



**May Park Primary School**  
"Nurturing Curiosity; Cultivating Creativity"  
Coombe Road, Eastville, Bristol BS5 6LE  
0117 9030075  
[enquiries@maypark.excalibur.org.uk](mailto:enquiries@maypark.excalibur.org.uk)  
[www.maypark.bristol.sch.uk](http://www.maypark.bristol.sch.uk)



12<sup>th</sup> February 2026

Dear Parents and Carers,

Thank you for all your efforts to get your children to school on time - this is having a really positive effect on our attendance figures.

Ramadan starts during the holidays for our Muslim families, and we are excited to be celebrating Iftar on 25<sup>th</sup> February. Please collect your tickets from the office by the end of Friday this week.

Please let us know if your child is fasting, there is a permission slip on MCAS for year five and six. If your child is in another year group, please contact the office or class teacher to let them know of any changes to their eating arrangements so we can support them.

Last year some younger children went without snacks or breakfast.

We will have a lovely, calm prayer space at lunchtime or break time for any children fasting to access if they wish.

We are also celebrating Chinese New Year on 25<sup>th</sup> February during the day with an exciting Lion Dance and lots of activities.

Thank you to the great team on the PTA for a smashing cake sale on Tuesday - the cakes flew off the tables!

Have a lovely half term!

A handwritten signature in cursive script that reads "Emma Tovey".

Mrs. Emma Tovey  
Principal

### Forest School

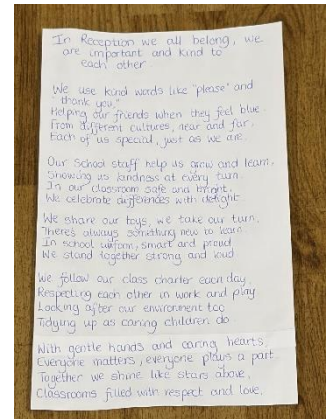
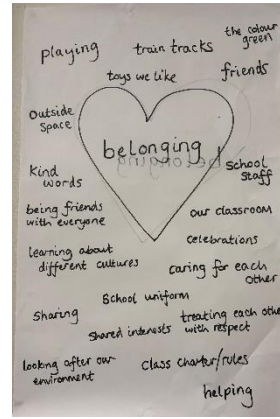
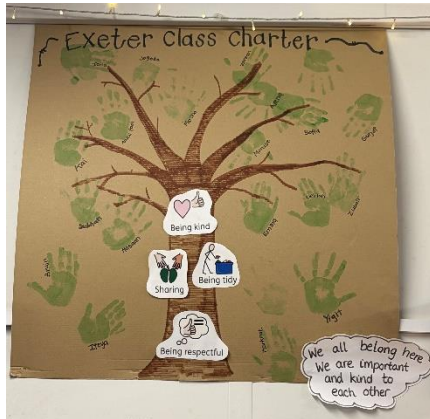


This week we have enjoyed making Welsh cakes at Forest School. Rolling out and cutting the dough in our little hut and then baking them over the fire on the cast iron pan. They were yummy and some children wanted the recipe, so I have shared it on Class dojo - maybe have a go at making your own at home.

A big shout out to Santiago class in Yr 5 who persevered to even make them during torrential rain- great job!

### Reception

In Reception this week we have been thinking about how we feel safe and belong at school. We revisited our class charters and thought about how we could be kind and help others to feel safe. We made a mind map of all the things that made us feel happy and safe at school and then our grown-ups put these ideas into a poem for us.



## Year 1

This week we really enjoyed measuring with rulers in maths. We learned how to use centimetres and measure accurately with our ruler by starting from 0cm.

In authors, we innovated 'The lion inside' by changing the characters and the ending to rewrite our own version of the story.

In RE we created a shrine in class to help us learn how Hindu families celebrate Holi. It was very relaxing smelling the incense! We also listened to a traditional Hindu story told at Holi and acted it out using puppets.



### Year 3

This week we finished making our castles in D&T and we evaluated them. We learned how to make cones to make the roofs for our turrets and added all kinds of finishing touches.



### Year 4





This week, we did a science experiment learning all about how to keep your teeth healthy. We put eggs in cups with different liquids like:

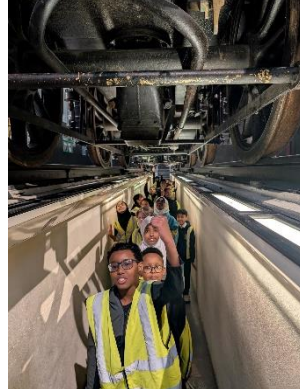
- Vinegar
- Water
- Coke
- Black currant
- Coffee + toothpaste
- Coffee

We have noticed that the eggs have changed over time.

The coke has formed a rainbow around it, the vinegar has slightly dissolved the eggshell, the blackcurrant has turned purple, the coffee egg is not visible anymore, the egg with coffee and toothpaste, the toothpaste has slightly dissolved and the one in water has turned the water slightly pink.

