



## NEWSLETTER : Friday 13th February 2026 - Spring Term: Issue: 2

### Head Teacher's Corner



Dear Families,

We have reached the end of a short but very busy term, with so much to celebrate. A particular highlight this half term was our choir's participation in the Young Voices concert at the OVO Arena, where they sang alongside 4875 other children and they represented our school with great enthusiasm and pride. We would like to especially thank Mrs Weston and Mrs Kapadi for giving up their evening to support the children and enable them to attend this fantastic event.

This week, we marked Children's Mental Health Week. Throughout the week, the children listened to stories, practised mindfulness activities, and explored ways to talk about their feelings and emotions. We always support children to identify strategies to help them regulate themselves and to feel confident seeking support when needed. We ended the week by supporting the Shine Bright, Wear Bright fundraiser for CHUMs, a charity that supports children and young people's mental health and emotional wellbeing.



We have also taken part in Safer Internet Week, with children engaging in Safer Internet Day activities on Tuesday. Important messages about staying safe online were reinforced, helping children to develop the skills they need to navigate the digital world safely and responsibly.

Looking ahead, the next half term is another short but busy one. Please keep an eye on the diary dates and upcoming events. We are pleased to be organising our Annual Interfaith Workshops once again, celebrating the diversity within our school community - further information will be shared at the start of next term.

There will also be an Easter competition for the children, and we are looking forward to celebrating World Book Day on Thursday 5th March, so please start thinking about costumes!

During the half term break, some of our families will be starting Lent and Ramadan. We would like to wish those families observing these important occasions a peaceful time.

Thank you, as always, for your continued support. We wish you all a restful and enjoyable half term break and look forward to seeing everyone back on Monday 23rd February.

Best wishes,  
Mrs R Nisar  
Headteacher



**16th - 20th February**  
Half Term Break

**23rd February**  
Return to School

**25th February**  
YR Hearing Screening

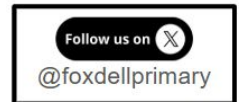
**26th February**  
YR Parents Phonics  
Workshop

**5th March**  
World Book Day

**6th March**  
Y1 Whipsnade Trip

**20th March**  
INSET Day  
School Closed

**26th March**  
Y1 Performance



Please note, we will now be sending two newsletters each half term. Other updates will be sent via Class Dojo or email.

### Punctuality Guidance for Parents

You will recently have received our Punctuality Guidance for Parents. Please take time to read this carefully. The purpose of this guidance is to ensure that children are collected on time at the end of the school day. This guidance will come into effect from the start of Spring 2.



# ATTENDANCE & PUNCTUALITY

We are pleased to share that our attendance has been improving over the past year, and we're proud to say that our weekly figures have often been in line with or better than the national average. This is a fantastic achievement, and we want to say a big thank you to all our parents and carers for your continued support in helping us improve attendance across the school.

Each week, we celebrate good attendance in school, and we'd like to give a special mention to the following classes who have achieved 100% attendance at least once this half term - a brilliant effort!



As we continue to focus on attendance, we are also placing a strong emphasis on punctuality. We firmly believe that every minute counts, and arriving on time helps children start their day calmly and ready to learn.

## PUNCTUALITY

Our doors open at 8:45am for a soft start, and ideally, all children should arrive as close to this time as possible. The doors close at 9:00am for registration - arrival after this time is recorded as late. We understand that traffic and parking can be difficult in the mornings, so we encourage families to leave earlier where possible, and consider parking a short distance away and walking.

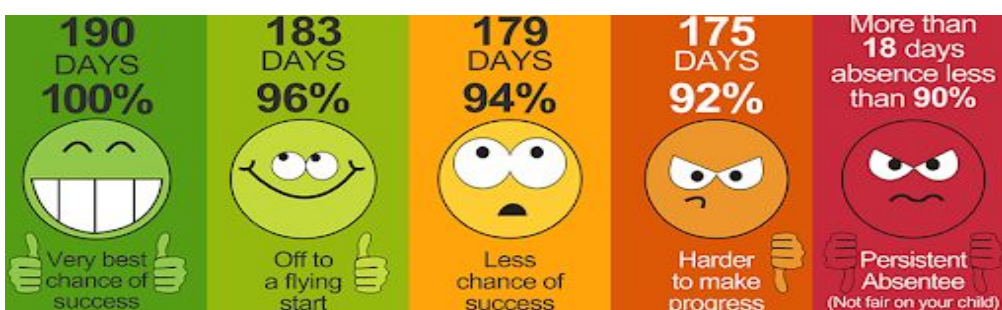
The same expectations apply at the end of the day. It is the responsibility of parents and carers to ensure children are collected on time. Please note that school finishes at 3:15pm for some classes and 3:30pm for others.

