

WEEK ENDING 27.02.2026

# Longdon



## *Weekly Bulletin*

### **LEADERSHIP MESSAGE:**

We have had a fantastic start back after the half term break.

It has been wonderful to see students returning to school positively, settling quickly back into routines, and engaging so well in their learning.

Thank you to our families for your continued support in helping make this transition smooth and successful. This week, we were delighted to welcome Loudmouth Theatre Group into school to deliver an engaging session for our KS3 students on Screen Time and online safety. The workshop sparked thoughtful discussion about healthy online habits, digital responsibility, and staying safe in an increasingly connected world. Our students participated maturely and represented the school brilliantly.

We are also very much looking forward to celebrating World Book Day next week, with lots of exciting activities planned to promote a love of reading across the school. We can't wait to see the creativity and enthusiasm this brings!

### **PARENT NOTICES:**

**World Book Day: Thursday 5th March 2026**

Staff and students costume competition: prizes for the best costume!

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**What is Boost Your Self-Esteem Month?** Boost Your Self-Esteem Month is an annual initiative designed to empower individuals to enhance their self-esteem and self-worth. It serves as a reminder that self-esteem is essential for overall well-being and personal success. During this month, people are encouraged to engage in activities and practices that contribute to building and maintaining a positive self-image.

**How to Boost Your Self-Esteem:** Improving self-esteem is a personal journey, and different strategies work for different people. Here are some tips to help boost your self-esteem during this special month:

**Practice Self-Compassion:** Be kind and compassionate toward yourself. Avoid self-criticism and practice self-love. **Set Realistic Goals:** Set achievable goals and celebrate your successes, no matter how small they may seem. **Challenge Negative Thoughts:** Identify and challenge negative thought patterns. Replace them with positive affirmations. **Self-Care:** Prioritize self-care activities that nourish your body and mind, such as exercise, meditation, and relaxation. **Seek Support:** Reach out to friends, family, or a therapist for support and encouragement. **Learn and Grow:** Continuously learn and develop new skills to boost your self-confidence and sense of accomplishment.

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### Curriculum updates:



Quartz class enjoyed a fantastic off-site golf session this week. With Brooke's expert guidance, students learned how to grip the club correctly

and began developing their golf skills. They listened attentively, showed great focus, and practised with enthusiasm throughout the session. It was wonderful to see their confidence grow as they refined their technique.



### Curriculum updates:

To celebrate World Kindness Day, Nat worked with Amethyst class to create a beautiful 'Kindness Jar', filled with positive and uplifting phrases that pupils can pick from on a difficult day. They then created a vibrant paper chain, each link sharing an act of kindness, symbolising how our words and actions connect us and help build strong, supportive relationships. Each pupil chose a different colour to represent how we all link together as a community. To complete the celebration, the class designed thoughtful posters about ways we can show kindness to our planet, reflecting on how small actions can make a big difference.





### Curriculum updates: Art Year 9



Amber class have worked incredibly hard and thoroughly enjoyed exploring the theme of 'Identity' for their new project. Pupils have been reflecting on what makes them unique, considering their interests, values, culture and personal experiences. Through discussion, creative tasks and collaborative activities, they have demonstrated thoughtful self-expression and growing confidence in sharing their perspectives. It has been wonderful to see them engaging so maturely with such an important and personal theme.



### Curriculum updates: Enrichment opportunities



Students had an absolute blast at Laser Tag this week! They showed great teamwork, strategy and sportsmanship throughout the



session, and it was fantastic to see everyone fully engaged and enjoying themselves.

The smiles (and competitive spirit!)

said it all—a brilliant experience for all involved.



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### **Curriculum updates:**

### **World Kindness Day:**

A huge thank you to everyone who took part and embraced the spirit of the day! It was wonderful to see so much positivity, colour and creativity around school. The smiles on our students' faces made every moment worthwhile — a lovely reminder of the power of kindness within our community.





### Curriculum updates:

#### **Loudmouth Workshop:**

We were pleased to host the Loudmouth Theatre Workshop focused on staying safe when exploring online. The session encouraged thoughtful discussion around digital responsibility and online safety. All students who attended engaged positively and participated well throughout — a credit to the school.



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### **Lunch Menu: Week commencing: 02/03/2026**

**Monday main:** Pasta bake, garlic bread

**Dessert:** Black forest gateau

**Tuesday main:** Katsu curry, naan bread, rice

**Dessert:** Trifle

**Wednesday main:** Roast chicken, potatoes, stuffing, vegetables,  
Yorkshire pudding, gravy

**Dessert:** Sprinkle cake & custard

**Thursday main:** Hot dog, wedges, corn on the cob

**Dessert:** Raspberry mousse topped cake

**Friday main:** Meat or cheese & onion pasty, crisps, snack bar, drink/shake

**Dessert:** Cookies

Each day there are also the following options in addition to the main meal:

jacket potato or sweet potato

hot ham baguette

hot cheese baguette

hot ham and cheese baguette

hot tuna and cheese baguette

Ham, tuna or cheese sandwich

salad choices

a vegetarian option of the main course is also available daily

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### **SAFEGUARDING UPDATE: Parent/Carer Information**

The news has been full of reports around the proposed social media ban for under 16's. What do you think? You may have questions about how it would work, or if it would work, or you may feel it is not necessary. I am sure over the coming weeks there are going to be many articles exploring these questions. As information is forwarded to me, I will share it in the newsletter to support you in making informed decisions.

#### **Social Media Ban - Half of Parents Would Ignore**

(source Alan McKenzie Online Safety).

As the consultations, arguments and debates continue at pace around the world around the banning of under 16's from social media, here in the UK a new report has come out from Public First which states that around half of parents would still allow their children to access social apps even

new legislation was to come out. In summary:

- Although 64% of parents support new restrictions, 50% would still allow their under-16 to use social media.

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### **SAFEGUARDING UPDATE: Parent/Carer Information**

- Parents are concerned about the ease of workarounds such as VPN's (which the government are also considering banning) or movement away to other unregulated apps.
- Many parents prefer alternate restrictions such as time restrictions and mandatory parental consent when setting up an app.
- I have put a link to the article in the Telegraph below, but it doesn't say much more than what I've already put above (and the article is behind a paywall).

### **Tips for Raising Digitally Resilient Children**

Every parent knows how difficult it is to monitor their children whilst they're online. It can be difficult asking children what they're seeing, their motives, healthy screen habits and more.

Written by a clinical psychologist, BBC Bitesize have released some new advice and support for parents. Although aimed at parents of teenagers,

I think this would be useful for any parent.

For more information around this please visit:

**<https://www.bbc.co.uk/bitesize/articles/zwb3tcw>**