time' can of course be a factor, but screen 'use' is much more important. This gives us context - what are they doing and why? This very thought-provoking article in The Guardian provides a balanced view on screen time. It is well worth a read! [All in the mind? The surprising truth about brain rot | Health & wellbeing | The Guardian](#)

It's perfectly ok to have some time dedicated to leisure, and why not some screen activities as part of that? The key might be for children and adults to manage the device and not let the device manage us. A question for us might be: 'What are our children doing on their screens and how does this impact them? (positively or negatively)' This might help us when reflecting on whether our children (and us!) are spending too much time online.

In the article, Andrew Przybylski, a professor of human behaviour and technology at Oxford University, says 'Like every activity, it should be only a reasonable amount of time. I think many of the negative effects that are attributed to screen exposure are not intrinsic to screen exposure. They just reflect the fact that time can be lost for other activities that would have positive effects.'

A Digital Family Agreement is one way in which families might like to **clarify** what is allowed, **establish** ground rules like no phones at the table or in the bedroom at night-time, and **agree** shared expectations to reduce arguments and keep everyone safe and healthy

An example of a completed agreement is below (but of course this can be created in whatever way works best for you and your family!). The main thing is that this applies to everybody in the house. As adults we must lead by example! Download it at parentsafe.lgfl.net/digital-family-agreement

Keep an eye out in future newsletters for more feedback from the online safety survey and information and resources that might help you to continue to keep your children safe when online.



Digital Family Agreement



LGfL DigiSafe®

I will:

Why?

Check with mum before getting a new app or game or buying an add-on so she can check it's safe
Set up privacy and safety settings on any apps and sites I use and show them to dad, so he doesn't worry
Check with mum or dad before going live and explain what I can do to avoid any risks
Not post or share any personal information, e.g. mobile, address, to stay private and safe
Put my phone down when we're eating together or mum or dad want to talk, as it's respectful
Turn off notifications when I'm doing homework and at bed time, to help concentrate and sleep
Come off my devices an hour before bedtime to unwind and Sleep well

If there are any issues:
We will talk about it calmly and respectfully
I may have to show you more about what I am doing on devices, or other consequences

Parent/carer will:

Why?

Put our devices down when you want to talk to me/us so we can model good behaviour
Keep our mobiles away for important family time, e.g. breakfast and dinner so we can have quality time and talk
Trust you to manage your screen time sensibly as we agreed, and only say something if I/we are worried, to help you stay safe and healthy
Ask permission before sharing any photos of you, to respect your privacy

If I'm worried by anything:
I can tell mum or dad and they won't judge me
I can talk to Ms Patel at school
I can contact Childline or The Mix

Signed: *Sophie* Mum Dad

Today's date: 24th March

Date we will review this: 24th May

Download me again and find more support for parents at parentsafe.lgfl.net

Online Safety

More and more children are being given technology that can be worn, e.g. smartwatches and whilst there can be benefits the risks aren't always apparent. This article from Internet Matters explores wearable technology for children and gives advice on: *The different types of wearable tech, e.g. smart watches, glasses, VR headsets and fitness trackers. *Whether wearable technology is safe and what some of the concerns are, e.g. privacy and data collection, impact on body image. *How wearable tech can support wellbeing. And more. You can find the article [HERE](#).

For Parents - Under 5's

As more and more younger children get access to their own or borrowed tablets it's important to make sure these devices are set up correctly and children are using age-appropriate apps/games. Internet Matters have a great set of resources for parents of these younger children which you can find [HERE](#).

Report - Children's Wellbeing in a Digital World

Internet Matters have released their new report for 2025 and there's some really interesting findings. On the positive side the report finds that children are more open with their parents about online activities, and parents' awareness of their children's online activities has increased. But on the negative side, the wellbeing scores for vulnerable children have risen to their highest level with 24% saying that upsetting experiences happened to them quite a lot, up from 10% last year.

You can read the full report [HERE](#).



Countryside Lincs

Taking place on **Sunday 6th April between 10am and 4pm**, the event promises fantastic displays and demonstrations, as well as interactive activities and workshops.

A jam-packed day filled with animals, activities, experiences and entertainment for all the family, it's an event not to be missed!



To find out more about Countryside Lincs and to purchase tickets, visit www.lincolnshireshowground.co.uk/countryside-lincs

Lincoln Festival of History

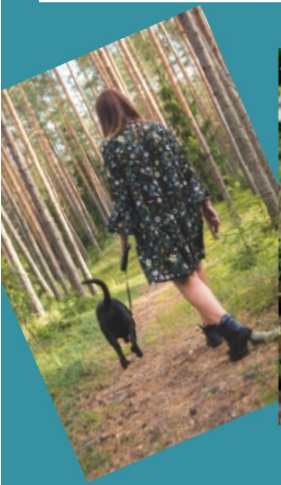


Welton Country Park

Have **Your Say**



What would you like to see on the 22 acres of land in the village? What would benefit our community most?



The Parish Council invites you to come and have your say at Welton St Mary's Primary Academy on Monday 28th April from 3:30pm to 4:30pm



Your guide to health services in Lincolnshire



Self Care

Treat aches, pains, coughs, and colds at home. Stock up your medicine cabinet with over the counter remedies.