We will continue to monitor punctuality and will contact families where lateness is a recurring issue. Thank you again for working with us to make sure your child gets the best possible start to their day and their learning.

The new attendance guidelines came into place from 19th August 2024. More information and FAQs about attendance can be found on our school website: <https://www.foxdellprimary.uk/attendance-1/>

Government guidance can be found here:

<https://educationhub.blog.gov.uk/2024/08/19/fines-for-parents-for-taking-children-out-of-school-what-you-need-to-know/>



We are open for 190 days in a school year which equates to 380 sessions including the morning and afternoon registration.

# ATTENDANCE MATTERS

The class with the best attendance each week wins the attendance trophy and receives a best attendance certificate. Children in Reception receive a lucky dip prize if they have 100% attendance for the week.

Our whole school attendance target is 96%

## Attendance Week Ending

Class	30.01.26	06.02.26	13.02.26	Class	30.01.26	06.02.26	13.02.26
Wrens	89.3%	87.5%	92.9%	Pinecones	95%	96.3%	98.3%
Swifts	92.4%	89.3%	94.8%	Beech	93.6%	97.5%	97.6%
Robins	91%	91.8%	92.8%	Oak	97.7%	97.1%	97.7%
Dragonflies	90.4%	96.7%	97.4%	Ash	99.2%	98.4%	97.2%
Ladybirds	92.2%	90.5%	90.5%	Ivy	96.3%	95.7%	97.8%
Butterflies	94.8%	100%	94.8%	Cedar	97.9%	89.1%	94.8%
Squirrels	97.1%	94.2%	97.1%	Spruce	98.8%	96.9%	97.5%
Badgers	97.9%	95.5%	95.7%	Kestrels	99.2%	92.1%	99%
Hedgehogs	92.6%	98.6%	94.2%	Kites	94.7%	91.4%	97.4%
Chestnuts	93.5%	92.9%	91.6%	Eagles	92.6%	99.4%	90.6%
Acorns	98.4%	93.5%	95%				

Our Class H.E.R.O's for the last 3 weeks are:



Infant Site: Badgers, Butterflies & Dragonflies

Junior Site: Kestrels & Eagles

# ★ ★ ★ ★ ★ STARS OF THE WEEK ★ ★ ★ ★ ★

A huge congratulations to our shining stars for the weeks ending 30.01.26, 06.02.26 & 13.02.26

Robins	Wrens	Swifts	Dragonflies	Ladybirds	Butterflies	Badgers	Squirrels
Zubair Rebecca Ibrahim	Rajveer Mikael Adelina	Farhan Muhammad Israr Diana	Anastasia Kornelia Ayat	Jazmin Yusuf Justice	Tegnoor Eesa Humaira	Nicholas Chiamanda Ali	Saifullah Maliha Zaira
Hedgehogs	Chestnuts	Acorns	Pinecones	Beech	Oak	Ash	Ivy
Azhaan Ruhaina Elizabeth	Marta Zamin Fouzan	Zainab Aiza H Kosi	Aizah Armaan Zuhair	Eshaan Maya Hamza	Dawood Salwa Aisha	M.Uzman Bilal Shekinah	Abubakar Khadija Adam
Spruce	Cedar	Kestrels	Kites	Eagles	 <p>"Be a star in someone's sky every day!"</p>		
Irha Manjot Mehtab	Ion Tariq Rukaiya	Lily Zoya Zakariya	Talia Azaan Anaya	Haaniya Nicolas Zarwa			

