



Churchfield C.E. Primary Academy

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Friday 23rd January 2026

Next Week

Dates of future events are at the end of the letter

Monday	
Tuesday	Swimming for Year 4 and Year 5 Art Club after school with Miss Cornes
Wednesday	
Thursday	
Friday	Celebration Assembly for invited parents

Dear Parents and Carers

It's the end of yet another busy week at Churchfield. A highlight for me was visiting Dragonflies at the end of their art day yesterday and seeing the amazing artworks they had all created. What really struck me was how proud every child was of what they had achieved. Well done Year 2!



There were a couple of reminders on last week's letter, which I will repeat this week:

Collecting Children Early - Please can parents only collect their children from the school office at the end of the day if this has been agreed in advance. We are still having a number of parents arrive at the end of the day asking to collect early without having let us know ahead of time.

Parking - I noticed that a parking enforcement officer was around earlier this week, so please do make sure you are parking with consideration for other road users, pedestrians and local residents at the start and end of the day.

If you have anything you would like to discuss further, please do not hesitate to get in touch.

Yours Faithfully



Mr G Lloyd
Trust Headteacher

Value of the Month: Humility

Humility has a central place in Christ's teaching. It is contrasted with pride, where people ascribe to themselves the honour and glory which is God's alone. Ultimately, pride seeks to compete with God, whereas humility acknowledges that God is God and that we should live in trusting dependence upon God.

Christians are called to a humility that challenges the values of our surrounding culture. Humility does not exclude a rightful satisfaction in the successful use of our talents or in a job well done, but it will always recognise that our gifts are from God and that, in relation to God, all human achievement is relatively small and short-lived.

Ephesians 4:2-3

'Be completely humble and gentle; be patient, bearing with one another in love.'

Upcoming dates

Mon 9 th - Wed 11 th Feb	Year 5 and 6 Trip to Standon Bowers
Wednesday 11 th February	Early Years Little Town UK visit
Friday 13 th February	Year 2 trip to Wolesley Centre
Friday 13 th February	Break up for half-term
Monday 23 rd February	School closed for INSET day
Tuesday 24 th February	Children return to school
Thursday 26 th March	Year 5 and 6 Trip to Harry Potter Studios

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on a secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.