Pharmacy

Visit your local pharmacy for advice on minor injuries, allergies, constipation, headaches, cold and flu symptoms, and earache.



Your GP Practice

Contact your GP practice about symptoms that aren't going away. They can offer you an appointment or signpost you to other services.



NHS 111

If you have an urgent health need but are not sure what to do, think NHS 111. Call 111 or visit 111. [nhs.uk](https://www.nhs.uk). Available 24/7.



WaitLess

Download the WaitLess app to view live waiting times, queue numbers and travel-time information for our urgent care facilities.



Urgent Treatment Centre

Seek help for sprains, fractures, minor burns, and skin infections. Simply walk in or book an appointment via NHS 111.



Dental Treatment

For urgent dental care please contact your normal dental practice, or for advice out of hours call NHS 111.



Mental Health Crisis

If you are worried about your mental health, call 0800 001 4331 (adults) or 0800 234 6342 (children and young people). Available 24/7.

In a medical emergency call 999. This is when someone is seriously ill or injured and their life is at risk.

For more information visit www.nhs.uk

**Safeguarding
is everyone's
responsibility**

Everyone in society has a responsibility to protect and safeguard children from abuse and neglect.

999

If you or your children are in immediate danger you should always call 999. If it is not safe to speak use the “silent solution”. Press 5 5 when prompted and this will tell us that you need us.

Lincolnshire Safeguarding Children Partnership (LSCP)

If you believe that a child may be a victim of neglect, abuse or cruelty call the customer service centre: Children's safeguarding - **01522 782111** (Monday to Friday, 8am to 6pm) or **01522 782333** (outside office hours)

NSPCC

Talk to the NSPCC for advice and support about a child, or to report a concern. It's free and you don't have to say who you are. Please call us on **0808 800 5000** or visit <https://www.nspcc.org.uk/>

Edan Lincs/LDASS

Domestic abuse service supporting men, women and children. Please call **01522 510041** or email info@ldass.org.uk

The Samaritans

If you need someone to talk to, we are here to listen. Please call **116 123** or visit <https://www.samaritans.org/>
Childline. Childline is here to help anyone under the age of 19. If you need to talk to a trained counsellor about anything, please call **0800 1111**

Operation Encompass

We are an **Operation Encompass School**, part of a national scheme that runs jointly between all schools and the police. Operation Encompass is the reporting to schools, prior to the start of the next school day, when a child or young person has experienced, any domestic abuse.

Operation Encompass will ensure that a member of the school's staff (*the Designated Safeguarding Lead*), is trained to allow them to liaise with the police and to use the information that has been shared, in confidence, while ensuring that the school is able to make provision for possible difficulties experienced by children, or their families, who have recently experienced a domestic abuse incident.

We are keen to offer the best support possible to all our pupils and we believe this will be extremely beneficial for all those involved. This information shared with the school is already covered in the schools' existing privacy notice. For further information in relation to how personal data in relation to yourself and your child(ren) is processed, please refer to Lincolnshire Police's privacy notice, which can be found on their website:

<https://www.lincs.police.uk/resource-library/data-protection/privacy-notice/>



Dates for the diary

We have planned our annual calendar so that dates can be saved. We will keep you updated, if any dates need to be changed.

23rd April - Term 5 starts

24th April - Y4 Horncastle & Skegness

25th April - Gorilla Class Collective Worship. Parents/Carers and families are welcome to join us.

28th April - Parish Council consultation about Welton Park. See Community Flyer sent via Parentmail dated on 28.3.25

29th April - Class Photos

2nd May - Rhino Class Collective Worship. Parents/Carers and families are welcome to join us.

5th May - May Bank Holiday - School Closed

7th May - Foundation Stage parent pop-in

9th May - Kangaroo Class Collective Worship. Parents/Carers and families are welcome to join us.

Week commencing 12th May - Year 6 SATS. Information about this has been sent to our Y6 parents.

12th May - Year 2 & 3 Healthy Relationships Workshops

15th May - Year 5 Cycle Helmet Workshop

15th May - Y3 Road Safety training

15th May - Year 5 Sleepover

16th May - Y3 Roman Lincoln Trip

19th May - Sports day: KS2 - AM and KS1 & FS PM – family are welcome to join us for a picnic over lunchtime.

20th May - Y4 Healthy Relationships Workshops

22nd May - Church School Festival for Year 6 children

23rd May - Ascension Day Service

23rd May - End of Term 5

2nd June - Term 6 starts

Week commencing 2nd June and 9th June - Year 4 Multiplication Test

3rd June - Year 2 Fire Safety Workshop

5th June - Penguin Class Road Safety training

6th June - School Pentecost Service

6th June - Healthy Relationships Workshop

Week commencing 9th June - Phonics Screening for Y1

12th June - Crocodile Class Road Safety training

16th June - Y6 Holocaust Museum

20th June - School Friends Summer Fayre

26th June - Y4 Mayan Day

1st & 2nd July - Year 6 who are joining William Farr in September will be at William Farr

3rd July - Welton Festival begins

11th July - School Friends Summer Disco

15th, 16th and 17th July - Summer Production featuring Year 5 & 6. Children are expected to attend all three evening performances.

22nd July - Leavers Assembly for Y6 children

22nd July - End of term 6

