



St Stephen's
CE Primary School

John 13:34 'Love one another, as I have loved you'

NEWSLETTER

17: FRIDAY 16th JANUARY 2026

Learning, loving and growing; together as God's children

On Tuesday we welcomed Krish from 52 Lives for a KINDNESS workshop. The workshop's aim was to empower our children by helping them to realise that the little choices they make every day have the power to change people's lives, and improve their own physical and mental health at the same time. The school council and Wellbeing Warriors are busy working to be a school of kindness officially!



"You cannot teach a person anything. you can only help them find it within themselves." ~ Galileo

SIGN

UP

Please see page 10 for information about our parent classes.



Come and learn with us

EYFS	Monday 2nd February at 10.30am
Year 1	Monday 2nd February at 9.30am
Year 2	Thursday 5th February at 9:00am
Year 3	Tuesday 3rd February at 9:00am
Year 4	Friday 6th February at 10.45am
Year 5	Wednesday 4th February at 9am
Year 6	Wednesday 4th February at 9am

Number Day 2026

Pupils are invited to 'dress up' with any clothing that has a 'number' on Friday 6th February.

STAY CONNECTED WITH US:

Phone: 0161 764 1132

Email: ststephens@thesycamoretrust.co.uk

Facebook: [St Stephen's CE Primary School, Bury.](https://www.facebook.com/StStephen'sCEPrimarySchoolBury)

Website: www.ststephensceprimary.co.uk/

LOGIN

LOG INTO OUR
SCHOOL APPS:



Arbor **92%**
Parent Portal usage



School Money

THIS WEEK'S ST.STEPHEN'S SUPERSTARS ARE:

EYFS Bahasht and Ava-Grace

YEAR 1 Abdul and Zoya

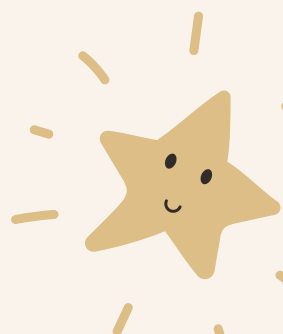
YEAR 2 Esme and Khadija

YEAR 3 Katie and George

YEAR 4 Monroe and David

YEAR 5 Rslan and Nuala

YEAR 6 Aliza and Elliott



OUR CHARACTER SUPERSTARS ARE:

EYFS	KEY STAGE 1	KEY STAGE 2
Tanaka (YR)	Abdulrahman (Y2)	Maisie (Y4)

THIS WEEK'S ATTENDANCE and PUNCTUALITY:

NURSERY 87.0% 1 lates YEAR 3 97.2% 5 lates

RECEPTION 96.3% 6 lates YEAR 4 99.1% 6 lates

YEAR 1 94.6% 1 lates YEAR 5 95.5% 5 lates

YEAR 2 95.0% 8 lates YEAR 6 93.8% 2 lates



Number of lates this week: 34



improved from 41 last week!

Punctuality Champions: Nursery & Year 1



Attendance Heroes: Year 4





Parent information, support and signposting

Keeping our children, and each other, safe is our number 1 priority at St Stephen's. Each week we will share key information we hope will be useful to our families.



[Link here to our school website for helpful information, links and downloads.](#)

If you ever have any questions, please do not hesitate to contact Mrs Denney (DSL), Mrs Garside or Mr Smith (DDSL)

St. Stephen's is an Emotionally Friendly Setting



Our EFS accreditation signifies that our school has implemented a whole-school approach to address emotional needs, including clear safeguarding and health and safety policies, demonstrating a strong focus on creating a safe and supportive learning environment for ALL. We are very proud to be the first primary in Bury to receive this!

Please see Padlet links below for further support:

[For children and young people](#)

[For parents and carers](#)

CLICK HERE

Emotional and Mental Wellbeing Support

FOR CHILDREN AND YOUNG PEOPLE

Thriving IN BURY

Staying Safe Online

Digital devices are part of everyday life for young people but how do they really impact wellbeing? This week's #WakeUpWednesday guide explores how screen use can affect sleep, emotional regulation, physical health, and online experiences, and why concerns about wellbeing are growing.



DOWNLOAD NOW

your FREE copy here >>

<https://vist.ly/4mqjx>

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

Children aged 7 to 18 now spend roughly 5 to 6 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 to address each of these issues and help young people thrive both on and offline.

WHAT ARE THE RISKS?

