9th February 2026

MOORSIDE PRIMARY SCHOOL AND NURSERY NEWSLETTER

Dear Parents and friends,

We have just one week until a half term break and what a half term it has been! We ended our Month of Reading Madness last week with a super Reading Cafe, poetry recitals and our 'I Spy you Reading' competition!

Thank you to everyone who joined us on Thursday afternoon to enjoy a reading activity together. We will be sharing the winner of our 'I Spy You Reading' competition in our PRIDE assembly on Friday. Thank you so much to everyone for some wonderful entries which we will display in school!

Children's Mental Health Week

The theme for Children's Mental Health Week 2026 is 'This is My Place', and our aim is to support the systems around children and young people to help them feel they belong. This year's theme will be shared with the children through a whole school art project! We will also be reviewing all the ways that our school community supports us to stay mentally healthy, such as through our daily check-ins, safe and nurturing classrooms, our PHSCE curriculum and our enhanced wider curriculum such as Forest School. Keep an eye on our Facebook page where we will be sharing some of our ongoing strategies in school and work from this week!

Safer Internet Day

Tuesday 10th February is Safer Internet day…. As I shared in our Newsletter last week, keeping children safe online is a contributing factor to keeping them mentally healthy.

The theme for Safer Internet Day 2026 is... **"Smart tech, safe choices – Exploring the safe and responsible use of AI."** Our aim through our lessons in school this week is to especially highlight an issue that has rapidly become a global discussion: how can we use artificial intelligence safely and responsibly!? Keeping safe online is something that we learn about in school regularly and it is really important to talk about it at home and at school! For support with setting up Parental Controls to keep your child safe, please visit the NSPCC site at:

Use Parental Controls to Keep Your Child Safe | NSPCC

Attendance

Our attendance last week was a brilliant 96.82%! Well done everyone!
Each class's attendance last week was as follows…….. A huge well done to Year 1 with 100%!!

w/c	Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
05.01.26	92.9%	97.5%	97.7%	94.4%	95.8%	95.3%	97.3%
12.01.26	96.4%	99.6%	94%	96%	96.3%	92.1%	98.3%
19.01.26	100%	94%	93.53%	95.5%	95.19%	95.86%	100%
26.01.26	93.21%	95.60%	95.24%	100%	93.33%	92.07%	95.65%
02.02.26	96.07%	100%	93.53%	99%	99.62%	95.17%	94.35%

Pancake Day
The much-loved Ripon Pancake Races are back!
This annual event is organised by the Rotary Club of Ripon Rowels. We very much enjoyed attending last year when pancake day was during term time. This years event begins outside Ripon Cathedral at 11am on Tuesday 17th February, with teams of up to 4 to sign up on the day.

Children can join the team from 10am for a Pancake Day Activity Morning inside Ripon Cathedral, with pancake decorating (£1), crafts, and the chance to watch the race before returning for more activities. Please see the flyer attached for more details!

Forest School
Forest School after half term will be for Year 4 on a Wednesday afternoon and EYFS, Years 1 and 2 on a Friday. Years 3 and 5 will now have PE on a Wednesday afternoon and Year 1 will have PE on a Monday. All other year groups remain the same as this half term!

And finally… school closes at 3.20pm on Friday and we reopen for Spring Term 2 on Monday 23rd February.

I hope that everyone has a well deserved rest over the half term break.

With very best wishes,

Mrs Rowett
Headteacher

Diary Dates:

w/c 9th February 2026	Children's Mental Health Week
Tuesday 10th February 2026	Safer Internet Day
Friday 13th February 2026	Break-up for Half Term Holiday
Monday 23rd February 2026	Children Return to School after Half Term Holidays
Wednesday 25th February 2026	Year 3 and Year 4 Dance Festival
Thursday 26th February 2026	Tell a Fairy Tale Day
Wednesday 4th March 2026	Year 1 and Year 2 Dance Festival
Thursday 5th March 2026	World Book Day
w/c 9th March 2026	British Science Week
Thursday 26th March 2026	Year 3 and Year 4 Trip to the Yorkshire Museum
Friday 27th March 2026	Break-up for Easter Holidays
Monday 13th April 2026	Teacher Training Day
Tuesday 14th April 2026	Children Return to School After Easter Holidays

What Parents & Carers Need to Know about
SOCIAL MEDIA &
MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthrals young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of The Rainbow Within, a book which supports children with SEMH needs.

National Online Safety
NOS
#WakeUpWednesday

Storytime

AT RIPON LIBRARY

with the Gardeners of Fountains Abbey!