## Dojo Winners of the Week!



**Congratulations to our top dojo earners!**

Your positive attitude, teamwork, and respect have truly stood out

Robins	Wrens	Swifts	Dragonflies	Ladybirds	Butterflies	Badgers	Squirrels
Sarah Elaya	Rudraksh Abu Bakar Samrath	Ayesha Gabriella Nawera	Hermione Livian Hasnain	Ali Jazmin Arpit	Fatima Leen Mikail	Ali H Inayah Eilshan	Amina Haleema Uthmaan
Hedgehogs	Chestnuts	Acorns	Pinecones	Beech	Oak	Ash	Ivy
Elizabeth Mikael Ifza H	Aiza N. Arfa- Haniya Zamin	Umar Aiza H. Kosi	Aliyyah Ehan Kaius	Sarah Bilal Christine Maya	Anaya Rayaan Areeb	Aizah Hoorab Rida	Taurab Taurab Adam
Spruce	Cedar	Kestrels	Kites	Eagles			
Iman Sultan Sofia	Aarisha Ajwa Rohan	Ahmed Sahas Amna	Rebecca Leelu Adam	Rosy Aliya Arhum			



Our VALUE for Spring 1 is:

**RELATIONSHIPS**

## This half term we have been learning about the VALUE of RELATIONSHIPS

Here are some ideas for activities that you can enjoy as a family during half term...

### Family Games Night (No Screens!)

Choose simple games using what you already have at home:

- Card games (Snap, Go Fish, Uno-style games)
- Board games or made-up games
- Even simple games like *I Spy* or *Would You Rather?*

Great for talking, laughing, and spending quality time together.

### Get Outdoors Together

Fresh air is free and brilliant for mental health:

- Go for a local walk and spot birds, trees, or colours
- Create a scavenger hunt (find something red, something smooth, something noisy)
- Play football, tag, or skipping in the park

No equipment needed – just move and explore!

### Cook or Bake as a Family

Choose something simple and low-cost:

- Make sandwiches, toast toppings, or homemade pizzas using bread
- Bake fairy cakes or flapjacks
- Let children help measure, mix, and taste

Cooking together builds confidence and life skills.

### Story Time & Create

- Read a favourite book together or make up your own story
- Draw a picture of the characters or act the story out
- Older children can write a short story or comic strip

Libraries are free and a great place to visit.

Relationships are about how we treat each other. Good relationships help us feel happy, safe, and ready to learn.

# STUDYBUGS

We're pleased to announce that Foxdell is introducing a new, more efficient and secure system for reporting your child's absence due to illness, called Studybugs.

If you haven't already, please get the free Studybugs app, or register on the Studybugs website, and use it to tell us whenever your child's ill and unable to attend school.

[Get the app or register now. \(https://studybugs.com/about/parents\)](https://studybugs.com/about/parents)

Top 3 reasons to use Studybugs

1. It's integrated with our systems so we know right away if your child is unaccounted for.
2. It's quick and easy to register and use and automatically reminds you to keep us posted.
3. You'll be helping the NHS and other public health organisations improve children's health. (<https://studybugs.com/about/schools>)



Download the Studybugs app for reporting your child's absence.

A quick and secure way to report absence due to illness and send messages to school.



GET IT ON Google Play

Download on the App Store

Studybugs

# NSPCC Number Day 2026



Our school had a fantastic time taking part in **NSPCC Number Day**. The children enjoyed a fun-filled day focused on maths, with lots of exciting activities taking place in every classroom.

Throughout the day, pupils took part in a range of maths-related games and challenges. These activities helped children practise their number skills while having fun at the same time. From counting and simple problem-solving to puzzles and teamwork tasks, there was something for everyone to enjoy.

The children showed great enthusiasm and were keen to join in. They worked well together, supported each other, and tried their best with every activity. There was a lovely buzz around the school as pupils talked about their learning and shared their ideas.

Number Day also gave us the chance to talk about the important work of the NSPCC and how taking part helps support children. It was a positive way to combine learning with helping others.

Overall, the day was a great success. The children had lots of fun, enjoyed learning maths in different ways, and made some wonderful memories. We are very proud of their efforts and look forward to celebrating NSPCC Number Day again next year.

