



Manor Park CE (VC) First School

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

Weekly Newsletter

Monday 2nd February 2026

Dear families,

We hope you are all safe after the rain we had. This week the children will continue with their Art projects and you are invited to come at look at all their wonderful work on the last day of term.

May I please remind all parents that we need to collaboratively work on attendance. Please ensure that you are all in on time. School starts at 8:45am.

Have a lovely week.

Manor Park First School



| | |
|---|---|
| 4 th February | Kenyan Fundraising Cake Sale @ 3:15pm |
| 6 th February | Fire engine visiting EYFS |
| 9th-15th February | Children's Mental Health Week |
| 9 th February | SEND parent meetings |
| 10th February | Safer Internet Day |
| 10th February | Police car visiting EYFS |
| 10th February | SEND parent meetings |
| 13th February | Open afternoon @ 2:45pm - 3:15pm |
| 16th -20th February | Half Term |
| 23rd February | Diversity Mel parent workshop |
| 25 th February | Parents' Evening |
| 25 th February | Diversity Mel assembly and workshops |
| 26 th February | Parents' Evening |
| 26th February | Diversity Mel assembly and workshops |
| 5th March | World Book Day |
| 6th - 15 th March | British Science Week |
| 9 th March | SEND parent meetings |
| 13th - 29 th 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.*





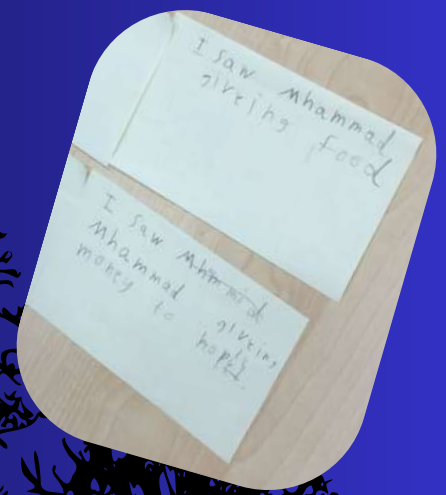
Manor Park

CE (VC) First School



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

HIGHLIGHTS of the WEEK



Year 1 have been carrying on with their yoga poses. We have been 'trees', 'downward dogs' and other animal and shapes. We are getting stronger every week and able to hold our poses for longer.

In RE, our Year 2 children have been learning about the Prophet Muhammed and how he showed compassion. They heard a variety of stories and came up with their own ideas about how this showed that he was a messenger and how he showed compassion and mercy.

Well done, Lola, for taking part in the Big Garden Birdwatch at home this weekend! 🐦 🐦 🐦



Some of our Reception children enjoyed a story telling and singing session at Signature House last week.



Join us for our Kenyan Link School fundraiser

CAKE SALE

Wednesday 4th February 2026

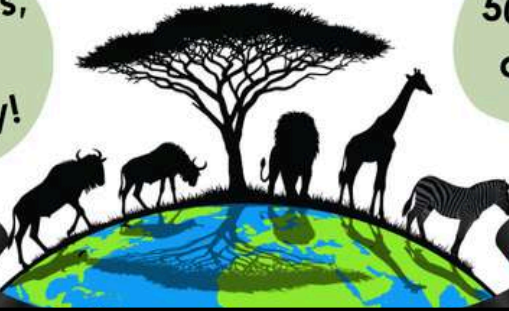
3:15pm in the school hall

A group of staff from local schools are heading out to Kenya on 14th February 2026. They will have the opportunity to visit our Link School, Kalewa Primary School, and have offered to take some donations on our behalf.

With our donations, Kalewa Primary School would like to buy textbooks and books for a library to boost the children's learning experiences. We'd love your support in raising as much as we can.

If you can't make it to the cake sale but would like to donate, please visit our JustGiving Fundraising page:

Buy cakes,
raise
money!