This is a chance for children to learn about one of Yorkshire's most iconic landscapes and connect with the natural world with the people who nurture it every day.
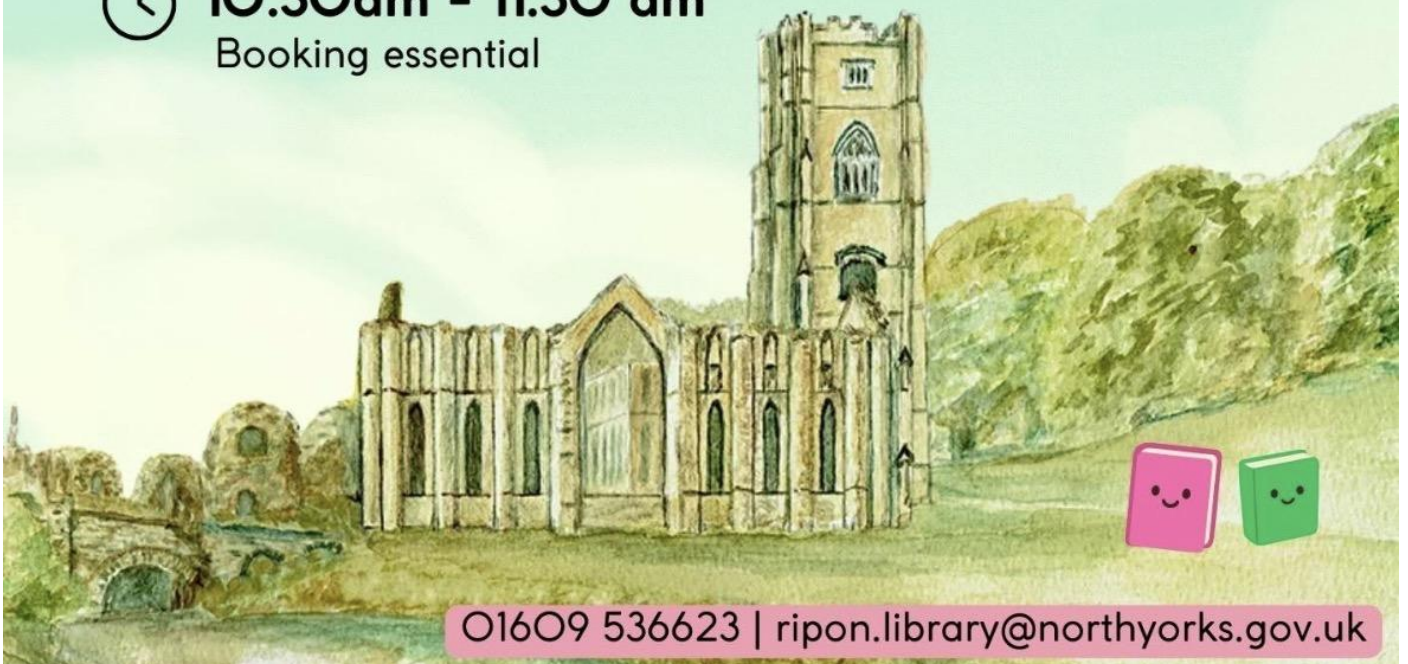
📍 **RIPON LIBRARY**

📅 **FRIDAY 20TH FEBRUARY**

🕐 **10.30am – 11.30 am**
Booking essential

01609 536623 | ripon.library@northyorks.gov.uk

Money Adventure with Yorkshire Building Society

Book your children onto this fun, confidence-boosting session on smart spending with Yorkshire Building Society.

- Learn the difference between needs and wants
- Learn how to handle wants they can't yet afford
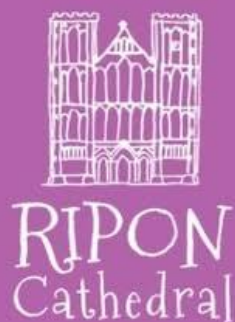- Learn how to stay in control of their choices

perfect for ages 7-9

Wednesday 18th February, 10.30-11.30am
Free | Booking Essential

ripon.library@northyorks.gov.uk | 01609 536623

SAVINGS

RIPON
Cathedral

Pancake Day Activity Morning!

Tuesday 17th February, 10am-12pm

Join us for Pancake Day mayhem during February half-term!
Decorate a pancake, watch the various Ripon groups take part
in the traditional Pancake Day race, or enjoy some calming
crafts in the beauty of the cathedral.

£1 to decorate a pancake.

To book your place please email:
bethwickenden@riponcathedral.org.uk

North Yorkshire and York Music Hub

VOCAL
PROJECT DAYS

7 March
18 April
16 May
20 June

10am - 3pm

Escrick C of E
Primary School
Carr Lane
YO19 6JQ

Love to sing?
Want to perform with others?

Come and be part of our new Vocal Groups

A fun and inspiring space for young and aspiring singers from across North Yorkshire and York to rehearse, learn, and grow together.

Vocal Project Days are **FREE**, & open to all children and young people from North Yorkshire and York in Years 4 to 13

For more details, email:
Countyhall.Music@northyorks.gov.uk

scan to register

NORTH YORKSHIRE COUNCIL

York Music Hub