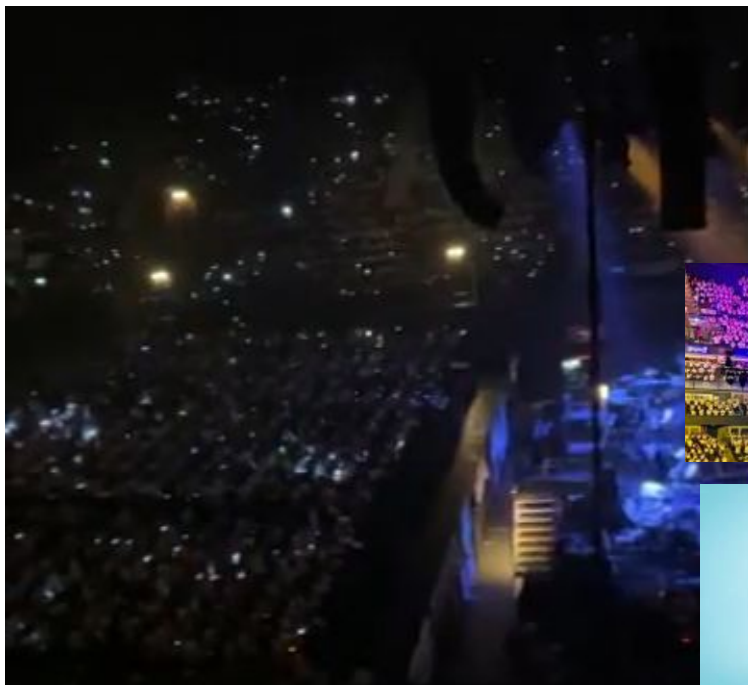
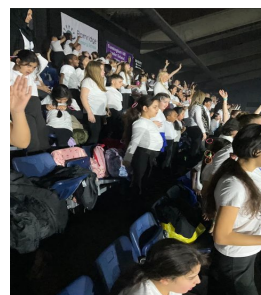


# Around our School

## Young Voices 2026

On 3rd February 2026, 27 children from our school choir had the incredible opportunity to attend the Young Voices concert, where they sang alongside 4,875 children from schools across the country.

Not only did the children perform as part of this spectacular massive choir, they also experienced an unforgettable live music event. They enjoyed listening to a wide range of songs and watching performances from professional artists, including Ruti, Connie Talbot and the incredible Urban Strides, led by Andy Instone

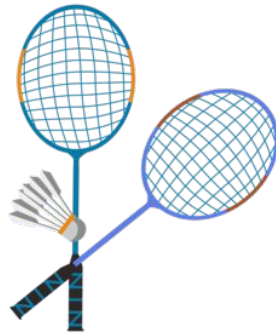


# Around our School

## Sports Update

### Badminton Tournament - 11.2.26

We were delighted to enter both a boys' and a girls' team into the recent local badminton competitions. All of the pupils represented the school with great enthusiasm, determination and excellent sportsmanship. We are especially proud to share that the girls' team achieved a fantastic second place, while the boys' team secured a well-earned third place. Well done to everyone involved for their hard work and commitment – a brilliant achievement for our school!



### Year 5 Football

Our Year 5 football team represented our school brilliantly at their recent tournament.

They all played with real heart and determination, working hard for one another throughout the day. Although they have not had as much time to play together as some teams, they came together wonderfully and performed tremendously well, only missing out on the quarter finals by a single goal difference - a very narrow margin.

They showed fantastic positivity and resilience, encouraging each other and responding to setbacks with great maturity. Mehtab, Sultan, Arhab, Ibrahim, Kodi, Jarrah, Taurab, and Younus represented the school with pride and we are very proud of them all.



# Around our School

## Year R

We've loved learning about Lunar New Year over the last couple of weeks. We learnt about the story of the Great Race and finding out how the animals became part of the Chinese Zodiac. Did you know 2026 is the year of the horse?

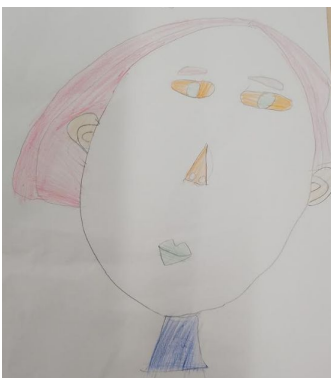
We also participated in different activities to experience how people celebrate Lunar New Year. All classes took part in a Chinese dragon dance and had a go at writing Chinese letters. We also tasted some delicious noodles and vegetable spring rolls.



## Year 1

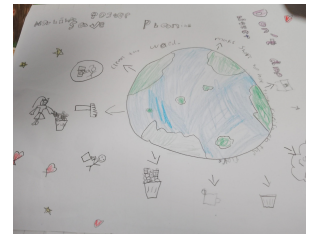
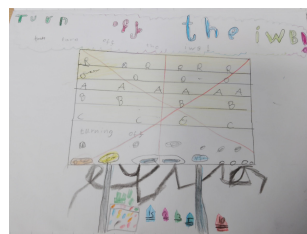
In Science, children have been learning about amphibians and the life cycle of a frog. They learnt how to recognise a tadpole from the froglet.

