



Manor Park CE (VC) First School

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

Weekly Newsletter

Monday 20th April 2026

Dear Families,

I hope you all returned safely after the Easter break. We have already enjoyed a wonderful week of learning, and it has been a real pleasure to see the children come back with such enthusiasm and energy.

Thank you for all your continued support—together, your efforts have helped us achieve an excellent attendance rate of 96.6%. Let's keep up this fantastic momentum!

This term, our worship focus is "Love builds a community." The children will be reflecting on what this means in their everyday lives and exploring how they can show love, kindness, and respect to everyone within our school and wider community.

We are very much looking forward to another positive and successful term together.

Warm regards,

Mrs Sterck

Save the Date

- 20th -24th April NSPCC Speak Out Stay Safe
- 20th April Preschool Parents' Evening
- 22nd April RSE Parent drop in @ 9am / 2:45pm
- 27th April Y4 Train Platform workshops
- 28th April Y4 Beech Class Train Platform Journey
- 29th April Y4 Oak Class Train Platform Journey
- 1st May INSET Day**
- 5th May Preschool Open morning @ 10:45am
- 6th May Y4 Cedar Class Train Platform Journey
- 7th May 9-10am EYFS games and puzzle event with SALT and BSIL advisor
- 7th May Y2 Poole theatre 'The Enormous Crocodile'
- 8th May Sir David Attenborough 100 years old
- 12th May SEND parent meetings
- 18th -22nd May National Walk to school week
- 19th May Y3 Explore the Orchestra Bournemouth
- 20th May Eco-Warriors Chesil beech litter pick
- 22nd May 'Spice Up' your bike event
- 22nd May Buds Disco
- 25th -29th May Half Term Week**



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HIGHLIGHTS of the WEEK



This week in History, Oak Class in Year 4 have been looking at different sources to find out how the Anglo-Saxons lived.

In Year One, we learnt about rail safety. We found out ways to stay safe whilst waiting for and travelling on trains, as well as being safe around railway lines and stations.



Ash class in Year 2 have had such a busy first week of term. In Maths they have been recapping how to use number lines, working out how to tell what come next or before using their understanding of number



In our last lesson of our History topic, Chestnut Class and Sycamore Class (Year 3) we're superb at using drama to show what they have learnt about events in Mary Anning's life.



This week in English, Year 1 have been exploring the story of Jack and the Beanstalk. We enjoyed planting our own bean seeds and are excited to see them start growing! We will be writing a set of instructions so Pip and Pap will know how to plant their own beans!

Relate



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

We have learnt:

- Why relating to others is so important.
- How Active Listening can help us to build relationships with other people.
- How to see things from a different perspective.



Why not ask your children to tell you what they have learnt? Here are some questions to help you:

What is Active Listening? Can you tell me about the Active Listening checklist?

Can our Character Strengths help us relate and get along with others?

Why is it important to listen to others and see things from their perspective?



Download your FREE Parent App now!

SCAN ME



What's up next...

Engage

Here we will be learning all about how when we feel good, we do good and how setting goals and dreams can help us to achieve more.



LEARN PANTOSAURUS' FIVE EASY RULES FOR STAYING SAFE

P RIVATES ARE PRIVATE

Your underwear covers up your private parts and no one should ask to see or touch them. Sometimes a doctor, nurse or family members might have to. But they should always explain why, and ask you if it's OK first. Remember, what's in your pants belongs only to you.



A LWAYS REMEMBER YOUR BODY BELONGS TO YOU

No one should ever make you do things that make you feel embarrassed or uncomfortable. If someone asks to see or tries to touch you underneath your underwear say 'NO' – and tell someone you trust and like to speak to.



N O MEANS NO

You always have the right to say 'no' – even to a family member or someone you love. You're in control of your body and the most important thing is how YOU feel. If you want to say 'No', it's your choice.



T ALK ABOUT SECRETS THAT UPSET YOU

There are good secrets and bad secrets. If a secret makes you feel sad or worried, it's bad – and you should tell an adult you trust about it straight away.

