



## THIS WEEK...

### SOLAR SYSTEM

In Science, Year 5 were developing models of our Solar System. We created our first model with ourselves and evaluated that this was not a good model due to not thinking about the size of the planets, the distance from the Sun, the shape of the planets, how the planets orbit around the Sun and the material they are made from. Because of this, we developed a new scaled model where we considered these factors.



## FAMILY SUPPORT

If you need any support, please do not hesitate to contact us. We can help you source information about support through the right agencies, and make referrals ourselves to local support groups. Here are some of the things we have supported families with recently:

- School uniform, school bags, P.E. trainers and school shoes
- Pre-loved clothes for children
- Foodbank referrals
- Housing applications and letters of support
- Seasonal gifts for children

If you have any questions or would like to talk about how we can help, please contact Miss Baldwin on 01737 761254 or email [familysupport@wray-common.surrey.sch.uk](mailto:familysupport@wray-common.surrey.sch.uk)

## UPCOMING EVENTS

Tues - Y5 Young Voices

Tues - Y4 Humanist Speaker



Dear Parents,

Bookings are open for February half term school holiday activities. We have 14 different activities on offer, for children up to the age of 16. There are activities specifically for children with SEND, children under 5 and teens, as well as a mixture of all day activities and shorter taster session activities. Including film making, trampolining, puppet making, coding, gymnastics and more!

Take a look and book at [www.reigate-banstead.gov.uk/schoolhols](http://www.reigate-banstead.gov.uk/schoolhols)

Remember if you are in receipt of means tested benefits you can receive a 50% discount. Please email [leisure.services@reigate-banstead.gov.uk](mailto:leisure.services@reigate-banstead.gov.uk) to check your eligibility.

We look forward to seeing you again!

Kind regards,  
The Leisure Team

## HONOUR BOOK

RH	Alyssa	For collaborating like Clara at tidy up time.
RP	Yaashitha	For challenging herself to collaborate with many different friends during Discover and Learn.
1LP	Khaleesi	For showing independence when adding and taking away this week.
1P	Mehar	For showing courage in establishing new friendships.
2T	Monty	For fantastic improvement in his handwriting.
2F	Victoria	For using her thinking time well in class discussions so that she is sharing her own ideas.
3EM	Tamaya	For always showing Wray Common values and being a super role model for others.
3F	Theo	For always trying his best and contributing to lessons.
4B	Arthur	For showing excellent contribution to our class discussions this week, particularly in our geography lessons.
4S	Jaxon	For demonstrating kindness to others this week.
5A	Thea	An amazing attitude in maths. She's approached her learning with a real determination to be both independent and successful!
5J	Grace	For showing excellent collaboration when creating a group dance routine in PE.
6C	Lexi	For showing a great attitude to learning this week and always giving her best.
6F	Evie	For showing excellent collaboration by always contributing valuable ideas and supporting her learning her partner.

# 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 Penistone 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®

# The Great Camp Glide Carnival!



Monday, 16th February 2026 to Friday, 20th February 2026

Charles Dickens, Southwark

The Belham, Peckham

Westvale Park, Horley

Wray Common, Reigate/Redhill 

Chipstead Valley, Coulsdon 

February  
Half Term  
Holiday  
Club!



 Ofsted

BOOK TODAY AT: [WWW.CAMPGLIDE.CO.UK](http://WWW.CAMPGLIDE.CO.UK)

# SCIENCE FESTIVAL AT CATERHAM SCHOOL

Join us for a super science Saturday for fascinating talks and sessions with leading scientists!

**Saturday 24<sup>th</sup> January, 1030am- 130pm**

In addition to our stellar line up of talks below, planetarium shows will run throughout the morning alongside the Oculus VR and Augmented Reality Room. We are also delighted to be joined by the Crawley Astronomical Society and their portable solar telescopes, offering visitors a chance to safely view the Sun, including sunspots and solar activity, weather permitting.

LINE UP:

## **What If....? - Emma Young**

What if every volcano exploded at once? What if every tree vanished overnight? What if you didn't make snot? What if you only ate cockroaches for a year? Join Emma Young for an exciting and interactive talk about her two books *What If... Every Volcano Erupted at Once?* and *What If...You Didn't Make Snot?*

## **Human 2.0 - Patrick Kane.**

Patrick Kane is a motivational speaker, campaigner, Ambassador to The UK Sepsis Trust and Ambassador to Össur. In 2010, he was fitted with a revolutionary bionic arm - the I-Limb Pulse, after contracting septicaemia as a baby. He has since gone on to carry the Olympic torch through Trafalgar Square as part of the London 2012 Olympic Games ceremony, spoke at TEDxTeen in 2014 and appeared at WIRED Next Generation in 2015.

For more information or to book tickets, please visit: [Science Festival 2026 - Caterham School](#)

**Students can gain free entry using the code STUDENT when booking and it promises to be a fantastic day!**