In art, children made abstract portraits inspired by Paul Klee's artwork.



## Year 2

Year 2 have been learning about the importance of recycling and how we can all look after our environment. Here are some of the posters they created.



In English, the children have been developing their writing skills by creating their own independent stories inspired by Little Red Riding Hood, using their imaginations to add new characters, settings, and twists.

# Around our School

## Year 3

In Maths, the children have been learning about measurement, with some pupils enjoying the challenge of converting between units of measure.

We also made cross-curricular links with History, where Year 3 created beautiful Roman mosaic artwork inspired by their learning.

In Science, the children learned about 'Light', throughout the unit, they developed their understanding of how light helps us see and explored a range of scientific ideas through practical investigations using torches mirrors.



Thank you to all our parents for your continued support .

## Year 4

Year 4 have enjoyed a couple of very busy weeks of learning. In History, we explored life in Anglo-Saxon times and created our own Anglo-Saxon homes, making daub using traditional techniques.

In Science, as part of our electricity unit, we investigated conductors and insulators and used our new knowledge to design and create our own working switches. It has been wonderful to see the children so engaged and enthusiastic across the curriculum.

In Maths, during our length and perimeter unit, we explored regular and irregular polygons, giving us a great opportunity to revisit 2D shapes and organise them into two columns.



## Year 5

In art this term, the children have been learning about different techniques to help create self portraits. The outcomes have been amazing and we are looking forward to putting some of them on display.



In maths, the children have been learning the new skill of multiplying fractions and whole numbers whilst some children have been learning to add and subtract with money. All the children have made great progress this term.

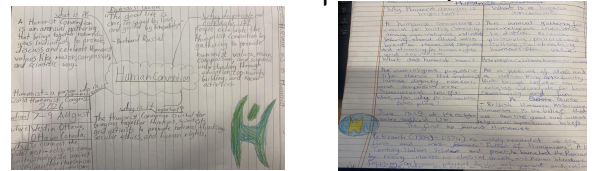
The children have also been learning about the properties of matter with a particular focus on dissolving and separating solutions. The children have enjoyed observing a salt solution overtime where salt crystals of grown.



## Year 6

In English, the children have produced some amazing information texts. They have worked incredibly hard to include key features, such as: clear headings and subheadings, technical vocabulary, generalised nouns and cohesive devices.

In RE, the children have learned about the significance of attending non-religious events as a Humanist. They explored why these gatherings are important and how they reflect Humanist values and beliefs. They researched the Humanist Convention and created informative posters to present their findings.



In Art, the children made street-art-inspired pieces designed to convey a clear message. They explored how artists use perspective, scale and proportion to create impact and meaning in their work.



# Around our School



## Street Tag is Back!



Thank you to all the families who have already started getting active and collecting points for the new season. If you haven't already, please visit Class Dojo to find the PE codes to earn up to 10,000 points! Remember, you can walk, cycle, run or roll to earn points!

We are delighted to share that Foxdell have already collected an impressive **485,070** points!

Due to everyone's enthusiasm and efforts, Foxdell have climbed up the Luton School Leaderboard and is now proudly sitting in 4th place. What a great achievement – go Team Foxdell!

Don't forget, while helping our school rise up the leaderboard, you're also earning points that could win you prizes. Take a look below for a reminder of the exciting rewards available!

### Earn points from 2nd Feb – 30th March 2026

Prizes up for grabs for individual players from top 3 schools:  
1st: Laptop  
2nd: Tablet  
3rd: Food Voucher



## RIGHT of the MONTH- February

# ARTICLE 12

Children have the right to share their views and be listened to.

**This means that:**  
I have the right to have a voice  
I have the right to share my ideas and feelings  
I have the right to be listened to

# Around our School

## Your Children's Voices Have Been Heard!

Following Rachel Hopkins' recent visit to our school, the issues and ideas raised by our School Council were formally shared with Luton Council. We are pleased to report that we have now received feedback, including proposed next steps and planned changes. These developments reflect the voices of our pupils and demonstrate how their contributions can help shape positive outcomes for the wider community. We are so proud of our pupils for ensuring their voices were heard and that their ideas were for the greater good of the whole community and their peers.

Take a look below to see how the council responded to their concerns. There is some good news for the whole of the Dallow area!