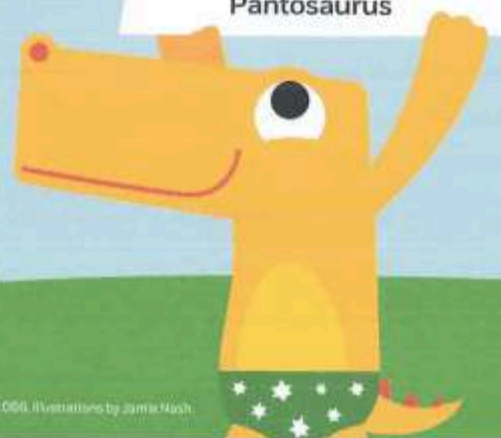


S PEAK UP, SOMEONE CAN HELP

It's always good to talk about stuff that makes you upset. If you're worried, go and tell a grown up you trust – like a family member, teacher or one of your friend's parents. They'll say well done for speaking out and help make everything OK. You can also call Childline on **0800 1111** and someone will always be there to listen.



Remember all of these rules and they'll help you stay safe, just like Pantosaurus



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NOTICE OF SPORTS DAYS



Manor Park Sports Week **Summer Term 2026**

22nd June 2026 Year 3 and Year 4 Sports Morning (9:15 - 11am)

23rd June 2026 EYFS Sports Morning (9:00- 10:00am)

23rd June 2026 Year 1 and 2 Sports Morning (10:30 - 12:00pm)

Reserve Days:

24th June 2026 - Yr 3 and 4

25th June 2026 - EYFS and Year 1 and 2





Open Day!

Visit us on
Tuesday 5th
May 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 **Tuesday 5th May** 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 date, 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



@manorparkfirst



ManorParkDorchester

What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

WHAT ARE THE RISKS?

ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



The National College®

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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Eco Warriors'

April

Top Tips



Biodiversity

We can let some grass grow long.



Healthy Living

We can be active every day.



Global Citizenship

We can choose Fairtrade products.



Energy

We can use natural daylight.



Water

We can report dripping taps.



Litter

We can keep our playground clean.



Marine

We can reduce our use of plastic.



Waste

We can recycle properly.



Transport

We can use public transport.



Events

IN THE COMMUNITY



Sand World
SAND SCULPTURE PARK

LOCALS OFFER

OFFER ENDS 30TH APRIL

50% OFF SEASON TICKET

ADULT £13 • CHILD £10.50
CONCESSION £10.50 • FAMILY £30

FOR LOCAL DT AND BH RESIDENTS



Dorchester Fire Station
OPEN DAY

Saturday 30th of May 10am-4pm

- Fire crew displays
- A family fun day out
- Charity raffle
- Heritage fire engines
- Food and drink

Raising money for The Fire Fighters Charity
See you there!

Fire Fighters Charity



Classic Car Show
IN THE SQUARE

Monday 4th May
11am - 3pm

Discover a fantastic display of classic cars, meet fellow enthusiasts, and get up close - maybe even sit behind the wheel of a true classic.

Brewery Square



Sunnyside Studio
PRESENTS

ANIMAL ENCOUNTERS!

under the Expertise of
Mad for Animals

Saturday 25th April



The Big Brewery Square
Dog Social

Saturday 9th May

Enjoy a relaxed group walk as part of the Dorchester Walking Festival, in partnership with Mutts Everything Dog.

Visit our website for more info
brewerysquare.com

Brewery Square



ST GEORGE'S DAY
FAIR

SATURDAY 25TH APRIL
1PM TO 4PM

ST GEORGE'S CHURCH
FORDINGTON GREEN

OPEN DAY

Andrew Simpson Centre Portland

Free
Entry

Watersports
Tasters

FREE!



SAILING

£5



MEGA SUP

£5



KAYAKING

STALLS

BEACH CLEAN

FOOD TRUCK

OCEAN SCIENCE

BOUNCY CASTLE

AT THE WEYMOUTH AND PORTLAND
NATIONAL SAILING ACADEMY

Portland, DT5 1SA - 01305 457400

10:00 - 16:00

PLUS



Windsurf and wing
tasters with the DTC

Saturday
2nd
May 2026



Andrew
Simpson
Centres



Free sailing
taster
session!



