



13th March 2026



Dear Parents,
It was lovely to see children (and staff) enjoying World Book Day and exploring careers last week and I know they have been 'being curious' as part of Science Week. A group of Y5 and Y6 children are at Winmarleigh and we have lots more to look forward to in this short half term. Please remember to check our social media pages to see what everyone has been getting up to. We will endeavour to keep you fully informed of our upcoming events through the newsletter, our website and the app.

Right of the Fortnight

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With **Careers Week** last week and **Science Week** this week and the range of activities that we have got going on in school this half term, it is only right that we focus on **Article 28 and 29** - the right to an education and to develop our talents and abilities to the full.

Mother's Day Crafts

It was wonderful to see so many of our mams and other female relatives at our Mother's Day Craft Afternoons. I do hope you all enjoyed it. It was lovely to see you spending time with your child rather than being rushed in and out of the hall, trying to eat some lunch.

We have already planned a change for the Father's Day Craft Afternoon - we will be in our coloured teams so siblings will be together and you only have to attend one afternoon if you have more than one child in school.

We hope everyone enjoys Mothering Sunday this weekend.

Safeguarding Information for Parents

Please see below links to support parents in ensuring your child stays safe online, including on Smart TVs.

Smart TV's - <https://saferinternet.org.uk/guide-and-resource/parents-and-carers/smart-tvs>

Live Streaming - <https://www.childnet.com/help-and-advice/livestreaming-parents/>

Durham Safeguarding Children's Partnership -

Online Safety - <https://durham-scp.org.uk/parents-carers/online-safety/>



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Comic Relief – Friday 20th March

The theme for this year is 'Take Yourself Funny for Money'. This year, we are asking people to 'Dress-up Funny/Silly'. It continues to be a challenging time for lots of families in the UK and around the world and the campaign focuses on using humour, self-deprecation and 'serious silliness' to raise funds and support families. Children can come to school in the silliest or most fun outfit and this will make us all laugh.

We will be selling red noses at school next week for £2. Please look out for further information on the app for when these are available.

Parent discussions – week beginning Monday 16th

You should have all received your appointment time for your parent discussion which start next week. It is really important that we are able to share with you your child's successes and targets for the rest of the year. We will also be able to discuss how you can support your child with their learning. It's not too late to book an appointment so please get in touch via the class email if you haven't managed to make one yet. Appointments will be 10 minutes long and we need to try and stick to that as best we can.

Adam Bushnell Visit

Adam Bushnell (author) will be visiting us again on Friday 20th March.

Adam is a regular visitor in school and he works with each class producing some wonderful, creative writing. Adam always stirs up lots of enthusiasm for writing, with the children (and staff) and we look forward to sharing some writing with you all.





13th March 2026

Dates to remember so far...

March

Friday 13th - Sunday 15th - Y5 & Y6 Winmarleigh Residential
Monday 16th - Whole School Parent Discussions
Tuesday 17th - Tag Rugby Event (invited children)
Wednesday 18th - Exploring Careers Day (Y2 - Y6)
Friday 20th - Adam Bushnell in school
Friday 20th - Comic Relief
Monday 23rd - Y2 Ferryhill Library Visit
Monday 23rd - Reception visit to Hardwick Park
Friday 27th - SEND Coffee Morning
Monday 30th - Nursery Stay and Play
Tuesday 31st - Reception Class Assembly 9.15am
Tuesday 31st - Reception Stay and Play

April

Wednesday 1st - Easter Egg Competition
Wednesday 1st - Last day of term
Thursday 2nd - PD Day
Monday 20th - Return to school
Thursday 30th - Y2 Class Assembly 9.15am

May

Wednesday 6th - Y4 Holy Island Visit
Week beginning 11th - Y6 KS2 SATs
Tuesday 19th - Animals About Town Nursery Visit

SEND Coffee Morning — Friday 27th March



We are looking forward to hosting our next SEND coffee morning here at school at 8:50am on **Friday 27th March**.

Please come along for some advice, to meet other parents of children with SEND and to find out more about support out there. In the past, parents have found this coffee morning useful. We will also spend some time discussing how we would like to organise coffee mornings in the future and what these may look like.



Easter Egg Competition — 1st April

Easter just wouldn't be Easter without our eggciting annual Egg Decorating Competition! We are delighted that Christine Hall is very kindly providing the prizes for each class again, even though she is not part of the Residents Association anymore. We always have some eggcellent entries and I'm looking forward to seeing your fabulous ideas for egg decorations again this year. Please bring along your entries on the morning of Wednesday 1st April, straight into the main hall. You are welcome to come to school at 3pm to view all of the entries and then take your child's egg home.

Great Big School Clean

Our school has pledged to take part in the Great Big School Clean. Between 13th - 29th March we will pick up as much litter as we can. Litter-picking is a great way to provide fresh air and exercise and contribute to children's physical fitness and well-being. It also helps them to connect with nature and develop a sense of responsibility for their surroundings and community.