The children raised concerns around the quality and safety of the play equipment at the Foxdell Recreation area.

The council said...

### Foxdell Recreation Ground

Regarding the request for updating the play equipment in the Foxdell Play area, I am pleased to confirm that we are planning to refurbish the play area this summer as part of our programme of improvements to enhance Luton as a child friendly town. As part of the refurbishment, play equipment will be renewed and more litter bins added to the park.

With regards to the ask for a separate area specifically for dogs, we currently do not have areas termed as dog parks in Luton. Due to the premium of green space, we don't think it is practical to have separate areas for dogs. However, dogs should not be in specific play areas designated for children. Dogs do need to be under control in our parks, and green spaces, and owners need to behave responsibly.

If there is any issues related to dog fouling or uncontrolled dogs, then staff, pupils or parents can contact our customer service team on 01582 510333, or alternatively email [dog@luton.gov.uk](mailto:dog@luton.gov.uk), and our dog warden team will investigate.

The children raised concerns around road safety on Dallow Road. This included their ability to travel to school safely on their bikes and in the dark.

The council said...

### Dallow Road

The council are intending to make more resource available to enhance safety on the highway around schools from April 2026 with a specific Schools Roads Safety Programme which is currently being developed.

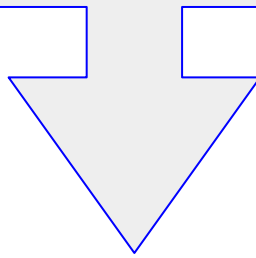
Following the issues you have raised the highways team will be carrying out a study around Foxdell Primary School that will include:

- Examining the feasibility of one exit and entry in the car park next to the school.
- The possibility of creating a segregated cycle route along Dallow Road to encourage cycling to school.
- Assess any improvements that need to be made to the footways as part of our safer routes to school programme.
- Testing the street light levels to ascertain whether they meet the British standards and examine whether they the lighting needs updating to enhance safety.
- The availability of safe places for children to cross the road for school, and whether a school crossing patrol (lollipop) person will benefit.

# Around our School

Lastly, our children raised concerns about the wellbeing of their peers. They have noticed, or experienced, the impact of rising prices and shared that not all members of our community can afford hot meals outside of school time. As a school, we ensure that no child ever goes without food while with us and do our best to ensure this is the case even during the school holidays. Our children wanted the council to also support with this mission.

The council said...



## Children Receiving Hot Meals outside the School.

To see a child concerned about their fellow students and parents not receiving hot meals outside of school and the idea of coming together at the Dallow Community Centre to provide hot meals to those in need is both heartening and sobering.

I have reached out to our social justice unit to see how they can work with the school to understand the best way in helping to provide hot meals to those children and their families who are in need outside the school day. They have stated there are initiatives that they can explore to help those that are struggling to feed their families. The team will shortly contact Foxdell Primary school to start the process.

We want to extend our thanks to Rachel and her team for ensuring that our children's voices are heard.

Rachel, her extended team and Luton Council have all praised our pupils for their citizenship and ability to identify the needs of the local community. We would encourage you all to do the same and contact Rachel or the council if you have any concerns of your own.

In the meantime, watch this space for the actions from the



# Around our School



This year, our Eco Team will be working hard to support the Hedgehog population around our school and make us hog friendly! Look out for posters and information about supporting our local hedgehogs around the school.



In the meantime, would you know what to do if you saw a hedgehog in need? Check out the poster below for advice from the experts and have some hog fun!

## HEDGEHOG S.O.S.

**HERE ARE SOME SIGNS THAT SHOW A HEDGEHOG IS IN NEED OF HELP:**

- LETHARGIC**  
Hedgehogs don't sunbathe!
- FLIES**  
If there are a lot of flies around a hedgehog it needs help.
- WOBBLY**  
If hedgehogs are wobbling as they walk there is something wrong.
- OBVIOUSLY INJURED**  
Wounded or clearly in distress.
- TRAPPED**  
Have been caught in netting, a pond, drain, etc.
- HOGLETS**  
If seen out in the day without an adult and / or squawking.

