



Manor Park

CE (VC) First School



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

Weekly Newsletter

Monday 19th January 2026

Dear families

We had a very busy week at Manor Park. The children have continued with their Geography topic.

We are expecting another wet week so please ensure all your children have coats.

Wishing you all a wonderful week.

Manor Park First School

Save the Date

19th January	Happiness Heroes visit the Corn Exchange
6th February	Fire engine visiting EYFS
9th-15th February	Children's Mental Health Week
9th February	SEND parent meetings
10th February	Safer Internet Day
10th February	SEND parent meetings
16th -20th	Half Term
February	
23rd February	Mel Lane parent workshop
5th March	World Book Day
6th - 15th March	British Science Week
9th March	SEND parent meetings
13th - 29th March	Keep Britain Tidy: Great Big School Clean
17th March	Y4 rehearsal and concert at THS
23rd-25th March	Y4 Hooke Court
26th March	Easter Church Service @ 1:45pm
27th March	End of spring term

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





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HIGHLIGHTS of the WEEK



This week in computing, Year 4 have been using Turtle academy. We have been using different commands to program the turtle to move. We managed to create a square and some of us even managed to do multiple squares and other shapes.

Year 1 have been practising their yoga. We have been getting into animal poses and taking our two breaths in each position. We know that yoga is good exercise for our mind and body, and helps build strength and flexibility. We all said we felt good after. Well done 'Yogis'!



We are getting ready for our RSPB big bird watch next week. We've recycled a Christmas tree and created some feeders to encourage the small birds into our patch.



The preschool children had an exciting visit from a search and rescue helicopter pilot, who came to talk to them about his job.



Dorset & Wiltshire Fire and Rescue Service came into school today to deliver fun and engaging assemblies about fire safety.



Year 1 have been learning about 'pulse' in music. We have been using musical instruments to keep a steady beat.



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

Special offer for our upcoming February Dorchester Holiday Club at Manor Park CE First School!



HOLIDAY CLUBS

FEBRUARY HOLIDAY CLUBS

BOOK NOW!



<https://family.premier-education.com/add-course/946551>

For a limited time, you can enjoy 30% OFF your booking, making our holiday childcare incredible value at just £2.70 per hour. Offer available until the 1st of February so take advantage quick!

Our Manor Park Holiday Club includes:

- ⚽ A wide range of fun sports and games
- 🎨 Extra activities added to our programme
- 👋 A safe, supportive, and engaging environment led by experienced staff

This offer is a fantastic opportunity to secure high-quality holiday childcare at an affordable price, while giving your child a fun-filled and active holiday experience.

📍 Location: Manor Park First school, Dorchester, Dorset, DT1 2BH

📅 Dates: Mon 16th until Thurs 19th of Feb

👶👦 Ages: 4–11 years

🕒 Spaces are limited and expected to fill quickly, so we recommend booking as soon as possible to avoid disappointment.

We look forward to welcoming your children to Manor Park for a fun and memorable holiday with Premier Education.

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



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Limited Preschool spaces available



Are you looking for a preschool place for your child from September 2026?

We have a few limited spaces available in our preschool provision for September.

If you are interested in joining our wonderful school, please contact the school office. We welcome visits so that you can meet our enthusiastic Preschool team and see the excellent provision we offer to ensure your child reaches their full potential.

To avoid disappointment, complete our short preschool application form as soon as possible.

Please contact the school office on 01305 268741 or email office@manorpark.wessex.ac





PROUD MEMBERS OF



Check out our social media pages

Events

IN THE COMMUNITY



FREE MARTIAL ARTS SESSIONS FOR JANUARY

Taekwondo, Boxing or Kickboxing

Martial arts empower strength, discipline, self-defense, and confidence, transforming mind and body effectively

[BOOK NOW](#)

07919245562 ForFit Martial Arts Academy

Pavilion in the Park, Poundbury

AFTER SCHOOL ART


Every other Wednesday
14th & 28th January and
11th February


4 - 5pm

*A fun hour of arts and crafts
for 5 - 10 year olds*

An adult must accompany children at these sessions.
Sessions are FREE but places must be reserved in advance

To book please contact
Kerry Smith - kerry@pipsoundbury.com
or call 01305 259 142



 MUSIC AT ST PETER'S
Dorchester

CHORAL EVENSONG

You are warmly invited to our monthly, cathedral-style service of Choral Evensong on Saturday 24th January at 4.30pm in St Peter's Church, Dorchester.



