



# Edisford Newsflash

Week 32

Hello everyone! Welcome to another weekly Newsflash which aims to keep you well-informed about weekly events at school. We will still be sending out a more detailed newsletter which celebrates children's achievements, but this newsflash will ensure that you are kept up to speed with things from week to week.

## Marvellous Manners

Our Marvellous Manners celebrate British values and our Edisford Characteristics for Success – Confidence, Resilience, Getting Along, Organisation and Persistence. Each week, our Ambassadors give us a new Marvellous Manner to work on, and on Fridays, the teachers give out house points to those who have particularly stood out.

This Week's Marvellous Manners: **Saying sorry.**

Mrs Darnell, Mrs Smithson & Mrs Blackmore nominated:

Miss Blockeel, Miss Knight and Mrs Halstead nominated:

Mrs Calton & Miss Slinger nominated:

Mrs Dryden nominated:

Mrs Colvin nominated:

Mrs Agius nominated:

Mrs Jackson & Mrs Chadwick nominated:

This Week's Marvellous Manners:

### Astounding Attendance!

1st Place - Year 6

2nd Place - Year 4

3rd Place - Reception

### Music Genre of the Week

## Rhythm & Blues

Rhythm and blues is a popular music genre that originated within African American communities in the 1940s. Over the decades, the definition of R&B has significantly evolved, expanding from a raw blend of jazz and blues into a foundational driver of rock and roll, soul, and modern urban music.

## News, Notices & Events

### Childhood and Social Media

We are finding that issues which begin online are spilling into school and affecting friendships and wellbeing. These include friendship fallouts, children being excluded from group chats, unkind comments and sharing of images or messages.

Many social media platforms have a minimum age requirement of 13 years old, including Snapchat and TikTok. These age restrictions exist because younger children are still developing the emotional understanding, judgement and resilience needed to navigate online spaces safely.

Please refer to the guidance below for more information on social media and children's mental health.

### 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 entrains 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.

# Have a great break!

# Community Events

**UPCOMING EVENTS FOR THE FAMILY**



**ANNIE JR.**  
Sat 20<sup>th</sup> – Sun 21<sup>st</sup> June  
Tickets From £10

Following on from last year's incredible Aladdin performance, ESAA is bringing everyone's favourite little redhead to the stage with Annie Jr.

Set in 1930s New York City, this beloved musical tells the heartwarming story of Annie, a brave young orphan determined to find her family.

Expect a professional-level show brought to you by some of the most up-and-coming stars in the local theatre scene.

**LIVE AT THE CASTLE**  
Sat 27<sup>th</sup> June · Free Tickets

Completely free and designed for all ages, Live at the Castle is a gift from Love Clitheroe to our town. Offering top-tier live music, engaging arts and crafts plus some incredible local food and drink. Live at the Castle is already shaping up to be a real highlight of the summer.



**CHURCH AT THE CASTLE**  
Sun 28<sup>th</sup> June · Free Tickets

Church at the Castle is the vibrant Sunday finale to our festival weekend, and the invitation is open to everyone. We are creating a relaxed space in the iconic grounds of Clitheroe Castle, where the whole community can gather to experience worship and be inspired.



**RIBBLE VALLEY COUNTRY & LEISURE PARK PRESENTS**

*family*  
**FUN DAY**

**SUPPORTING MENTAL HEALTH CHARITIES**

**SATURDAY 1<sup>ST</sup> AUGUST 2026**  
**FROM 12.00PM**  
**ON THE FIELD**

Bring the whole family for a day filled with laughter, excitement, and unforgettable memories

Join Us for a Spectacular Family Fun Day While Supporting an Important Cause

**Event Highlights**

**EXCITING GAMES & ACTIVITIES**  
**CAKE STALL**  
**TOMBOLA**  
**AND MORE!**



# Out of School Achievements

Jacob recently moved up to stage 4 in his swimming lessons! Great job, Jacob!



**WOW!**

Joshua got Man of the Match for his Saturday team (Langho Blacks) for determination, AND again, for his Sunday team (Clitheroe yellows) for a clean sheet as substitute goal keeper! Fantastic work, Joshua!

**AMAZING!**



# A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

 <p><b>ASK FOR HELP</b> You are not alone, so reach out and ask for help</p>	 <p><b>BREATHE</b> Focus on your breath to find a sense of calm</p>	 <p><b>CONNECT</b> Connect with friends, family and trusted adults</p>	 <p><b>DETOX</b> Unplug from social media and other distractions</p>	 <p><b>EMOTIONS</b> Observe how you feel and label your emotions</p>	 <p><b>FIND SAFE PLACE</b> Go to a place where you feel safe and at ease</p>
 <p><b>GRATITUDE</b> Focus on the things you're grateful for</p>	 <p><b>HEALTHY HABITS</b> Create a balanced routine with healthy habits</p>	 <p><b>INQUIRE</b> Pause and ask yourself, 'how do I feel right now?'</p>	 <p><b>JOURNAL</b> Use a journal to express your thoughts and feelings</p>	 <p><b>KINDNESS</b> Be kind and compassionate to yourself and others</p>	 <p><b>LET GO!</b> Feel more energised, by moving your body</p>
 <p><b>MEMORIES</b> Visualise three things you are proud of</p>	 <p><b>NATURE</b> Improve your mood by exploring the great outdoors</p>	 <p><b>OPENNESS</b> Be open to new activities and notice what happens</p>	 <p><b>PATIENCE</b> It's okay to not be okay, so give yourself time</p>	 <p><b>QUIET</b> Take quiet moments every day to reflect</p>	 <p><b>REST</b> Be mindful, rest often and get plenty of sleep</p>
 <p><b>SUPERHERO</b> Stand in the Superhero Pose for two minutes every day</p>	 <p><b>THOUGHTS</b> Track your thoughts in a journal, and notice any themes</p>	 <p><b>UNIQUE</b> You are unique, and so is your mental health</p>	 <p><b>VOLUNTEER</b> Boost your self-esteem by giving back to others</p>	 <p><b>WORRY TIME</b> Schedule 'worry time' to help solve practical worries</p>	 <p><b>EXCITEMENT</b> Do more of the things that bring you joy and excitement</p>
 <p><b>YOU MATTER!</b> You are important and your feelings matter</p>	 <p><b>ZEN</b> Practise calming activities like yoga and meditation</p>				

