



WATERSIDE PRIMARY SCHOOL NEWSLETTER

WHOLE SCHOOL ATTENDANCE— 94.1%

Friday 13th February, 2026



Dear Parents and carers,

Thank you for what has been a very wet first half of the spring term!

The children came back in January eager to learn and despite the weather it has been a calm and productive six weeks.

I have seen some amazing learning and progress across the breadth of the curriculum and in all classes and we are really excited to share your child's achievements at the upcoming parent's evenings during the first week back.

We wish you all a very happy and safe half term and look forward to seeing everyone on Monday 23rd February.

Many thanks for your support and engagement over the past half term.

Kind regards,

Emma Moakes and Kira Jacobs
Headteacher Deputy Headteacher



A rich and engaging curriculum



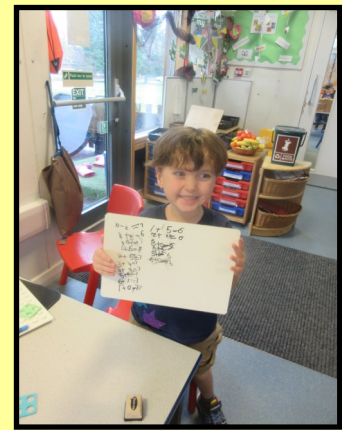
Number Day

Last Friday the whole school enjoyed 'Number Day'. This was an opportunity to focus on maths, but also to raise some money through donations for the NSPCC. Children from Years 2-6 took part in the TTRS Rocks competition throughout the day and there were lots of other number based activities to enjoy.



We all especially enjoyed dressing up and I think the teacher's in their '6 7' t-shirts was a bit of a surprise for everyone!

Year 1 enjoyed finding as many ways as possible to make 6 or 7!



Year 2 Castle day

Year 2 had a brilliant day on Monday. They spent the day immersed in their castle's topic, making memories which will support their learning. The children made crowns and bread and even learnt a medieval dance! It was lovely to see so many parents at the end of the day too—thank you for supporting this event.



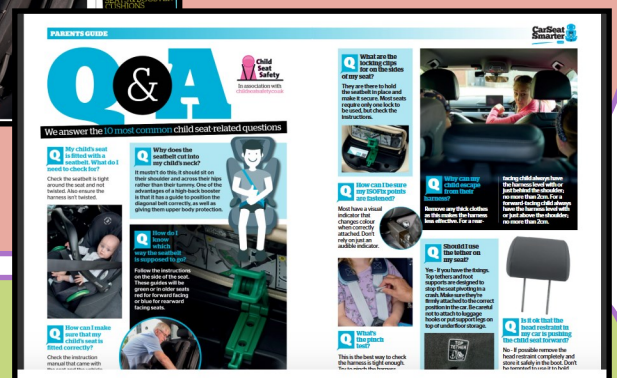
Travel to School

We have been asked to share some important information from The Road safety Team at Hampshire County Council. See their message to parents below:

The Road Safety Team are responsible for educating young people and their families on the importance of keeping safe when travelling in a vehicle. Part of this education includes ensuring young people are travelling with correct restraints. Are you aware that 37% of children are in the wrong type of seat for their age and/or height? The Road Safety Team would like to share this car restraint leaflet with you to ensure you know how to always keep your child(ren) safe – in the correct restraint. There are also hints and tips about choosing the right seat, transporting other people's children and how to fit different types of car seat.

