

KEEPING SAFE & HEALTHY

SIGNS OF... YOUR CHILD NEEDING A SCREEN BREAK

Look beyond the screen. Has it started to affect your child's wellbeing, relationships or everyday life?

- LESS TIME OUTDOORS**
Fresh air, movement and play are being replaced by increasing time on screens.
- LOSS OF INTEREST**
Activities they once enjoyed no longer seem as appealing as screen time.
- SLEEP CHANGES**
Late nights, difficulty settling or poor-quality sleep become more common.
- MOOD CHANGES**
They appear more irritable, emotionally reactive or withdrawn, particularly after using screens.
- EMOTIONAL DYSREGULATION**
Big emotions become more frequent when screen time ends or limits are introduced.
- REDUCED MOTIVATION**
Everyday activities feel like an effort unless they involve a screen.
- FAMILY DISCONNECTION**
They become reluctant to join family meals, conversations or shared activities.
- NEGLECTING SELF-CARE**
Personal hygiene, getting dressed or other daily routines begin to slip.
- LESS SOCIAL CONNECTION**
Face-to-face friendships and social experiences are gradually replaced by time online.
- LIFE OUT OF BALANCE**
Screen time is beginning to replace the experiences that support healthy development and wellbeing.

The Contented Child
HELPING CHILDREN BE UNBESIDESCREEN

CHRISTIAN VALUES

Thankfulness & Respect



COMMUNITY/ PTFA/ ECO NEWS

Positive Parenting Groups

Stronger Families, Brighter Futures

3 Week Course
Fear-Less
For parents of children aged 6-14 with anxiety
Weds 9th Sept 2026 Virtual 6pm-8pm
Weds 7th Oct 2026 Greencroft Children's Centre 10am-12pm
Weds 2nd Dec 2026 Greencroft Children's Centre 10am-12pm

5 Week Course
Standard
For parents of children aged 2-10
Weds 9th Sept 2026 Greencroft Children's Centre 1pm-3pm
Tues 3rd Nov 2026 Greencroft Children's Centre 10am-12pm

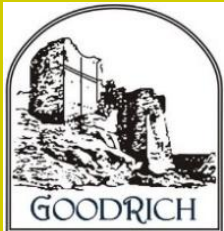
5 Week Course
Stepping Stones
For parents of children with additional needs
Weds 9th Sept 2026 Virtual 6pm-8pm
Weds 4th Nov 2026 Greencroft Children's Centre 1pm-3pm

5 Week Course
Teen
For parents of children aged 10-14
Thurs 10th Sept 2026 Greencroft Children's Centre 10am-12pm
Tues 10th Nov 2026 Virtual 6pm-8pm
All sessions must be attended

If you'd like to attend please call, email or complete the referral form on the Council website (Search Triple P)
Families First Parenting Team 01432 260276
FFParenting@herefordshire.gov.uk

★ TOGETHER WE CAN BUILD CONFIDENCE, RESILIENCE AND STRONGER FAMILIES! ★

Goodrich Church of England

Attendance		1 st Edition 2026-27		18 th September 2026		House points	
Reception	99%	School Prayer  Dear God, Bless our school. Bless our teachers. Bless our pupils. Bless our families. Please help us to be kind and help us to always try our best. Let us remember, as many hands make a house, So many hearts make a school. Amen		Goodrich Church of England Primary School Collective Worship At this time of year we think about Harvest  We are independent. We show thankfulness and respect. "Love your neighbour as yourself." (Galatians 3:28)	 Dragon	7	
Year 1	98.7%				 Pegasus	10	
Year 2	96.4%				 Griffin	6	
Year 3	100%				 Phoenix	7	
Year 4	98%						
Year 5	98.7%						
Year 6	97.3%						
TOTAL	98%						

Primary School Newsletter

Calendar- or see 'mySchoolApp'

Forest School		Celebration Worship		Other Dates	
21/09/26	Goldcrests & Owls				
22/09/26	Robins			23/09/26	Yr 5 & 6 PGL
28/09/26	Peregrines				
29/09/26	Wrens				
02/10/26	Goldcrests				
05/10/26	Goldcrests & Woodpeckers			06/10/26	Individual & Family Photos
06/10/26	Robins	09/10/26	Owls		
12/10/26	Owls				
13/10/26	Wrens				
16/10/26	Goldcrests			16/10/26	Harvest Festival @ St. Giles 13:30
19/10/26	Goldcrests & Peregrines				
20/10/26	Robins			26-30/10/26	Half Term

News

Dear Parents,

Welcome to the first newsletter of this academic year.

It has been wonderful to welcome the children back to school, some for the first time. They have learnt new routines quickly and made new friends.

I would like to take this opportunity to welcome three new members of staff to the team. Miss Price who is covering for Miss Price (What were the chances!) until she returns, Miss Hathaway as a member of support staff and Miss Overthrow who will join us in Goldcrests very soon.

We know that this time of year is very busy and as the term rolls on, they will become tired and at times a little under the weather. Having great attendance really does impact on the children's attainment as well as friendship groups. Our teachers work incredibly hard to plan sequences of learning and absence create gaps that are difficult to fill. So please bring your children every day unless they are too poorly to be up and about. We will of course contact you if they are not coping with the day.

Coming soon- we will soon be sharing accidents requiring first aid via email to parents. This is to stop head bump letters potentially being lost between being written and reaching you at home. When they start you will receive an 'incident report'. It will contain information about the injury and treatment. I'm sure there will be a few teething issues that we haven't thought of, so don't hesitate to let us know. We are just waiting for an outdoor Wi-Fi point to be added in the playground so that we can use the iPads reliably out there.

As ever, we are partners in your children getting the best out of their school days, please share any concerns or worries about school as well as things going on at home. Staff are available at the start or end of the day, or please arrange a time to meet if you need privacy or a little longer to share information.

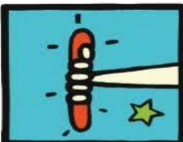
Best wishes

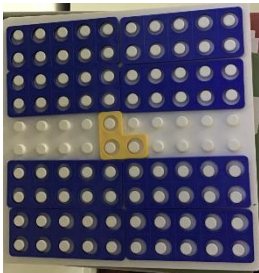
Mrs Miles

Class News

We have had a busy and exciting start in Goldcrests, welcoming new friends and exploring our toys and activities. We have been learning our new routines and getting to know our surroundings, helping us feel happy, safe and settled. Through the wonderful book *Amazing* by Steve Antony, we have been learning about each other and celebrating how amazing we all are. We have discovered the many things we can do, playing football and climbing, painting, building and creating. Our nursery rhyme '**Incy Wincy Spider**' has inspired lots of fun learning. We have developed our physical skills with a spider-themed obstacle course, creating spiders with playdough and practised counting their legs. We have even explored simple number sentences, discovering that four add four makes eight!

Goldcrests	Quote of the week	Body & Mind	Wow play!	Words of the Week
	Talking about friendships. Otis commented, "we are all friends."	 Working together to collect the Autumn leaves.	 Georgie's amazing imagination. Adding hoops to a chair creating a pushchair for his baby.	amazing different similar kind special

Wrens	What a wonderful few weeks we have had in Wrens! The children have settled into our class with ease and are beginning to get used to our daily routines. It has been lovely to see them being busy, growing in confidence and exploring the classroom with such enthusiasm. Wrens have started their daily phonics sessions. Reception have been learning lots of new phonemes (sounds) and the graphemes (written letter). In Year One, the children have been revisiting the phonemes and tricky words that they learnt last year. It has been lovely to see the children using their phonetic knowledge in the classroom. We had a very exciting end to our week; we went on our first school trip to a ploughing match at Whitehouse Farm. The children had a wonderful time, looking at animals, watching farmers plough the field and going on a tractor ride.			
	Quote of the week	Body & Mind	Wow play!	Words of the Week
	When talking about what you can do to be a kind friend Beau said, "you could ask them if they want to play with you."	At home Dough Disco Week 1 Move 1 Squeeze Warming up the dough by simply squeezing in the hand and then passing the dough to the other hand and squeezing it as hard as possible again. This move needs to be repeated about three times in each hand. Only after a squeeze different moves like after a sausage and before a ball in!  Move 2 Ball it! Place the Disco Dough between your two palm dough to form a ball shape. In winter call it a snowball in summer a beach ball! The Ball comes before we roll it - move it is also essential before we dive our fingers in. The ball is essential for palm exercises.  We have started 'Dough disco'. This help with warming our hands up for writing and strengthening our fine motor skills. It is lots of fun!	 Singing and sharing stories on the stage.	phoneme grapheme blending counting numbers

Robins	Welcome back Robins! The children have been settling into their new class and routines. We are so proud of how hard they have been working and how kind they have been to each other. We have been building friendships and completing tasks collaboratively. In English, we have been enjoying reading '<i>The Lion Inside</i>.' The children have been exploring the characters' feelings and actions, asking questions about the story. We have been identifying verbs and alliterations and using them in our own writing! In Maths, we have been developing our number skills using number blocks and understanding 'one less' and 'one more'. Our PSHE has been focused on friendships and kindness. Robins shared what makes a good friend and how we can be kind and include others, it has been amazing to hear such positive ideas that the children have had. We are looking forward to watching the children grow in confidence and independence over the next few weeks.			
	Quote of the week	Body & Mind	Wow work!	Words of the Week
	Talking about countries in Geography, Ralph said, "look, I have made the Scotland flag with numicon." 	We went outside for our RE lesson and wrote words, and drew pictures about how nature makes us feel. We shared that nature can make us feel relaxed and calm.	 In DT, we have been looking at structures. We designed our own structures using straws and pipe cleaners. Tabby's was extremely strong and beautiful!	quietest meekest roared squeaked more less

Woodpeckers	Welcome back to a new school year! We have had a brilliant start to the new term and settling into a new classroom, new routines and life as a Woodpecker. We started off our learning by re-reading 'Incredible You' by Rhys Brisenden and Nathan Reed and thinking about all the ways we are incredible and unique. We then made our 'Wonder' themed book covers for our English books, and then learnt a list poem, 'Eye Spy with my Rainbow Eye' by Pie Corbett, before writing our own versions and describing different objects linked to the colours of the rainbow. In Maths, we have been focusing on statistics and collecting data to find out information about one another such as 'What is your favourite pizza topping?' and presenting our data in different forms such as tally charts, pictograms and bar charts/graphs. In Science, we have been matching animals to their offspring and finding out what animals lay eggs and what animals give birth to live young. In Music, we have started to learn how to play the ukulele and in RE, we have been thinking about God's creation and taking pictures of our wonderful world to make a collage.			
	Quote of the week	Body & Mind	Wow work!	Words of the Week
	When discussing ideas for our class poem and what things we think of for the colour blue, Amber said, "Waves crashing into a rock." Ayda added, "The sea twinkling in the morning light."	 Mud Sleighing in Forest School!	 Some of our 'Wonder' themed book covers.	statistics data interpret retrieve offspring
Owls	Owls Class have made a fantastic start to the new school year! The children have settled into their new class brilliantly and have been picking up our new routines so well. We are incredibly proud of how confidently they have begun the year. We have started our learning by thinking about friendships and what makes a healthy friendship. It was heartwarming to hear the children sharing such thoughtful ideas about kindness, respect, trust and looking out for one another. In Music, we have been developing our understanding of musical notation while beginning to learn how to play the ukulele. The children have been enjoying getting to grips with their instruments and are already making some lovely sounds! This week, we have also travelled back in time to begin our exciting new History topic on the Ancient Egyptians. The children have been fascinated by this ancient civilisation and are looking forward to discovering more about pharaohs, pyramids, mummies and everyday life in Ancient Egypt. It has been a wonderful start to the year, and we are looking forward to all the exciting learning and adventures ahead!			
	Quote of the week	Body & Mind	Wow work!	Words of the Week
	Grazia said, "If my friend said that they didn't want to play my game, I might say, "That's ok we can play something else and perhaps we can play my game another time instead.""	 Mrs Broughton brought in some adult and baby guinea pigs to show the class. Afterwards we talked about how spending time with animals can help people feel calm, happy and relaxed, which is important for good mental health.	The children spoke so highly of their friends during PSHE and we created a display in the hall. 	civilisation current static partition

Peregrines	Welcome back to a new school year. We have had a busy few weeks settling into life in Peregrine Class. In English, we have been writing poetry, and we have begun to explore 'Shackleton's Journey' by William Grill. In Art we have been learning about the artist Piet Mondrian and using his style to create our art work. We have become fashion designers and have been creating outfits which incorporate abstract designs. In Music we have started to learn the toot and already we can play a song – 'Eye of the Tiger' and in Science we have been exploring properties of materials.			
	Quotes from the week	Body & Mind	Wow work!	Words of the Week
	As part of our PSHE lesson, we wrote a thank you note to a friend. Gabriel chose to write, "Thank for being there from the start and thank you for being fun to play with and always being there for me."	In P.E we were completing physical activities which required using effective communication and team work to be successful.	 These are some inspirations	abstract floe precipice crevasse nautical

Class Superstars				
Wrens	Robins	Woodpeckers	Owls	Peregrines
Leo Jasper	Flossie Maxie	Eddie Aurelia	Aster Grazia	Leia Harriet
Mrs Miles' Star Award	Juniper for always being TIPTOP. She is always respectful, kind and works hard, showing real resilience. We are proud of her.			
Be ReadyBe SafeBe Respectful				