- SLEEP DISRUPTION**
Excessive screen time, especially before bed, can interfere with sleep. The blue light emitted by screens can suppress the production of melatonin, a hormone that helps regulate sleep. This can lead to difficulty falling asleep, staying asleep, and waking up too early.
- ONLINE PEER PRESSURE**
Social media and online gaming can create a sense of social isolation and pressure to conform. Young people may feel the need to post or share content to fit in with their peers, even if they don't genuinely want to.
- CYBERBULLYING EXPOSURE**
Online platforms can be a breeding ground for cyberbullying. Young people may experience harassment, threats, or exclusion from online groups, which can have a significant impact on their mental health.
- REDUCED PHYSICAL ACTIVITY**
Time spent on screens often replaces time spent being physically active. This can lead to a sedentary lifestyle, which is associated with various health problems, including obesity and cardiovascular disease.
- EMOTIONAL DYSREGULATION**
Constant exposure to digital content can affect a young person's ability to regulate their emotions. This can lead to increased anxiety, stress, and mood swings.
- PRIVACY AND SAFETY RISKS**
Young people may not fully understand the risks of sharing personal information online. They may be vulnerable to identity theft, phishing, or other cyber threats.

Advice for Parents & Educators

- SET CLEAR BOUNDARIES**
Establish clear rules about screen time. This includes setting limits on when and where devices can be used. For example, no screens in the bedroom or during meals.
- ENCOURAGE OPEN DIALOGUE**
Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What do you enjoy online most?" to build trust and encourage them to share any concerns.
- MODEL HEALTHY HABITS**
Children learn by example. Demonstrate healthy digital habits by limiting your own screen time and being present when you are with them.
- PROMOTE DIGITAL LITERACY**
Teach children how to evaluate online content, recognize manipulation, and understand privacy settings. Encourage them to think critically and not to share anything online until they are comfortable with the content.

Meet Our Expert
Adam Wilson, Executive Vice President for Personal Development at The National College, shares his expertise on managing digital device use.

#WakeUpWednesday The National College

Follow us on social media: @wake_up_weds, www.thenationalcollege, @wakeupwednesday, @wakeupweds



The Local Offer helps SEND families access information about the services that are available to them.

Spring 2026 East Bury Community Educational Psychology Service (CEPS)

Parent/Carer Bulletin



Upcoming CEPS Events for Parents

Parent Drop In

- Tuesday 20th January | 9:00am-12:00pm
- B2E Hub

Parent Drop In

- Wednesday 25th February | 9:00am - 12:00pm
- Microsoft Teams

Parent Drop In

- Tuesday 17th March | 13:00pm-15:00pm
- Microsoft Teams

Parent Drop In

- Thursday 26th March | 16:00pm - 18:00pm
- Microsoft Teams

Mental Health and Wellbeing

Articles for parents in supporting children through grief, eating difficulties, and festive stress [here](#).
To register for talks: [Kooth Talks Sign-Up](#) | Contact: kel@kooth.com

Contact

For general enquiries, please contact your Assistant Community Educational Psychologist: r.lak@bury.gov.uk



Bury's Essential Parent App



Expert Health and Parenting Advice
Anytime, Anywhere

- ✓ 2000+ articles and videos
- ✓ Health information from pregnancy to teenage years for you and your family
- ✓ Available in over 75 languages
- ✓ Receive the latest local health and parenting advice



Scan QR code and
download for free



Apple



Android

Check
this
out





YOU are in the spotlight:

Tanaka

you are
A·M·A·Z·I·N·G

Reception

Favourite food: Spaghetti meatballs

Favourite film/programme: Titipo Titipo

Favourite subject: PE

What is the best thing about St Stephen's? Getting to play with toys and friends

What would make St Stephen's better?

More pictures around school

What is your greatest achievement in school? Getting a sticker in my writing group

What is your greatest achievement out of school? Going on holiday with family

Anything else? I'm going to Africa!

If you need support with your wellbeing, speak to one of our Wellbeing Warriors, Mrs Cooney or Katie. YOU matter!



Wellbeing Club with Katie every:

MONDAY

12.30-1.00pm in HUB Connect

Joke of the week:

Why is the library always a school's tallest building?

Because it has the most stories!

REMEMBER!

to prioritise your

You're

awesome

Wellbeing

This week, the Wellbeing Warriors have chosen to focus on:

“

KEEP LEARNING

Encourage children to teach you something they have learned

”

WINNING WAYS TO WELLBEING

CONNECT

TALK & LISTEN,
BE THERE,
FEEL CONNECTED

Give

Your time,
your words,
your presence

TAKE NOTICE

REMEMBER THE SIMPLE
THINGS THAT
GIVE YOU JOY

KEEP LEARNING

EXPLORE NEW
EXPERIENCES,
SEE DIFFERENCES,
SURPRISE YOURSELF

BE ACTIVE

DO WHAT YOU CAN,
ENJOY WHAT YOU DO,
MOVE YOUR BODY

INTRODUCE THESE FIVE SIMPLE STRATEGIES INTO YOUR LIFE AND YOU WILL FEEL THE BENEFITS.