To read this informative leaflet, please visit – [in car safety guide](#)

https://issuu.com/firstcar/docs/fc_parents_guide_v4_16pp_issuu_27baad3d346c52

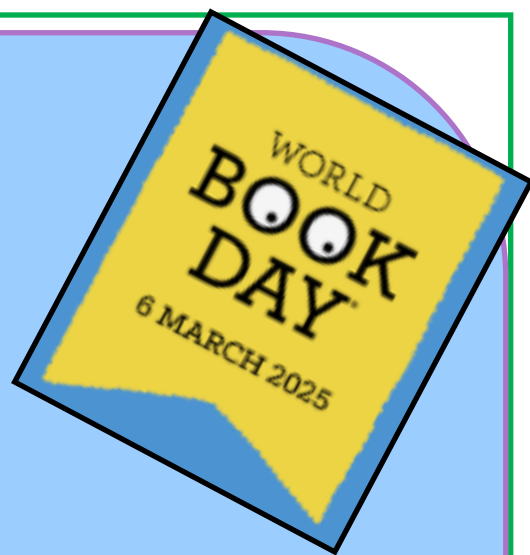


Parents evenings

Just a reminder to parents that our spring term parent's evenings are planned for after half term on Monday 23rd and Wednesday 25th February. All appointments can be booked through SCOPAY. We hope to see as many families as possible at these events.

World Book Day

World Book day is always a brilliant day and this year it takes place on **Thursday 5th March**. On the day children and adults are invited to dress up as their favourite book characters and we will have a special assembly to mark the event.



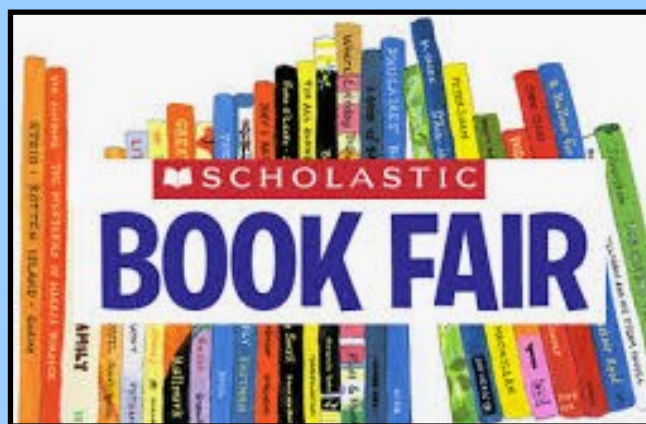
This year children will receive their World Book Day Tokens early—these £1 tokens can be used at a number of retailers but also at our Scholastic Book Fayre which will be running over three nights.

Book Fayre will be open:

Tuesday 24th : 3.15—4 pm

Wednesday 25th : 3.30—6pm

Thursday 26th : 3.15—4pm



5 lucky children could also win an **extra £5 voucher** to spend at the Book Fayre by entering our “Make a blurb” competition. Children need to write a blurb for a new book! All entries in by **Monday 23rd February at 12pm** ready for judging!



Reading across the school has taken a real boost over recent months and our Reading Ambassadors do an amazing job of promoting reading. Last week, having chosen books for each class, they wrapped and delivered them as a special treat!

WHAT PARENTS NEED TO KNOW HEALTHY VS HARMFUL SCREEN TIME

HEALTHY SCREEN TIME ISN'T THE SAME AS "LESS" SCREEN TIME

Parents are often told the answer is simply to cut it down. But the real question is: what is screen time doing for your child right now? Sometimes it's helping them rest their brain after a demanding day. Sometimes it's giving them predictable structure when everything else feels hard. And sometimes it's filling a gap (connection, calm, confidence, sensory regulation) that they don't yet know how to meet another way. Healthy screen time supports wellbeing. Harmful screen time replaces wellbeing. The goal isn't perfection. It's learning to spot the difference so you can guide your child with calm boundaries, not constant battles.

HEALTHY SCREEN TIME LOOKS LIKE REGULATION, NOT COLLAPSE

Healthy screen time tends to leave a child feeling "settled" rather than wired, frantic, or empty. They can stop (with support) without a full emotional crash. Their mood stays mostly steady, and they can return to family life without losing themselves in it. You might notice they still eat, sleep, talk, play, and move their body in a balanced way across the week. They may even use screens socially (chatting, laughing, creating, building, learning) rather than scrolling alone in a trance. It becomes one part of a wider life, not the only place they feel okay.