The annual
**CARDBOARD
BOAT RACE**
at ANDREW SIMPSON CENTRE PORTLAND

Build your own cardboard boat and
bring it along to our open day!

- Create a boat entirely from cardboard
- Grab your paddles and take on the race course in your cardboard boat
- Will you sink or float?!

FREE TO ENTER

PRIZES

SIGN UP ON THE DAY

SATURDAY
2ND MAY
RACE START: 2PM

Andrew
Simpson
Centres



portland@andrewsimpsoncentres.org
01305 457 400

FREE!



Saturday 9th May
@ Thomas Hardy School
10am – 3pm

A day of music, drama and dance performances
and workshops for all the family.

Performances by orchestras, jazzbands, rockbands, choirs and individual young musicians from across the local schools.

Drama, musical theatre and dance performances by students from The Thomas Hardy School.

Workshops for all to take part in (sign-up in advance!)

"Come and Try" instrument sessions and music tech sessions

Ceilidh dance, Dance workshop, Big-sing workshop, Pre-school music, Samba workshop, Folk music workshop, Street band workshop, BBQ, refreshments and more!

music.wessex.ac



DORSET
MUSIC
SERVICE



Dorset
Council



Supported using public funding by



ARTS COUNCIL
ENGLAND



April 2026 Timetable

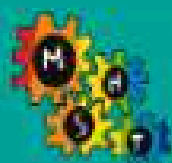
All regular sessions delivered live online via zoom. 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours

| | |
|-----------------------------------|--------------------------|
| Understanding Anger | 6 April 10am |
| School Anxiety | 6 April 7pm |
| Facing Defiance | 7 April 10am |
| Supporting Healthy Screen Use | 7 April 7pm |
| Anxiety Explained | 13 April 10am |
| Cannabis and Ketamine Awareness | 13 April 7pm |
| Introduction to OCD | 14 April 10am |
| What is ACT? | 14 April 7pm |
| Decreasing Depression | 20 April 10am |
| Raising Self-Esteem | 20 April 7pm |
| Understanding the Teenage Brain | 21 April 10am |
| Supporting Healthy Sleep | 21 April 7pm |
| FREE Decreasing Depression | 23 April 7-8pm |
| Improving Family Communication | 27 April 10am |
| Autism: Improving Communication | 27 April 7pm |
| Supporting a Child with ADHD | 28 April 10am |
| Understanding Addictive Behaviour | 28 April 7pm |



Dorset
Mental
Health
Support
Team in
Schools



Dorset HealthCare
University
NHS Foundation Trust

PARENT/CARER WEBINAR

UNDERSTANDING AUTISM

NO DIAGNOSIS NEEDED - EVERYONE'S WELCOME

Are you supporting a child or young person who is autistic or may be autistic? Join our friendly webinar to better understand their needs and explore practical ways to support them at home.

In this 1 hour live session we will:

- Explore sensory needs and overwhelm
- Explore communication differences
- Support emotional regulation
- Consider anxiety and wellbeing
- Share practical strategies for home

📅 Thursday 23 April

🕒 4pm-5pm

💻 Online event



🔗 For more information and to sign up: <https://bit.ly/4rKSOby>



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Attendance
Reception – Year 4:
96.6%

*Attendance Winners
this week are...*

EYFS
Hazel Class: 97.9%
K.S.1
Willow Class: 97.9%
K.S.2
Sycamore Class: 98.4%

A big thank you to all our families who brought their children into school on time this week. Every minute truly counts, and as a community you truly show your **“Love for Learning.”**

Our school attendance reached **96.6%** — an excellent achievement! Can we beat it this week?

Thank you to our whole community for your continued support. By arriving on time, children are settling into their classrooms calmly and confidently, which has led to immense progress **socially, emotionally, and academically.** We are incredibly proud of them.

If you ever need support, please do speak to us. You can also use the **myHappyMind app** to find helpful strategies or reach out to our **parent support team.** We have many options in place to ensure all children can settle calmly and positively into our school day. Together, we make a difference.



01305 268741

www.manorpark.dorset.sch.uk



@manorparkfirst



ManorParkDorchester

