

Summer Term



Dear Parents and Carers,

Congratulations to **Sundial Class** for the best attendance and to **Tower Class** for the best punctuality over the past two weeks:

	Attendance	Punctuality
T	97.0%	98.3%
SH	96.9%	97.9%
SD	97.2%	97.6%

Drop-Off Times 8:35am → 8:45am latest

Congratulations to the children in Sheldon and Sundial who played so well earlier this week at the Music Collective Worship Assembly - everyone was very impressed!

Don't forget our Maypole celebrations are on Friday, 22nd May this year. It would be lovely if you are able to keep the afternoon free to come and enjoy this wonderful event. Further details will be sent out shortly.

I would just like to remind you that sun-cream must be applied to your child/children before coming in to School; please do not leave sun-cream in your child's book-bag. Please would you ensure you send your child in with a clearly named water bottle and sun-hat. Thank you.

I am attaching some information regarding **online safety** below and on page 3 that I hope you will find interesting and informative.

In Collective Worship the children have been discussing our current Christian value of Wisdom and are sharing the following:

1. Wisdom is choosing to do what is right - even when it isn't the easy option.
2. Wisdom helps us learn from our mistakes and grow stronger every day.
3. Wisdom means using our thoughts, words and actions to make the world kinder.

I look forward to welcoming you to ERIS [Everyone Reads In School] next Friday 15th May. Please wait outside the main-doors to be let in when we are ready.

Have a lovely weekend.

Best wishes, **Emma Ross**

CHRISTIAN VALUE WISDOM

Overbury School Vision

"Discover, nurture & share God's gifts"
At Overbury First School, we believe God has given each of us special gifts to enable us to learn and flourish as unique children of God. We seek to act justly, love mercy and to walk humbly, fostering an environment where everyone is treated equitably and pupils develop into compassionate, responsible individuals who take care of each other, our community and the world in which we live.

DATES FOR YOUR DIARY

Clubs for Summer 1

- Mondays:** Construction Club: Yrs R-5
Rounders: Yrs 3-5
- Tuesdays:** Private Music Lessons
Move More Chosen Sport: Yrs R-5
- Wednesdays:** Rugby Club: Yrs 1-5
Move More Multi-Skills: Yrs R-5
Art Club: Yrs 1-5
- Thursdays:** Table-Top Games: Yrs R-5
- Fridays:** Private Drumming Lessons
Indoor/Outdoor Activities: Yrs R-5
(Children select each week)

- 15 May ERIS: 2.50pm
22 May Maypole Celebrations

Half-Term: Monday, 25th → Friday, 30th May

- 1 June TED Day: School Closed
2 June School Open: Children return ☺

Online Safety update

Digital devices are woven into everyday life for children and young people, but balancing the benefits with potential risks can feel challenging. Screen use can influence sleep, emotional regulation, physical health and online experiences. Concerns about wellbeing are growing, however making use of the parent tools present in all technology allow you to make informed choices and manage these decisions for your children. The Thinkuknow has more guidance on what parent tools are available on what devices. If you need more guidance, feel free to contact Mr Hawkins.

Friday 8 May

PUPIL ACHIEVEMENTS

CONGRATULATIONS !

to our wonderful certificate winners:

Readers of the week:

Jojo / Mason / Nancy
Reuben / Josh.L / George.H



Writers of the week:

Oscar N / Monty / Alfie
Freya / Charlie / Poppy



Mathematicians of the week:

Evelyn / Wilf / Joe
Izzy / Ophelia / Amellie



Friends of the week:

Rafferty / Percy / Abi
Emmy / Ava



CONGRATULATIONS to:

Zach.F on passing
Swimming Level.7 !



Jack RS on completing
his first 3K Mud-Run at
Eastnor Castle - doing a
brilliant run!

Johnny; had a great weekend with the Sea Cadets at Cowley. Lots of fun; learnt to wild camp, make 'camping' bread, weather vanes, wind direction & orienteering.



Understanding additional
needs workshops available

Online Sensory Processing workshop

Thursday 4th June 2026
9:30-11:30am

Link to secure place: <https://www.eventbrite.co.uk/e/sensory-processing-south-worcestershire-parents-tickets-1988823118485?aff=oddtcreator>

Online All kind of minds

Monday 15th June 2026
1-3pm

Link to secure place: <https://www.eventbrite.co.uk/e/all-kinds-of-minds-south-worcestershire-parents-tickets-1988824057293?aff=oddtcreator>

Online Emotion Regulation workshop

Friday 26th June 2026
9:30-11:30am

Link to secure place: <https://www.eventbrite.co.uk/e/emotional-regulation-south-worcestershire-parents-tickets-1988823134519?aff=oddtcreator>

Dealing with challenging behaviour

Monday 30th June 2026
9:30-11:30am

Link to secure place: <https://www.eventbrite.co.uk/e/dealing-with-challenging-behaviour-south-worcestershire-parents-tickets-19888235437397?aff=oddtcreator>

For further information please contact Rebecca Walton
Email: Rebecca.Walton@actionforchildren.org.uk

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Peristone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College