



Worstead CE VA Primary School

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Monday 22nd September 2025

Dear Parent/Carer,

As I drove to work last Tuesday, an item on the radio piqued my interest. The BBC had conducted a survey of teenagers about their habits using the internet. As part of the perhaps the last generation to go through teen life without readily available online access and with my own children only now starting to use devices, I don't inhabit the online world and was surprised by the results.

A fuller list can be found here ([BBC Radio 5 Live and BBC Bitesize to host a Teen Summit live from Bradford](#)) but a few headlines caught my ear:

- More than a third (38%) spend five hours a day or more on their phones. One in 20 spends eight hours or more on their phones per day
- 65% of all respondents feel overwhelmed at least some of the time.
- 66% worry about fake news and misinformation online.
- 51% have encountered conspiracy theories online.
- More than half reported seeing harmful content of one form or another.

Of course, these are teenagers at high school but it is not a switch that is flicked overnight – the habits start to form pre-teen and that includes all our children at Worstead. Increased online usage is certainly something we notice our children talking about – game, watching YouTube or simply messaging in groups late into the night.

With the rise in messaging, gone, it seems, are the days where children can switch off from social pressures in the evenings when they are not at school – this could contribute to the overwhelm. With the increased use of online game and streaming services, through the roof have gone the opportunities for children to be exposed inappropriate or harmful, inadvertently or otherwise.

What can we do about it?

In school, as part of our computing and RHSE curriculums, we will teach the children about responsible use of digital media, reliable sources of information, healthy relationships, looking after themselves (mentally, emotionally and physically) and keeping themselves safe.

At home, as a parent, I think back to advice pupils, staff and parents have received from 'The 2 Johns' in recent years ([Home - eSafety Training](#)) – two ex-police officers now advising schools, children and staff on e-safety. Yes, it's about parental controls etc. Most importantly, however, they talk about working *with* children to build an open, trusting communication about their online experiences. If my children are ever in front of a screen, I ask myself whether I know what they're watching and do we have the relationship where they would open up to me if something made them feel uncomfortable, or would they be worried about getting told off? I hope it's the former.

If you or your child(ren) are ever worried about e-safety, as a school we will always listen and do what we can to help, even if that is signposting other supporting resources or organisations.

With kind regards

Steven Boast

Executive Deputy Headteacher
North Star Federation



Choir

Our school choir, led by Lindsay Carruthers, is accepting new members. They meet weekly on a Thursday after school and, in my near decade at Worstead, have always been fantastic. Working on a set of songs a term, they have performed at our church services, to parents, in Norwich and North Walsham to raise money for charity, the Worstead Festival and, most notably, at the annual Norfolk Music Festival, where year after they punch above their weight and come back with the top awards. I took my own children to see them at the Festival this summer and they were both singing the songs for days afterwards, inspired by Worstead's brilliant performance. If your child is in year 2 or above and is interested, encourage them to give it a go this Thursday 😊

MSA needed

Mrs White is leaving us next month to take on a new role outside of school. We thank her for her hard work, energy and compassion over the time she has been with us and wish her every success with her new career.

We are therefore looking to recruit a new MSA to join our fantastic team in school, working in the lunch hall and supervising children's play outside over lunchtimes.

We can offer you a school full of fun, curious, energetic, kind and respectful children, as well as a warm welcome from our dedicated and hard-working staff. If that sounds appealing, and you are hardworking, reliable, compassionate and interested in the role (or know someone who is), please contact the office on 01692 536309 or at office@worstead.norfolk.sch.uk. We look forward to hearing from you 😊



Car Park

As the nights continue to draw in, there will soon come the time when staff are leaving school in the dark. In the carpark to the rear and left of the school, please could the spaces that back onto Kestrels class be left for staff parking? They're marked on the image below. This will help as staff return to their cars after dark. Thanks in advance.



Reading Well Event – North Walsham Library

Please see the attach flyer about an event at North Walsham Library promoting reading and wellbeing.

FOWS Events

Some dates for your diary from the FOWS, below. There are only a few spaces remaining for the quiz this Friday – please contact the FOWS directly to book in – fowscharity@gmail.com

- FOWS Quiz at The White Lady pub 27th September.
- FOWS Christmas market Saturday November 29th, Worstead Village Hall
- FOWS Christmas Disco, December 12th

Thank you, as ever, to the committee, the time they give and the work they do to support our school.