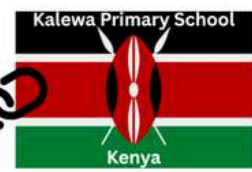
50p per
cake

Cash
only
please

Wednesday
4th February
2026 at
3:15pm in the
school hall

Visit our JustGiving
page:

[www.justgiving.com/
page/kalewaprimary
school](http://www.justgiving.com/page/kalewaprimaryschool)



Support our Kenyan Link School fundraiser

FAIRY CAKE COMPETITION

We would love as many cake donations
as possible to sell at our cake sale.

As an added bonus, and for those of you who have a
competitive side(!), there will be a prize for the
winning set of fairy cakes.

Bring your
cakes to your
classroom on
Wednesday 4th
February.

Baking-
themed prize
for the winner
- donated by
Buds.



Appreciate

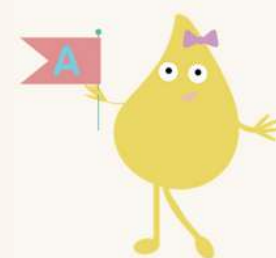
We have just come to the end of the Appreciate module in the myHappyMind programme.

We have learnt:

- How to develop an Attitude of Gratitude
- How to be grateful for others, experiences and ourselves.
- How giving and receiving gratitude makes us feel.

Why not ask your children to tell you what they have learnt?

Here are some questions to help you:



What have you been grateful for today and how did you show it?

How does it make you feel when you give or receive gratitude?

What's up next...

Relate

Here we will be learning all about how to build positive relationships with others and why relationships are so important to our well-being.

If you're into it, read into it.



The campaign is called 'Go All In' (goallin.org.uk) Instead of asking people to "find time to read", Go All In brings reading to them, through their passions. Whatever people are into – sport, music, food, gaming, film, fashion, or creativity – is used to draw them into reading.

National Year of Reading!
The National Year of Reading 2026 is a UK-wide campaign designed to help more people rediscover the joy of reading. It's a Department for Education initiative, delivered by a group of literacy charities.



At Manor Park we will be celebrating reading throughout the year, so look out for events and information. We will be getting involved in World Book Day, our Readathon, book fairs and reading competitions - to name just a few things.



We all know the benefits of reading, but fewer of us are doing it. Reading expands minds, builds confidence and fuels creativity. Yet with more distractions and less time, reading for pleasure is in decline across many groups. The National Year of Reading 2026 is here to change that.



Take action now:
Take 10 minutes to share a story with your child
Talk with your child about what book their class are reading in English
Visit [Dorchester Library](#)



Eco Warriors' Monthly Top Tips



Biodiversity

We can plant flowers to help bees and butterflies



Healthy Living

We can eat healthy food



Global Citizenship

We can learn about people around the world



Energy

We can turn off lights when we leave a room



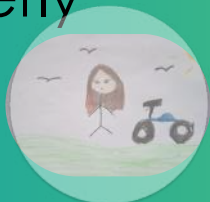
Water

We can turn taps off properly



Litter

We can put litter in the bin



Transport

We can walk to school when possible



Waste

We can reduce our waste



Marine

We can keep litter away from rivers and the sea



What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



The National College®



Open Day!

Visit us on
Thursday 26th
February or
Tuesday 3rd March
from 10:45am

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



We are delighted to invite you to our school on **Thursday 26th February** and **Tuesday 3rd March** from 10:45am, where you will have the opportunity to: have a tour with Mrs Sterck, our Head of School; meet our enthusiastic Early Years 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



@manorparkflrst



ManorParkDorchester



PREMIER HOLIDAY CLUBS

MORE fun, MORE friendships, MORE smiles during the **FEBRUARY HALF-TERM!**

YOUR NEAREST MULTI-ACTIVITY CLUB

- Venue:** Manor Park First School, Dorchester, Dorset, DT1 2BH
- Dates:** Monday 16th Feb until Thursday 19th Feb (4 days)
- Times:** 9am-3.30pm whole day (4 year olds 9am-1pm) £10.76
- Price:** 9-3.30pm £17.49 9-1pm £10.76
- Ages:** 4-11
- Additional info:** **30% discount available until 1st of February**



Our Holiday Clubs keep children active, safe, and entertained throughout the school holidays.