Cleves Cross Primary and Nursery School

Newsletter



13th March 2026

47% of parents said they thought their children spent too much time in front of screens

It can be challenging for parents and carers to know whether children are spending too much time on their devices. Furthermore, it's even more of a challenge to know whether a child is addicted to the internet and social media. As technology is becoming more pervasive, children and young people are experiencing tech-related dependencies. Devotee or parents and carers have the knowledge to identify and support children and young people who may be developing an addiction to their devices?

What parents need to know about SCREEN ADDICTION

SMARTPHONE ADDICTION IS A RECOGNISED HEALTH CONDITION

Children as young as 11 are exhibiting symptoms of smartphone addiction, which is a recognised health condition. There are now help centres in the UK which deal with smartphone addiction in children and adults.

IT CAN CAUSE SLEEP DEPRIVATION

1 out of 10 children say they have noticed less sleep. Because children often use their devices at night, this can lead to sleep deprivation, which can affect their health and learning.

CONFIDENCE, SUPPORT & ACCEPTANCE

The Children's Commissioner has reported that children are often told that they are 'addicted' to their devices. This can lead to feelings of shame and isolation, which can affect their confidence and support.

LOS OF INTEREST IN OTHER THINGS

From children to adults, many people are losing interest in other things. This can be a sign of addiction. The Children's Commissioner has reported that children are often told that they are 'addicted' to their devices. This can lead to feelings of shame and isolation, which can affect their confidence and support.

APPS CAN BE ADDICTIVE

Many apps are designed to be addictive. They use a variety of techniques to keep you playing your favourite app. This can lead to feelings of shame and isolation, which can affect their confidence and support.

Top Tips for Parents

LIMIT SCREEN TIME

Set a limit on how much screen time your child can have each day. This can help to ensure that they are not spending too much time on their devices.

LEAD BY EXAMPLE

Children learn by example. If you are always on your phone, your child will learn that it is acceptable to be on your phone all day long.

REMOVE DEVICES FROM THEIR BEDROOM

Having a device in their bedroom can lead to sleep deprivation and addiction. Remove devices from their bedroom to help them get a good night's sleep.

LESS TIME MEANS LESS EXPOSURE

There are many risks associated with screen time, including addiction, sleep deprivation, and loss of interest in other things. Reducing screen time can help to reduce these risks.

ENCOURAGE ALTERNATIVE ACTIVITIES

Encourage your child to engage in other activities, such as sports, reading, and spending time with friends. This can help to ensure that they are not spending too much time on their devices.

MOBILE-FREE MEAL TIMES

Meals are a great time to spend with your child. Encourage them to put away their devices during meal times. This can help to ensure that they are not spending too much time on their devices.

STATISTICS

- 53% of children aged 3-4 go online for nearly 8 hours a week
- 79% of children aged 5-7 go online for nearly 9 hours a week
- 94% of children aged 8-11 go online for nearly 13 hours a week
- 99% of children aged 12-15 go online for nearly 21 hours a week

National Online Safety

A whole school community approach to online safety

www.nationalonlinesafety.com

Email: school@nationalonlinesafety.com or call us on 0800 330 000

What Parents & Educators Need to Know about STREAMING SERVICES

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as 'on-demand' streaming services). Children reported that children and young adults prefer streaming services to traditional TV. With over 100 UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

WHAT ARE THE RISKS?

COSTLY

Subscription services can be costly. As the number of streaming services increases, the cost of subscribing to multiple services can add up quickly. Parents should be aware of the costs of streaming services and ensure that they are not spending too much money on them.

EXCESSIVE SCREEN TIME

Excessive screen time can lead to sleep deprivation, loss of interest in other things, and addiction. Parents should limit their child's screen time to ensure that they are not spending too much time on their devices.

BINGE WATCHING

Binge watching is watching multiple episodes of a TV show in a short period of time. This can lead to sleep deprivation and loss of interest in other things. Parents should encourage their child to watch TV shows in a more controlled manner.

HARMFUL STEREOTYPES

Many streaming services offer content that contains harmful stereotypes, including racism, sexism, and homophobia. Parents should be aware of the content that their child is watching and ensure that they are not exposed to harmful stereotypes.

ILLEGAL STREAMING

Watching streaming services can be illegal. Some streaming services offer content that is not licensed, which is illegal. Parents should ensure that their child is watching content that is legal.

AGE-INAPPROPRIATE CONTENT

Streaming services offer content that is not suitable for all ages. Parents should be aware of the age ratings of the content that their child is watching and ensure that they are not watching content that is inappropriate for their age.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Most streaming services allow users to set up individual profiles. This can help to ensure that each child has their own profile and that they are not watching content that is not suitable for their age.

TALK ABOUT ALGORITHMS

Streaming services use algorithms to recommend content to users. Parents should talk to their child about how these algorithms work and ensure that they are not watching content that is not suitable for their age.

MONITOR AND TALK OFTEN

Parents should monitor their child's screen time and talk to them about their viewing habits. This can help to ensure that they are not spending too much time on their devices and that they are watching content that is suitable for their age.

SET TIME RESTRICTIONS

Many streaming services offer the option to set time restrictions. Parents should set time restrictions for their child's screen time to ensure that they are not spending too much time on their devices.

Meet Our Expert

Dr. Sarah Johnson, a child psychologist, explains the risks of streaming services and offers advice for parents and educators.

#WakeUpWednesday

The National College

