



30th January 2026

This Week at St Mary's...

This week we have been thinking about how we 'show Love' across school in different ways. It has been great to see how children have reflected on this and can articulate this across school.

The week ended with a FANTASTIC performance by our choir at Sheffield Arena for their Young Voices concert.

Whole school attendance this week...

96.7%

This week's awards go to...

William
Fearne
Theo
Lucas C

Marsali
Evie
Evalyn
Alayna



Alex, Eleanor, Aiyana, Archie,
Evie & Tia

Dates and Events

January

30th Young Voices

February

9-13th Children's mental health week

11th Safer Internet Day

11th Whole school sports enrichment

11th - NO AFTERSCHOOL CLUBS

13th Sherwood Forest Day at school

13th End of Term

House Leaderboard



Oak

188



Birch

202



Pine

140



Willow

121



School Dojo

Leaderboard

Class 1: Marsali

Class 2: Giorgio

Class 3: Charlotte

Class 4: Phoebe

Celebrating wider achievements

Well done to Isla and Anya for celebrating their gymnastics achievements with us this week!



Online Safety

To read the full version [click here](#)

At The National College, our WakeUp/Wednesday 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.

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 fast of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and over-simplifications. While appealing to young audiences, this unvetted 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 tactics have spread damaging advice, underlining 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 erode trust in professionals and lead young people to misunderstand mental health complexities, potentially preventing them from seeking 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 and accurate content. Tools such as parental controls or co-viewing content can help moderate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

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.

IDENTIFY RELIABLE SOURCES
Teach young people to critically evaluate mental health content by checking credentials, source credibility, 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.

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
Anya Bateman is Director of Pastoral Education Ltd, Director for Wellbeing and Family Services at High Trust, and lead expert for mental health at The National College. Anya 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.

WakeUp Wednesday The National College

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PE ENRICHMENT DAY 11th FEB

We will be welcoming A1 multisports back into school on Weds 11th Feb. All classes will get a chance to take part in some curling activities. All children to come to school in PE kit on this day.

SHERWOOD FOREST DAY!

On 13th February we will be having our own Sherwood Forest Day in school. Children are invited to come to school dressed up as a Robin Hood based Character for the day. We will be learning lots about the history of Sherwood forest as well as taking part in lots of forest based activities.

We would love to see some children at 12pm at the Major Oak on the 20th February where some of our pupils will be invited to take part in the celebrations. More info to follow!



20

Friday 20 February 2026 from 11:45-14:00

Sherwood Forest Day

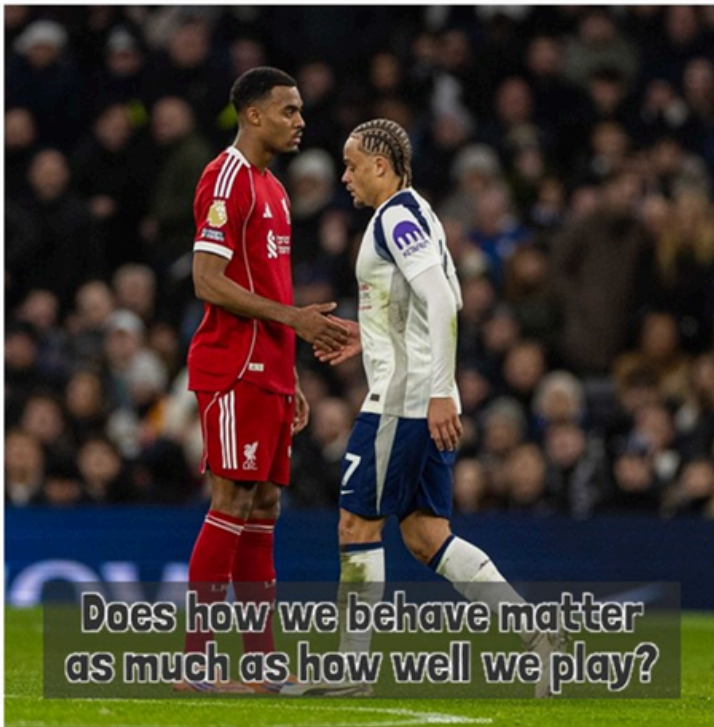
Robin Hood Statue



Picture News

TAKEHOME

26th January - 1st February



Does how we behave matter as much as how well we play?

In the news this week

The Football Association (FA) has published a review looking at behaviour in football across England. It wants to ensure football practice and matches are safe, fair, and enjoyable for everyone, including players, referees, and fans. The review encourages all involved in the sport to play their part in supporting and following values of positive behaviour.

Things to talk about at home ...

- > Share your experiences of sporting or other competitive events with someone at home. Have you ever felt strong feelings when watching or taking part?
- > Do you believe players and fans should have the same rules about respect?
- > Discuss what you think might happen if winning becomes more important than respect.