February Half Term 2026

School holiday arts and sports activities
for Dorset children who need additional support



Bookings close
Wednesday 28 January

Free community session: 'An Introduction to Autism'



What is the session about?

The session was co-developed with parents of autistic children, a SENCo, Dorset Parent Carer Council and Specialist Teachers and Educational Psychologists from Dorset Council.

It will help you to:

- Understand what autism is and how it may impact young people and families
- Learn some practical strategies to support an autistic child/young person

Please note, this is a general information session, so we won't be able to discuss individual children or schools.

The session will be delivered by either an Educational Psychologist or a Specialist Teacher from Dorset Council

Who can attend?

Anyone from the community, this could include people:

- with an autistic child
- with a child undergoing an assessment for autism
- who are interested in learning more about autism

Where and when?

Bridport Family Hub Skilling Hill Road, Bridport, Dorset, DT6 5LA - Thursday the 22nd January 2026 from 10:00am until 12:00pm

To book a place, please scan this QR code.



Little Ninjas 3-7 Years



Juniors 7-13 Years



Adults 13+ Years



GREAT CLASSES FOR ALL AGES AND ABILITIES

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Little Ninjas

Our Little Ninjas Kickboxing program is more than just a class; it's a dynamic adventure for children aged 3 to 7. We blend professional instruction with exhilarating, age-appropriate activities to cultivate not just physical prowess, but also vital life skills. Our mission is to empower your child, building a robust foundation for their confidence, discipline, and overall well-being.

THE KEY BENEFITS:

- Enhanced Motor Skills
- Boosted Confidence & Self-Esteem
- Cultivated Discipline & Respect
- Foundational Self-Defence
- Positive Energy Outlet
- Sharpened Focus & Concentration
- Promotes Physical Fitness
- Develops Social Skills
- Fosters Problem Solving
- Fosters Resilience & Perseverance
- Stranger danger
- Emotional Regulation
- Develops Goal-Setting Habits
- Provides a Structured & Safe Environment
- Drug awareness
- Anti bullying

Juniors

Is your child ready for an activity that's exciting, challenging, and builds lifelong skills? Our Junior Kickboxing program for ages 7-13 is specifically designed to provide a dynamic environment where children thrive, both physically and mentally, while learning invaluable lessons in respect, confidence, and how to stand strong against bullying and essential life skills.

We go beyond just kicks and punches, focusing on comprehensive development that instills positive character traits and practical self-defence.

Adults

Tired of mundane workouts? Ready for a fitness journey that profoundly impacts every facet of your life? Our Adult Kickboxing program for ages 13+ offers an exhilarating, supportive, and transformative experience designed for anyone seeking to build strength, master new skills, and unlock their absolute best self.

THE KEY BENEFITS:

- Explosive Fitness & Energy
- Sharper Focus & Mental Resilience
- Practical Self-Defence Mastery & Awareness
- Unstoppable Confidence & Self-Belief
- Stress Mastery & Emotional Well-being
- A Thriving, Supportive Community
- Goal Achievement

Dorset SENDIASS

Join our Tuesday Spring Drop-ins

For Parents/Carers and Young People with SEND.

SENDIASS Case Officers will be available during a drop-in session between 10am and 12pm at Dorchester Family Hub.

An opportunity to meet our IPSEA Level 3 SEND Law trained staff, ask questions and receive free, confidential and impartial information and advice about education, health and social care for children and young people up to the age of 25.

No booking needed.

Tuesday 6th January
Tuesday 3rd February
Tuesday 3rd March

For more information contact us at:

- www.sendiass.org/dorset-sendiass/
- dorset.sendiass@family-action.org.uk
- 01305 595477
- Dorset SENDIASS
- South Walks House, Charles St, Dorchester DT1 1EE
Via Dorchester Library And Learning Centre, the new family room is located on the ground floor.

Parking available in payable public car park in front of Dorchester Library and Learning Centre.



family-action.org.uk



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8.30 - 15.30
8.30 - 17.30
FROM £28.60 PER DAY



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Attendance
Reception – Year 4:
92.3%

Attendance Winners this week are...

EYFS
Maple Class: 94.7%
K.S.1
Willow Class: 92.7%
K.S.2
Sycamore Class: 95.7%

*“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*

01305 268741

www.manorpark.dorset.sch.uk



@manorparkfirst



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