Join us this February as we offer a wide range of fun activities, including sports, performing arts, and games, all at great value. There's something for every child to enjoy this half-term!

Book now for a holiday full of excitement!

PLEASE BRING

- A packed lunch
- Plenty of water
- Suitable clothing
- Loads of energy!



CLUBS ARE BETTER WITH FRIENDS!



TREAT YOUR FRIENDS TO 20% OFF...AND GET 20% OFF TOO!

*Ts&Cs apply. Refer a Friend discount on new bookings only.



Events

IN THE COMMUNITY



FREE YOUTH CRICKET TASTER SESSIONS

Saturdays @ St Osmunds Sports Centre

£3 for Softball (Ages upto 11) – £3.50 for Hardball (12-18)

FIRST SESSION FREE!



NEW PLAYERS WELCOME!
Sessions run by our qualified Club Coach, Ross Baker

Please contact 07759 122764 for more information

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



Winter Tea

with Dorset Apple Cake and Crumpets

St George's Church Hall, Dorchester
Monday 9th February
2.30-4pm

Tickets £4 (pay at the door)

*To include Dorset Apple Cake and Crumpets,
waitress service and music*

Following last year's success, the Dorchester Committee of The Children's Society is organising another **Winter Tea** at St George's Hall, Fordington on Monday 9th February from 2.30 – 4 pm. Tickets are £4 per person (pay on the door) which includes tea, Dorset Apple Cake and crumpets. There is waitress service and some accompanying background music. The atmosphere is always friendly with everyone welcome. Bring a friend or meet some new ones.



February Half Term 2026

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



Bookings close
Wednesday 28 January



Artz+ Sportz+ is funded and organised by Dorset Council
[dorsetcouncil.gov.uk/sport-leisure/artz-sportz](https://www.dorsetcouncil.gov.uk/sport-leisure/artz-sportz)

SPACE FAMILY DAY



A FREE family day event for Dorset's trans and non-binary young people (including those questioning) and their carers, guardians, parents, siblings, & any other significant relatives.

2026

10:30AM - 14:30PM

| | | |
|--------|--------------|-----------------------------------|
| 24 JAN | WAREHAM | Understanding Identity & Allyship |
| 21 MAR | CHRISTCHURCH | Legal Transition |
| 30 MAY | BOURNEMOUTH | Mental Health & Wellbeing |
| 25 JUL | POOLE | Social Picnic in the Park |
| 26 SEP | WEYMOUTH | Trans+ Healthcare |
| 21 NOV | POOLE | Growing Up Trans |

Booking for these sessions are essential!

To book or to request to join the mailing list contact us at hello@spaceyouthproject.co.uk or 01202 205279



www.spaceyouthproject.co.uk/space-family-day



Little Ninjas 3-7 Years



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 7-13 Years



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

Adults 13+ Years



GREAT CLASSES FOR ALL AGES AND ABILITIES

DARCH MARTIAL ARTS
CALL: 07976 268 155

www.darchmartialarts.co.uk

[f Darch martial arts](https://www.facebook.com/darchmartialarts)



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



Ofsted Registered

PRIMARY FOREST SCHOOL & OUTDOOR EDUCATION

FEBRUARY HALF TERM HOLIDAY CLUBS

BRIDPORT • CHRISTCHURCH • TAUNTON • WEYMOUTH

Bushcraft
Mud Kitchens
Nature Crafts
Firelighting
Campfires
And so much more!

TUESDAY
WEDNESDAY
THURSDAY
9.00 - 15.30
8.30 - 15.30
8.30 - 17.30
FROM £28.60 PER DAY



Den Building!



Making Friends!

www.primary-forest-school.co.uk



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



Attendance
Reception – Year 4:
92.1%

*Attendance Winners
this week are...*

- EYFS
- Hazel Class: 94.8%
- K.S.1
- Willow Class: 95.3%
- K.S.2
- Chestnut Class: 98.4%

*“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



ManorParkDorchester