### Year 6

Last week, year 6 went to the STEAM Museum in Swindon. We had a fun time learning about locomotives and how people's lives were changed forever by the Industrial Revolution. Here are some photos of us dressed up as local residents who would be impacted by the construction of the Great Western Railway. Can you guess what jobs each of them had?



## Resource Base

### **Lilliput Class:**

Lilliput class continued to explore the story '10 things I can do to save my planet'. As part of developing our gross motor skills we used shaving foam on the classroom tables and made a lot of different movements while making a big mess! The children loved the activity, and we will do it again soon! In P.E. we have enjoyed using the climbing frames and all the children have shown amazing balancing skills!

As this term comes to an end, we would like to wish you all a fantastic half-term holiday! We look forward to hearing all our students' adventures when we are back for term 4 on the 23<sup>rd</sup> of February!

### **Narnia Class:**

Narnia class had the most fantastic time swimming this week. The slide was on as a last week of term treat and everyone was so brave to go down the slide by themselves, well done Narnia!

On Friday we will be making pancakes, practising following a recipe and cooking! Everyone is very excited!

Our words of the week have been up and down. Narnia took part in various activities including cars and ramps, stomp rockets and our favourite using the parachute!

From all the Narnia staff, we hope you have a lovely half term and will see you when school returns on 23.02.



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**Atlantis Class:**

Atlantis class have been exploring the story 'Clean Up!', talking about the effects of littering on the climate. Children have been discussing how it makes them feel and what they could do about it.

They have also designed and made some valentines biscuits!

**EARLY CLOSURE OF SUPERNOVAS 25TH FEBRUARY 2026.**

Dear Parents and Carers,

We would like to inform you that Supernovas will be closing early at 5:00 pm on Wednesday, 25th February.

This early closure will allow our staff and families the opportunity to observe and enjoy Iftar together. We kindly ask that all children are collected at 5:00 pm on this day.

We appreciate your understanding and continued support. If you have any questions or require further information, please do not hesitate to contact us.

Thank you for your cooperation

**Safeguarding**

## 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 evaluation 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 Gilbert 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.






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## Navigating the Future: Safer Internet Day 2026



This month, our school joined millions across the country to celebrate Safer Internet Day. With the digital landscape evolving faster than ever, our focus this year turned to the fascinating world of Artificial Intelligence (AI).

### Curiosity Meets Technology

The day built upon our term's value of Curiosity. In a special assembly, we posed a big question to our students: "What should we trust machines to do for us?"

The results were enlightening! While many children were excited to use AI as a tool for learning new languages, they weren't quite ready to hand over the steering wheel—the consensus was a firm "no" to AI-driven cars for now!

### Creative Classrooms

Several classes tuned into the BBC Live Lesson, where students put their design skills to the test. One of the highlights was creating custom avatars for a "Vulture Chatbot," helping pupils understand how we interact with AI interfaces.



### Student Voices: What We Learned

Our Year 4 pupils had some brilliant advice for staying safe in a digital world:

- Emad: "When you use phones, laptops, or tablets, you have to be safe. For example, don't give someone else your address."



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· Skye: "Don't ask chatbots to give opinions about others—they could be mean because they don't have feelings. Always remember that the answers you get might not be correct, so it is good to check them!"

· Abukar: "AI can be useful for some things but not others. You should ask your parents if something is safe or not."

· Finn: "We need to know how to be safe online, especially for when we get our own phones when we are older."

### **Our Digital Leaders in Action**

Our student Digital Leaders have been busy supporting our community by distributing expert information leaflets from Internet Matters to parents and carers.

### **What's Next?**

The conversation doesn't stop here. As a follow-up, Key Stage 2 pupils will be diving into the PSHE Association's latest resource, "Digital Deception: Understanding Deepfakes," to help them distinguish between fact and fiction online.

### **Attendance**

You must call the absence line before 9am every day to report your child's absence for illness and appointments. It's a 24-hour line and a message can be left at any time on

### **0117 9030075 option 1**

Just to remind all parents we have an attendance email address to report all children's absences, holiday enquiries, absence request forms and any proof of appointments.

**[mppattendance@maypark.excalibur.org.uk](mailto:mppattendance@maypark.excalibur.org.uk)**

Our absence request procedure is to collect a form from the school office at least 4 weeks before the absence and then email it to the above email address or hand it back into the office with any proof of flight tickets and any other supporting documents.

### **Admissions**

If you know anyone interested in a school place from nursery age to year 6, please get them to email our admissions email address below. I am happy to offer tours and support with the admission's application process.



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[mppadmissions@maypark.excalibur.org.uk](mailto:mppadmissions@maypark.excalibur.org.uk)

Thank you all so much again and the Attendance team are always here if you need us.

### **School Office**

School Office Opening Time are:

8am – 12pm

**12pm – 12.30pm CLOSED**

12.30pm - 4pm

Can we please remind all parents that the office is closed from 12.00pm - 12.30pm. So, if your child has an appointment and you need to collect could you please collect before 12.00pm and after 12.30pm.