



# Seascape Primary School

'Be your BEST self and reach for the stars'



## Seascape Primary School Weekly Newsletter

Friday 3rd October 2025

Vol: 1 Issue: 3

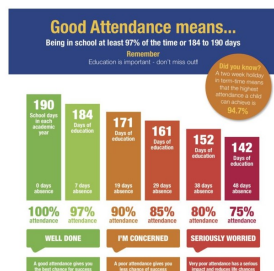
### Headteacher's Notices

It is hard to believe that we are already into October! Once again this week, many children from across all Teams in school have be proudly showcasing their outstanding work!

The children are becoming far more confident and capable in being able to discuss their learning and it is always so wonderful to see their smiling, happy and proud faces as they present their work. Only at the start of this school year, did I purchase sheets and sheets of 'Headteacher Award' stickers and—already—I think I may need to purchase more!

It is clear that the new curriculum plans, which began to be established last academic year, are now very much having an impact on developing the children's knowledge and understanding of key concepts across all subject areas.

**T.E.A.M. = Together Everyone Achieves More**



### School Attendance

For some families, consistent and strong school attendance continues to be a challenge. This is often for a number of reasons and issues; however, none of which are unable to be resolved with the support and engagement of school. For families with children who are below the target of 94/95 attendance, it is important to reach out to school for support—we are here to HELP!

Moving forward through the academic year, school will be launching a number of new initiatives, all aimed at improving school attendance for the children who attend Seascape: Watch this space!

### Meet the Teacher

Autumn term 'Meet the Teacher' sessions are planned for Monday 13th October! These sessions are a great and highly valuable opportunity for parents/ carers to visit school and their child's classroom to meet their child's teacher and other staff involved in their care and education.

During the session, class teachers will share information on timetables, the curriculum and learning planned, support on offer and will be available to answer questions from parents/ carers. The sessions will run from 3:30pm—4:00pm in each Team.

Signing sheets will be on each Team door from Monday 6th October—alternatively, please directly message your child's class teacher to confirm your attendance.

For parents/ carers who attend the Meet the Teacher sessions, school is offering a chance to win a prize 'Harvest Hamper', with 2nd and 3rd prizes also available to be won in the raffle! Each parent/ carer per child will receive a strip of raffle tickets to enter the school Harvest Prize Draw!

### Year 5 Durham Cathedral Educational Visit

Children in Year 5 will have an opportunity to visit Durham Cathedral on Wednesday 22nd October. Dating back to 1093, Durham Cathedral is a World Heritage Site and during the visit, children will have an opportunity to learn all about the Cathedral and why it is important to so many people. Letters and further information has been sent out to parents/ carers of children currently in Year 5.

### Early Years (Reception) Open Evening

The Early Years team are planning to host a special Open Afternoon/ Evening on Wednesday 15th October for prospective parents/ carers to visit the school's Early Years unit and to meet the team. More information will follow.



### Halloween Disco

This year, the ever popular school Halloween Disco will be on Thursday 23rd October. As usual, there will be a disco for our youngest children, followed by a spooky disco for children in Key Stage 2. Keep an eye out for more spooky information shortly!

### Shared Reading

Pupils in Year 5 and Year 6 have begun visiting children in Team Donaldson's Reception class to share and read their favourite stories to the children. This shared reading activity is an excellent way for the Year 5 and Year 6 children to practise their skills in reading aloud - and the children in Reception certainly are enjoying having them visit class to read to them during daily story time at the end of the school day! Well done, TEAM Seascape!

Thank you for your continued support!

Mr D Christie—Headteacher





Many thanks to parents/ carers and children for their generous support for the Macmillan fund raising in school.

The support shown in purchasing cakes and biscuits will raise valuable funds for school to donate to the charity!

Thank you.



## Term Dates 2025/2026 Academic Year up to March 2026

### Autumn term 1:

School closes on Friday 24th October and reopens on Monday 3rd November

### Autumn 2 (Christmas):

School closes on Friday 19th December and reopens after New Year on Monday 5th January 2026

### Spring 1:

School closes on Friday 20th February 2026 and reopens on Monday 2nd March 2026

## Learning is FUN at Seascope Primary School!

All of the children can be extremely proud of their effort and achievements in school!



Congratulations to all of our pupils for their outstanding effort and hard work in our school!

Together Everyone Achieves More'

## ONLINE SAFETY

### What Parents Need to Know about Social Media and 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 what interactions they're having. On social media, it can be easy to go down a rabbit hole that isn't beneficial to our wellbeing. As platforms grapple with managing '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 enthralls young people, but we can still help children to be mindful of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

In the guide below, you'll find tips such as how to hide content, setting daily limits and discussing what children have seen online.



SCHOOL  
MEMBER





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

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## 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.



Sources: <https://www.bbc.com/news/technology-53204805>  
<https://prisonersociety.com/2019/07/social-media-algorithms/>

**NOS**  
**National Online Safety**  
**#WakeUpWednesday**