

Manor Park  
CE (VC) First School



Love for God ~ Love for Each Other ~ Love for Learning

# Weekly Newsletter

## Monday 6<sup>th</sup> October 2025

Dear families

Autumn has truly started and the children have started their History topics. I am sure they will talk to all of you about their learning.

Monday, we will have our **Harvest festival** in school. If you haven't yet donated, please can you bring in a tin or dry food.

At the end of the week, we will be wearing yellow for **Hello Yellow day**. We are raising awareness for children's mental health school. As a Happy mind school this is very close to our hearts. Thank you parents if you have already signed up to the parent hub. If you haven't, please do. There is a lot of information about your child's learning but also tips and strategies at home.

The booking system for parents' evening is in full swing and seemed to have worked very well. Please ensure you sign up. If you haven't yet we will call you this week to book you in.

Have a lovely week

Manor Park First School



### Save the Date

DATE	EVENT
7th -13 <sup>th</sup> October	Scholastic Book Fair
9th October	Mayor of Dorchester visiting the school
10 <sup>th</sup> October	Hello Yellow Day (Young Minds)
13th/ 14 <sup>th</sup> October	Teacher and SENDCo meetings
15th October	Buds PTA Annual General Meeting (6:30pm)
15th/ 16 <sup>th</sup> October	Literary Festival
16th October	Reception New Parent Tour (10:30am)
17 <sup>th</sup> October	Open Afternoon for all parents @ 2:45pm
17th October	Buds Disco
20th October	Parents' evening
21 <sup>st</sup> October	Parents' evening
22nd/ 23 <sup>rd</sup> / 24 <sup>th</sup> October	INSET Days
27 <sup>th</sup> -31 <sup>st</sup> October	Half Term

*\*Further detailed information will be sent out via Arbor for specific events closer to the time.*





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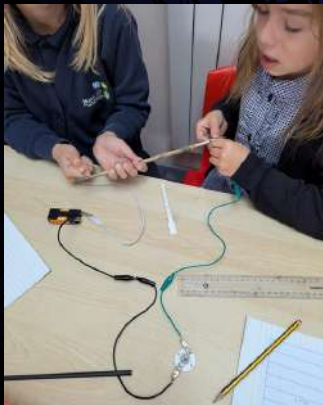


Year 3 were filtering dirty water to see if they could make it clearer using different fabrics in outdoor learning

## HIGHLIGHTS of the WEEK



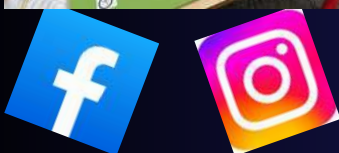
This week we were joined by storyteller Danyah Miller, who started our day with a funny storytelling assembly for the whole school. We sang, joined in with actions, and told the story of stone soup



Year 4 have been carrying out an investigation. They have been testing which materials are conductors and which are insulators.



Year 2 have worked in partners and taken turns to be the reporter and the Roly Poly Bird on a quest to find out information on the missing Enormous Crocodile's whereabouts!





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## HIGHLIGHTS of the WEEK



Year 4 visited Dorset Museum and Roman Town House as part of their History topic.



## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday



Following the success of Fab Fridays in the Summer, we are pleased to announce the launch of Tuck Shop Fridays!



@Budsofmanorpark

BudsOfManorPark





# Open Days!

Visit us on 16th  
October or 6th  
November at  
10:30am

Are you looking for a school place for your child who is due to join Reception in September 2026?



We are delighted to invite you to our school on **Thursday 16<sup>th</sup> October** or **Thursday 6<sup>th</sup> November** at 10:30am, where you will have the opportunity to: have a tour with Mrs Sterck, our Head of School; meet our enthusiastic Reception team; and see the excellent provision we offer to ensure your child reaches their full potential.

\*If you are unable to attend on the above dates, please call the school office to make an appointment at a time to suit you.

To book a tour, please contact the school office on 01305 268741 or email [office@manorpark.wessex.ac](mailto:office@manorpark.wessex.ac)



@manorparkfirst



ManorParkDorchester

YOUNGMINDS

**Hello  
Yellow**  
FRIDAY 10 OCT



Our school will be taking part in Hello Yellow on Friday 10th October (World Mental Health Day) to raise awareness and funds for YoungMinds, the UK's leading charity for young people's mental health. No young person should feel alone with their mental health and that's why Hello Yellow matters.

We're taking this opportunity as a school community to come together and show our children that we're with them and they're never alone with their mental health.

- We will have a non-school uniform day where children can come to school wearing yellow! For example, this could be a yellow t-shirt, jumper, skirt, trousers, cap or hairband!

You can also donate to support our school's fundraising by clicking on the link below or scanning the QR code!

<https://fundraise.youngminds.org.uk/s/310/310>

Our Happiness Heroes (School Council) will be at the school gates to collect any cash donations too!

Most importantly, we want to share the resources which YoungMinds offer to support parents and carers if you ever need help and advice to support your children. This includes:

- online resources ([www.youngminds.org.uk/parent/](http://www.youngminds.org.uk/parent/))
- a phone line, open 9.30am-4pm (0808 802 5544)
- an online chat for parents and carers to speak to trained professionals if you're concerned about your children's mental health ([www.youngminds.org.uk/parents-helpline/](http://www.youngminds.org.uk/parents-helpline/))





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Attend Today, Achieve Tomorrow



WC 22<sup>nd</sup> and 29<sup>th</sup> September



Attendance Winners  
this week are...

EYFS

Maple Class: 96.8%

K.S.1

Ash Class: 98.0%

K.S.2

Beech Class: 99.8%



“Love is a safe place of shelter,  
For it never stops believing the best for  
others. Love never takes failure as defeat,  
for it never gives up. Love never stops  
Loving. 1 Corinthians 13: 7-8

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