Please note any interesting thoughts or comments

Share your thoughts and read the opinions of others

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A Cuddly World Record

A new Guinness World Record has been made – and this one is super soft and extra cuddly! A teenager in the UK has set a world record for the biggest Jellycat toy collection.

Hope Roberts, who is 19, has collected 877 Jellycat items. Her collection includes soft toys, bags, stickers and keyrings. That is a lot of Jellycats to snuggle! Hope started collecting Jellycats just two years ago after she bought a Jellycat bunny in a charity shop for 20p. From there, her collection grew bigger and bigger. When she found out she had broken the record, Hope said, 'I didn't know the full number until it was announced, so I was just as shocked.' Jellycat is a British brand that



Picture: Hope and her GWR! Source: Guinness World Records on Facebook.

began in 1999. It is famous for its soft, squidgy toys, which come in lots of animals and different shapes. Jellycats became very popular during the Covid-19 pandemic, when many people found comfort in cuddly toys. *Is there something you love collecting or would like to collect one day?*

Football History Ahead?

Here's another football news story for you! The Premier League is one of the biggest football leagues in the world and is played in England. Teams play every week, fans cheer loudly, and one winning team lifts a special trophy at the end of the season. The Premier League began in 1992, over 30 years ago. Lots of teams have won it since then, but there is one surprising fact.



Picture: Liverpool F.C won the Premier League last year in 2025. Source: Canva.

No manager from England, in charge of a Premier League team, has ever won the Premier League at the end of the season! Former footballer Dion Dublin thinks this might change, saying, 'I believe an English manager will win the Premier League, no doubt about that.' Last season, Liverpool won the Premier League. The club's manager, Arne Slot, is from the Netherlands. Recently, Liam Rosenior from England has become the manager of Chelsea. The club has won the league before, and has the chance to win again this season with the help of the new manager! Regardless of who wins, it's sure to be a season of fun and entertainment.

Do you support a football team?

Can famous people help others make good choices?



My mum isn't famous, but she's special to me because she helps me make good choices!
Zara

Let us know what you think about this week's news



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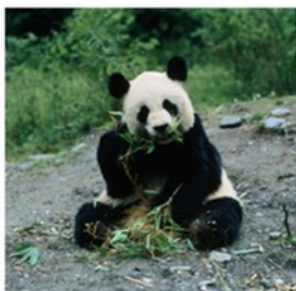


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No Longer Endangered

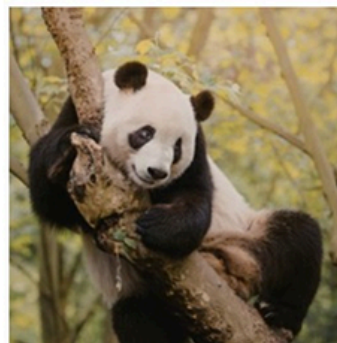
China has declared that pandas are no longer endangered, and that its national animal has become a global symbol of conservation success. In the 1980s, there were fewer than a thousand of the black and white bears outside captivity. The animal's wild population has now almost doubled! Over the last 30 years, government-led recovery efforts,



Picture: Giant Panda eating. Source: Canva.

including a new Giant Panda National Park, have helped the species' population to recover. The protected conservation area is mainly in Sichuan Province and covers 70 percent of the animals' existing habitat. Fang Wang, a conservation biologist at the School of Life Sciences at Fudan University in Shanghai, said, 'In reality, today's increase was something no one was certain would happen 20 years ago. Now, the panda is a very successful case.'

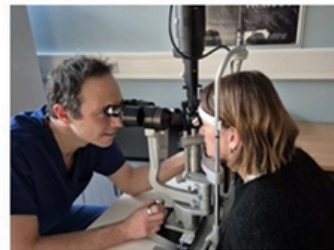
Do you know any facts about giant pandas? Do you know any other animals that have been endangered?



Picture: Giant Panda climbing a tree. Source: Canva.

Gel Restores Eyesight

Scientists at Moorfields Eye Hospital in London have announced that a new treatment has restored sight and prevented blindness in people with a rare, but dangerous, eye condition. The hospital is the world's first dedicated clinic for a disorder called hypotony. Hypotony is abnormally low pressure in the eyeball, which can result in a change to a person's eye shape and cause problems with vision. The scientists discovered that hydroxypropyl methylcellulose, a low-cost gel used in most eye operations, can help to restore the shape and improve a patient's sight. The pilot study has shown that seven out of eight patients have responded positively to the treatment. The first patient to



Picture: Consultant ophthalmologist Harry Petrushkin and patient Nicki Guy. Source: Moorfields Eye Hospital on Facebook.

receive the therapy, Nicki Guy, said, 'It's life-changing. It's given me everything back. I can see my child grow up. I've gone from counting fingers and everything being really blurry to being able to see. If my vision stays like this for the rest of my life it would be absolutely brilliant.'

Do you know how the human eye works?

Can famous people help others make good choices?



I think it is important for famous people with lots of followers to influence them in a good way. They should be kind as well as funny!
Selina

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