Out of school success

Congratulations to the following on their fantastic success outside of school:

- Evie M for winning the Junior Handler class at Bradfield dog show with her German Shepherd Belle. They worked together really well and went on to take 3rd in Best in Show too! Great job, Evie and, of course, Belle 😊
- Kacie, who was commended by her own coach for her positivity and respect for her team mates throughout the game and by the opposition coach for her compassion for an opponent who had been injured. Great job, Kacie!
- Ariane and Evie A – two more superstars who completed the Library Service's Summer Reading Challenge. Well done, girls!



Gold Book Prize-Winners – 19.09.25

Respect

Robins – Kason, for always following our class values and listening during carpet time.

Swifts – Merlin for always listening carefully to the teacher and remembering his manners.

Hérons – Hartley, for being the pinnacle of respect all day, every day; he listens actively to others, focuses during lessons and is always kind and polite to everyone.

Kestrels – Rose, for coming up to the front of the class and modelling how to do long division. She is proving to be an excellent role model for the Year 5's.

Compassion

Robins – Alfie, for remembering to wait for his friends to move out of the area before he puts his water bottle away, so they do not get squashed.

Swifts – Ariane for helping a friend who had cut her finger, showing such care and kindness towards her.

Hérons – Theo, for displaying compassion to another, by helping them to organise and tidy their working space.

Kestrels – Paige, for supporting her table, always being kind and caring and putting others first.

Perfect Presentation

Robins – Esme for creating a wonderful monster to hide her emotion jars in for Drawing club. She took her time to colour it in very carefully.

Swifts – Myles for taking care with his writing, forming his letters well and sitting them on the line.

Hérons – Ivy, for presenting her thoughts in RE clearly and neatly.

Kestrels – Emily, for beautiful presentation in all subjects, her handwriting is far superior to Mr G's!

Forest School

Bowtruckle goes to Josie for her enthusiasm at forest school this week and her respectfulness of the tool safety rules. She persevered and whittled some beautiful music sticks.

Groot goes to Theodore for his wonderful interest and investigation of autumn seeds, nuts and berries. He carefully cut them up to see what was inside.

Diary dates

SEPTEMBER		
Monday 22 nd September	pm	Flu vaccinations for all pupils
Wednesday 24 th September	15.15	Phonics information evening
Wednesday 24 th September	16.30-18.30 19.00-21.00	Open Evening at Aylsham High for year 6 pupils and parents -to book
Thursday 25 th September	3:15-4:15	Basketball afterschool club starts
Thursday 25 th September	17.30-20.30	Open Evening at North Walsham High for year 6 pupils and parents- no need to book
Tuesday 30 th September	18.00	Open evening at Broadland High for year 6 pupils and parents (plus two open mornings in October 7 th and 8 th - to book)
OCTOBER		
Thursday 2 nd October		Census day and special lunch – details to follow
Wednesday 8 th October		Dental visit for Robins class
Monday 13 th October		Parents evening- all classes
Thursday 16 th October		Parents evening – all classes
Monday 20 th October	9:30-11:30	Yr 6 pupils to Crucial crew @ Gresham's school
Monday 20 th October	2-4pm	Selected pupils at the Nest for football tournament
Thursday 23 rd October	PM	Harvest Festival in the Church
Friday 24 th October		Last day of term
NOVEMBER		
Friday 7 th November	11.00	Open Day for new Reception parents
Monday 10 th November	AM	Beauty and the Beast Panto

Wednesday 12 th November	2pm	Robins Family café
Friday 14 th November		School photos for all pupils
Wednesday 19 th November	2pm	Swifts' family café
Monday 24 th November	2-4pm	Selected pupils at the Nest for football tournament
Wednesday 26 th November	2pm	Kestrels' family café
Thursday 27 th November		Kestrels to Time and tide museum
DECEMBER		
Wednesday 3d December	2pm	Hérons' family café
Monday 15 th December	Afternoon and evening	Christmas performances
Thursday 18 th December	PM	Christingle at the Church
Friday 19 th December		Last day of term