



9th October 2026

Newlaithes Newsletter



Diary Dates:

Oct

8th & 13th Parent Eve's
14th Y4 Lockerbie Manor
12th Y6 Cyclewise
22nd Halloween Disco
26th Half term

Google Calendar

The school [Parent Google calendar](#) is continually updated. We will try to keep things as up to date as possible on there. You can find the link under Quicklinks on the website.

PTFA Disco

Any parents wishing to join please can you get in touch with the school office. It is a great way to give support to school, the events organised are so important to our community and any funds made are a huge bonus to the activities we can provide. Even if you cannot make the meetings being able to support and organise the events is a great help. Check out the flyer for the Halloween disco for Thursday 23rd October attached.



Parents Evening

Parents evenings are in the diary for October 8th and 13th. Hopefully you have all now booked a slot. **Someone attending for every child is really important.** Any problems booking a slot please get in touch with the school office.

School Council

Our Councillors met for the first time this term they are;
Class 1 Ollie and Dollie
Class 2 William and Luna
Class 3 Harry and Macey
Class 4 Harry and Ella
Class 5 Polly and Tommy
Class 6 Harriet and Freddy
Class 7 Henry and Aurora
Class 8 Jensen and Marnie

Dear Parents,

I really love Autumn with conker fights and Halloween. It can feel somewhat depressing that the holidays are long gone and the dark nights are on the way but we still have much to look forward to. The Year 4 classes are heading away to Lockerbie Manor this month, a Halloween disco is in the diary and the year 6's are taking part in their Cyclewise training. Before we know it, it will be Christmas!

Governance

I would like to welcome our new governor Rebecca Johnston who has joined the team here in Newlaithes. We look forward to having their support, being a critical friend to challenge and help Newlaithes be even better.

Attendance

No classes with 100% yet! Who will be the first class to achieve a non-uniform day? Don't forget, one week of 100% whole class attendance will achieve a reward.

100%

Year four Harvest Assembly



Year four put on a super spirit lifting harvest performance. Some great speakers, fantastic singing and a little bit of acting thrown in. Thank you for all the donations which we will ensure gets delivered to the food bank.

Christmas Cards

As usual we will be providing the opportunity for parents to purchase Christmas cards etc. with artwork by the children. In order to make the items slightly cheaper we have asked the company to forgo any commission the school would make.

Headteacher's Awards



Great effort again from our Head Teacher's Award winners. Well done on a super start.

Holidays in term time

Holidays in term time of five full days or more will continue to be issued with a fixed penalty notice of £80 per child per parent. That would be a fine of £320 for a family of four. These fines are issued by the Local Authority **not** the school. Schools are required by law to provide the attendance information to the Local Authority.

Book Fair

The book fair has not been quite the usual success this year. Perhaps we will take a look at other options for next year. Let me know if the timings are bad or the books just too expensive etc. Maybe it's the changing times.

Cross Country

Well done to our team of cross country runners who put in a valiant effort at the Carlisle schools event held at the Sheepmount. The course is not for the faint hearted and probably further than some of the children have ever run in their lives. However on return there were plenty of smiling faces and they were rightly proud that they had represented NJS. Some of our children even qualified to for the next round by getting in the top 16 places! Super achievement by



10 Top Tips for Parents and Educators

CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screentime. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screentime, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices