FRIDAY 06TH NOVEMBER 2026

NEWSLETTER

Bignold Primary School and Nursery

HEADTEACHER'S HIGHLIGHTS

Welcome back! I hope all our families enjoyed a restful half-term break. I would like to begin by wishing all of our families who celebrate a very happy Diwali.

With the clocks having gone back, the darker evenings and colder weather are upon us. Please ensure children come to school with adequate warm clothing and that all items are clearly named. If your child accidentally brings home someone else's clothing, please ensure it is returned the following day. Thank you for your help!

This is certainly a half-term full of festivals and celebrations. Our classrooms have already been buzzing with excitement as children share stories, experiences and information about the celebrations they enjoy with family and friends. It is wonderful to see them learning from one another and celebrating the diversity within our school community.

Flu vaccinations took place on Thursday this week. With colder weather often comes an increase in seasonal illnesses. Please refer to NHS guidance on when to keep your child off school. We encourage children to attend whenever they are well enough, as those feeling a little under the weather often perk up once they are with their friends and engaged in learning. If your child becomes too unwell to remain in school, we will always contact you.

Many families will be enjoying fireworks displays this weekend. Please stay safe and enjoy these special occasions together.

Finally, a reminder that we are a mobile phone-free school. Please ensure phones are not used on the school premises, particularly at drop-off and collection times.

Wishing you all a lovely weekend!

Kate Harris
Headteacher

HOUSE POINTS

Kindness - 513 pts.

Tolerance - 502 pts.

Respect - 498 pts.

Resilience - 520 pts.

DIARY DATES

THE OFFICE TEAM

LUCY MEDHURST, KATE EWART

The office team are pleased to share the important dates and upcoming events for the term. We hope this helps families stay informed and feel connected to all the wonderful things happening in school.

November

- 16th Road Safety Week
- 9th & 10th Learning Support meetings continue
- 16th Paretns Evening
- 18th Bignold Open Event 2pm - 3pm
- 18th Parents Evening
- 19th Flu vaccinations for those who missed 5th
- 26th - 1st December Book fair

December

- 2nd Yr5 trip to Dragon Hall
- Year 1&2 Christmas performance
- 9th KS2 Performace at church
- 10th Year 1 &2 Christmas performance
- 14th Reception Christmas performance
- 16th Early Years Christmas stay and play 9-10:30am
- 16th Christmas Dinner day
- 18th School closes for Christmas 🎄

Office Messages

Children in Need – Friday 13th November
We will be supporting Children in Need with a non-uniform day on Friday 13th November. Children are invited to come to school in their own clothes, and we kindly suggest a donation of £1 in support of this wonderful cause. Thank you for helping us make a difference.



WE ENCOURAGE HEALTHY SNACKS

WE ENCOURAGE THESE

FRESH FRUITS



Apples, Bananas, Berries, Grapes, Nature's Candy!

CRUNCHY VEGGIES & DIPS



Carrots, Cucumbers, Peppers, Tomatoes with hummus or yogurt dip.

DAIRY GOODNESS



Cheese, Yogurt, Milk, For strong bones!

LOW-SALT SAVORY SNACKS



Plain Popcorn, Rice Snacks, Corn thins. Choose carefully!

WE DO NOT ENCOURAGE THESE

CRISPS AND BISCUITS

- Crisps (various flavors)
- Biscuits (sweet and savory)
- High in salt, fat, and sugar
- Low in nutritional value
- Eat very sparingly



THESE MAY BE REMOVED FROM YOUR CHILD

SWEETS AND TREATS



biscuits, high sugar bars and treats

CHOCOLATE



Chocolate Bars (various types)

Very high in sugar & fat. Low nutritional value. Strictly not allowed.

IMPORTANT: STRICTLY NO NUTS ALLOWED!

MAKE HEALTHY CHOICES EVERY DAY!

MOBILE PHONES

Mobile phones have become a huge part of young people's everyday lives, but new restrictions on their use in schools and proposed restrictions on social media are changing how children and young people can use them. This guide explores mobile phones, their use by young people, what the evidence tells us, the current and future legal position, and what parents and educators should do.

What are the risks?

MENTAL HEALTH AND WELLBEING

The relationship between smartphone and social media use and young people's mental health is complex, and evidence does not establish a simple cause-and-effect relationship. Some researchers and commentators, however, including Jonathan Haidt, author of The Anxious Generation, argue that increased smartphone and social media use may be contributing to poorer mental health and wellbeing among young people.

LEARNING AND ATTENTION

Mobile phones can distract pupils from learning and make it harder to maintain attention and concentration. Research suggests that learning and attention have improved in schools that already prohibited mobile phone use, particularly among pupils with lower prior attainment. Now that the DfE's guidance on mobile phones is statutory, schools should ensure that the whole-school community understands and follows their policy, while monitoring how effectively it is implemented.

HARMFUL CONTENT AND BULLYING

Mobile phones can be a means of extending peer conflict from the community into schools and from schools back into the community. They also provide easy access to harmful and inappropriate content, including content that is sexually explicit, promotes self-harm or eating disorders, or is violent in nature. Exposure to this content can negatively affect children's mental health and wellbeing, potentially increasing the support they require from schools, parents, and support services.

EXCESSIVE SCREEN TIME

Ofcom research found that 13- to 14-year-olds spend an average of 4 hours 19 minutes online each day across smartphones, tablets, and computers. However, there is considerable variation between children, with some spending significantly more or less time online. Excessive screen time can contribute to disrupted sleep and fragmented attention, both of which can negatively affect children's mental health and wellbeing.

The current and upcoming rules

SCHOOL BANS

As of 1 September 2026, schools are expected to be phone-free environments by default, with any exceptions limited to specific circumstances. Schools can decide how best to implement this. For example, some may provide secure storage or collect phones at the beginning of the school day, while others may prohibit pupils from bringing them onto school premises altogether. Schools can also confiscate mobile phones in line with their behaviour policy, while searches for prohibited phones must follow the relevant legal requirements.

REASONABLE ADJUSTMENTS

Schools should make reasonable adjustments where necessary for disabled pupils and may allow exceptions in other circumstances, including where mobile phone use is necessary to support a medical condition or an identified need. For example, a pupil with diabetes may use a continuous glucose monitor linked to their mobile phone to monitor their blood sugar levels. Schools may also make adaptations where mobile phone use provides agreed support for pupils with SEND. Any exceptions should be clearly reflected in the school's policies and procedures.

ONLINE SAFETY ACT 2023 AND 2026 PROPOSALS

Platforms are required to protect children from harmful content and use age checks to prevent children from accessing pornography and certain other types of harmful content. In June 2026, the government announced that it intends to stop social media companies offering services to under-16s. These restrictions are expected to be introduced in spring 2027, but the precise scope and rules have not yet been confirmed.

WHAT SHOULD YOU DO?

While there is ongoing debate about the relationship between smartphones, social media and young people's mental health, there are steps that parents and educators can take to help reduce the potential risks associated with their use:

1. Delay smartphones. Consider waiting until a child is 14 before giving them a smartphone. Where a child needs a device to contact family, a basic phone may be an alternative.
2. Delay social media. Consider delaying access to social media until the age of 16.
3. Support phone-free schools. Parents, pupils, and staff should understand and support the school's approach to mobile phones.
4. Encourage screen-free activities. Promote independent and outdoor play, alongside other activities that give children opportunities to socialise and spend time away from screens.

Meet Our Expert

Mark Emmerson OBE, CEO – City of London Academies Trust. With nearly 45 years' experience in inner-city education, including 16 years in senior leadership roles, Mark was an early advocate for tackling the risks of mobile phones in schools, introducing a bad as headteacher in 2000. He has also served as a national DfE adviser and held local authority roles, consistently driving improvements in pupil outcomes and tilted judgements, particularly in disadvantaged communities.



#WakeUp Wednesday

The National College

@wake_up_weds /www.thenationalcollege @wake.up.wednesday @wake.up.weds

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Bignold Friends and Family Autumn Update

It's been a busy start to the school year — we have hosted the Big Harvest, had our AGM, and finished off the half term with our **Halloween disco and bake sale.** We hope reception to year 3 thoroughly enjoyed celebrating the end of term with some dancing and treats! Years 4 - 6 will have a disco in the new year.

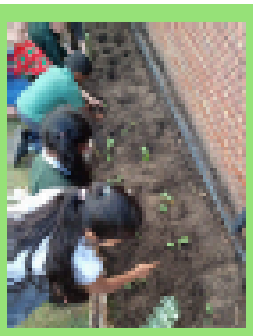
WHAT WE HAVE BEEN UP TO...

The Big Harvest

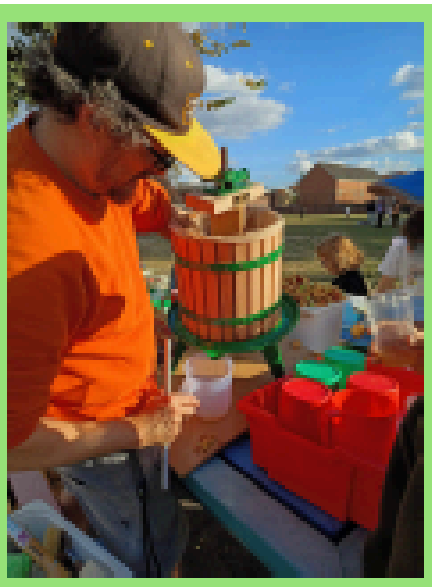
We had a wonderful time at **The Big Harvest**, our recent *Bignold Goes Wild* event. It was a lovely way for everyone to settle back into the new school year!

The children had great fun getting hands-on - washing, cutting, milling, and pressing apples to make their very own fresh apple juice. They also enjoyed taking part in nature crafts and planting alongside a special visit from the **Norfolk Wildlife Trust** (and a visit from a hedgehog!).

A huge thank you to everyone who donated apples or delicious cakes, volunteered their time, or came along to support the event.







BFF AGM

We recently held our AGM, where last year's committee members, Becky (Chair), Rachel (Treasurer) and Carla (Eco Lead) were voted back in for another year.

While the committee helps organise things behind the scenes, **every parent and carer is automatically a part of the BFF.** We warmly welcome contributions from anyone in our school community, in whatever way suits you best:

- **Attending committee meetings** to share ideas
- **Volunteering** to help at events
- **Donating** items or baked goods

No contribution is too small, and every bit of help makes a real difference for our children!



WHAT'S COMING UP THIS HALF TERM...

Big Chill Fest - Friday 4th December 2026

Mark your calendars! Our annual winter fair, **Big Chill Fest**, will be taking place in December, and we would love for you to join us to celebrate the festive season.

We need your help! To make Big Chill Fest a success, we rely heavily on volunteers. What we are able to offer at the fair depends entirely on how many hands we have to help out. If you can spare some time to volunteer on the day, please get in touch! If you are having a pre Christmas tidy-up or clear-out in preparation for Christmas, please keep us in mind. We will soon be collecting good quality donations for the fair.

Christmas Cards Designed by the Children

The children have been busy designing their own Christmas cards in class! Soon you will have the opportunity to order cards and other gifts featuring your child's artwork. The BFF receives a commission on every order placed, which goes straight back into supporting school activities.

Thank you all for your continued support

Warm regards *The BFF*

Facebook: Bignold Friends and Family /Bignold Friends and Family Group

Instagram: bignoldfriendsandfamily

Volunteering WhatsApp group: BFF Volunteers

Email: bignoldfriendsandfamily@gmail.com