HARMFUL SCREEN TIME LOOKS LIKE ESCAPE, OR DYSREGULATION

Harmful screen time often shows up as a pattern: your child becomes increasingly irritable, argumentative, or distressed around screens. They can't transition off without explosive behaviour, tears, shutdown, or panic. They seem "stuck" in it, needing more and more for the same relief, and everyday things feel harder afterwards (homework, sleep, family time, even fun activities). You might see secrecy, lying, sneaking, or intense agitation when limits are mentioned. This isn't because your child is "naughty" or addicted by choice — it's usually a sign their nervous system is overloaded and screens have become their quickest off-switch.

WHAT SHAPES WHETHER SCREENS HELP OR HARM

It's not only the amount of time — it's the type, timing, and purpose. Fast, high-reward content (short videos, endless scrolling, intense gaming loops) ramps the brain up and makes stopping harder. Screens used right before sleep tend to disrupt settling, even if a child looks calm. Screens used as the only coping tool can quietly shrink tolerance for boredom, frustration, or waiting. But screens used intentionally can be protective: slower content, co-viewing, creative apps, movement breaks, and clear "bookends" (start and finish routines) help the brain stay regulated. A good rule: if it leaves your child more connected to themselves afterwards, it's probably supporting them. If it leaves them more reactive, it's probably costing them.

SUPPORTIVE BOUNDARIES THAT ACTUALLY WORK IN REAL LIFE

Start with connection before correction: "I can see you're really in it — I'll help you come off." Use predictable limits, not constant negotiation. Give warnings, offer a bridge activity, and help their body transition (drink, snack, toilet, stretch, fresh air, a quick job to do together). Set screens around anchors: after school snack first, dinner first, bedtime routine first. Keep boundaries calm and boring, and avoid screens as the only comfort after a hard moment — build a small menu of other soothing options. And if screens have become the only place your child can cope, don't just remove them. Replace the need underneath with support, skills, and safety.



WATERSIDE
garden, wear
something green day

6th March

£1 donation,

All proceeds go
towards the

garden

Diary Dates (new dates in bold)

Useful contacts:

Emma Moakes (Headteacher)
E.MOAKES@waterside.hants.sch.uk

Kira Jacobs (Deputy Headteacher)
K.Jacobs@waterside.hants.sch.uk

Lesley Ralls-Baird (SEN/Inclusion lead)
L.BAIRD@waterside.hants.sch.uk

School office manned 8am—4pm

023 80842143

There is an answerphone for any messages left out of hours.



www.waterside.hants.sch.uk

INSET DAYS

We have three remaining INSET days this year. These will be on the following dates:

Thursday 7th May

Friday 26th June

Monday 29th June

13.2 Break up for half term

23.2 Back to school

23.2 Parents Evening

25.2 Parents Evening

3.3 Year 5 to Science Centre

5.3 World Book Day (Dress up)

4/5/6.3 Year 5 residential trip

6.3 GREEN DAY (wear something green fundraiser)

6.3 Year 6 Circus Skills Day

11.3 Year 5 parents to singing assembly (9am)

13.3 Year 5 to Gregg School

16.3 Listen 2 Me Concert 2.15pm

18.3 Year 4 parents to singing assembly (9am)

19.3 Applemore College Production of 'High School Musical'

20.3 Comic Relief—Red Nose Day!

25.3 Rock Steady Concert 10 am

27.3 Last day of Spring Term

13.4 Back to school

29.4 Year 3 parents to singing assembly (9am)

7.5 INSET DAY—Closed for Polling

11.5 SATs WEEK starts for Year 6

16.5 Spring Fayre (tbc)

11.5 Class photos (tbc)

13.5 Year 2 parents to singing assembly (9am)

22.5 Break up for half term

1.6 Back to school

10.6 Year 1 parents to singing assembly

26/29.6 INSET DAYS