NHS 5 ways to wellbeing.

Thought of the week:

PEACE IS WONDERFUL

I leave you peace. My peace I give you. I do not give it to you as the world does. So don't let your hearts be troubled. John 14:27

KID TIP

Count to ten ... but don't stop there! If you're angry with someone, don't say the first thinking that comes to your mind. Instead, catch your breath and start counting until you are once again in control of your temper. If you count to a million and you're still counting, go to bed! You'll feel better in the morning.

A PRAYER FOR TODAY

Dear Lord, help me to accept Your peace and then share it with others, today and forever. Amen.

Hello, my name is Katie



Who are Bury Mental Health Support Team (MHST)?

We are a service who works with Bury schools and colleges to support children and young people who struggle with their mental health.

Our goals are:

- To work with children, young people or parents on their own or in a group.
- To work with teachers to make school an emotionally friendly place for all.
- To give advice to school staff to help children and young people get the right support.

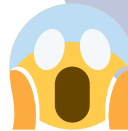


I'm an Education Mental Health Practitioner

How can I help?

I am trained to help children and young people, who may start to struggle with emotions such as;

Worry, sadness or fear



My allocated day with your school is:

MONDAY

From 3rd

November 2025

I work all year round so, i can support you during the school holidays.

How to ask for help?

If you are struggling with your emotions, please speak to;

- Your teacher
- Mrs Denney
- Mrs Cooney
- Parents/Carers
- Any trusted adult



What do I do?

- Work closely with school staff to help make school a happy and emotionally friendly place for everyone.
- Deliver workshops and teaching for school staff, pupils and parents.
- Offer advice about other services that are available within Bury so that you get the right support.



A bit about me:

Some fun facts about me:

- I really enjoy reading
- My favourite animal is a Lion
- I don't like spiders!



I look forward to working within your school and meeting you all.

Katie is in school every
MONDAY



For the year's overview, please view school calendar

Event	Date
Celebration Worship	Friday 3pm
Family Language ESOL Phonics Course - see page 11 for more details	14th January - 11th February 9am-11am Once a week on a Wednesday
Maths Week - see page 1	2nd February - 6th February
February half-term	Monday 16th - Friday 20th February
Reception & Year 6 National Child Measurement Programme	Thursday 26th February
Vocabulary Parade	Friday 6th March
Spring Assessment Week	Monday 9th - Friday 13th March
Easter Holidays	Friday 3rd - Friday 17th April
Year 4 to Tatton Park	Thursday 23rd April
May Bank Holiday - School closed to pupils	Monday 4 May
Local Elections - School closed to pupils	Thursday 7th May



1 Billion: Can famous people help others make good choices?

TAKEHOME



In the news this week

Famous online creators have come together at the 1 Billion Followers Summit in Dubai to talk about how their influence affects people around the world. Influencers at the event use their fame to share kindness, as part of the '1 Billion Acts of Kindness' campaign. One of the most well-known creators, MrBeast, has encouraged millions of people to take part, using his videos and social media to inspire positive actions.

Things to talk about at home ...

- > Talk to someone at home about the summit and the campaign. Do you think lots of people will choose to take part? Why?
- > Share who influences you. Talk about how some of the people we admire or look up to are well-known or famous, and others may be family or friends.
- > Ask someone at home about who influenced them when they were younger. What impact did they have?

Can famous people help others make good choices?



Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

www.picture-news.co.uk/discuss



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USE
your
VOICE

What do you think?

"Yes, but none-famous people can help others make good choices too." - Poppy, Year 6

Would you like to:

- ❑ Learn about **phonics** and basic **spelling**?
- ❑ Build your **confidence** with basic English?
- ❑ Learn to say the **sounds** of the English **language**?
- ❑ Practise **speaking** and **listening** and improve your **reading** and **writing** skills?
- ❑ Gain the **skills** and **knowledge** to support your children with their **reading** at home?

Come along to our **free**

ENGLISH(ESOL) CLASS

for parents and carers whose first language is not English

Starting on Wednesday 21st January, 9-11am



**Please return this slip to the office to book your place.
I would like to join the above Family Learning course.**

My

Name

My

Child's

Name

Tickets on sale in school
Sunday afternoons 2pm-4pm



Snow White



tickets £7 children £3

Thursday 19th, Friday 20th,
Saturday 21st February 2026
Curtain up at 7:15pm

St Stephen's School, Colville Drive BL9 2DX
Contact Gill on 07872 389561 for further details
In association with St Stephen's Church