**IF YOU SEE ANY OF THESE SIGNS PLEASE CARRY OUT THE FOLLOWING FIRST AID:**

- Use gardening gloves or a folded towel to gently pick the hedgehog up and pop it into a high sided cardboard or plastic box.
- Bring the box indoors away from flies.
- Keep the hedgehog in a quiet room away from pets and children and don't be tempted to look at it any more often than you must carry out first aid.
- Unless it's a very hot day, wrap a warm hot water bottle in a towel and place the hedgehog on it, with another towel gently draped over the hedgehog to keep the warmth in, make sure it has room to get off the bottle and that it stays warm (but not hot) at all times.
- Offer a small amount of meaty cat, dog or hedgehog food and some water, don't force feed.
- If it is a small hedgehog or hoglet do check nearby for others from the same litter that might also be in trouble.
- Call the British Hedgehog Preservation Society on 01584 890 801 for the phone number of your local independent hedgehog rescue or look online and go direct to the rescue if you have their contact details.

BEHANCE.NET/LWPMARSHALE9 ©LWPF 2019

## Hedgehog maze

The hedgehog needs to rest under a pile of leaves. Help him find his way.



The British Hedgehog Preservation Society, Hedgehog House, Dhustone, Ludlow, Shropshire SY8 3PL  
Tel: 01584 890801 E-mail: [info@britishhedgehogs.org.uk](mailto:info@britishhedgehogs.org.uk) [www.britishhedgehogs.org.uk](http://www.britishhedgehogs.org.uk)

@thehedgehogsociety @hedgehogsociety British Hedgehog Preservation Society

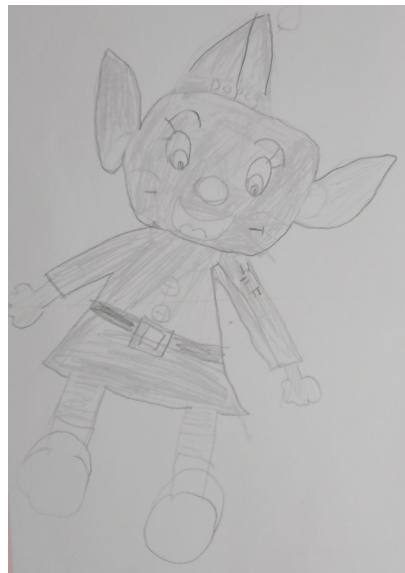
Reg Charity No. 1164542

# Spotlight on Student Success

We end Spring 1 celebrating the amazing work taking place outside of school to deepen the children's learning from within school...



Thank you to our parents and carers for prioritising this extension of learning at home - we know that it requires effort from you all too!



Look how intricate and detailed this observational drawing is from Hayah in Year 2 - wow!



# ONLINE SAFETY CORNER

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## 10 Top Tips for Parents and Educators ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

### 1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

### 2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

### 3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

### 4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

### 5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

### 6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

### 7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

### 8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

### 9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

### 10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

### Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website



Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.01.2026

# SEND/ Health and Wellbeing

## EXCLUSIVE GYM PLAY SESSION FEBRUARY HALF-TERM



**Salto Gymnastics Centre**  
98 Camford Way, Luton, LU3 3AN



**Monday 16th February 2026**



**12:00pm - 1:30pm**



**£6 per child (+ booking fee)**

**5 -14  
years old**

**Book Online Now!**

Click the link in post or scan  
the QR code to book!



**Autism**  
BEDFORDSHIRE



# Community




## What's On February Half Term!



The **Orange** Picture Club

February 18th  
02:00 PM

U



Luton Library Theatre  
PURCHASE TICKETS  
AT THE DOOR  
OR ONLINE

- 1 Orange - £4
- 2 Oranges - £7
- 3 Oranges - £9
- 4 Oranges - £12

LCC



**CIRQUOISE**  
CIRCUS SHOW

14<sup>TH</sup> - 22<sup>ND</sup> FEBRUARY



CHILDREN'S  
HALF TERM  
FESTIVAL

# FEB FEST

STUFF TO DO AND THINGS TO SEE IN LUTON

16TH-20TH FEBRUARY

f @ FULLHOUSETHEATRE/CULTURETRUSTUK

2026

PHOTOS: @SHAUN ARMSTRONG



**BOX OFFICE:**  
01582 878100  
[CULTURETRUST.COM/FEBFEST26](http://CULTURETRUST.COM/FEBFEST26)



THE  
CULTURE  
TRUST  
LUTON



ARTS COUNCIL  
ENGLAND

LOTTERY FUNDED

Supported using public funding by  
**ARTS COUNCIL  
ENGLAND**