

Abbey Primary School

Newsletter

Friday 17th April 2026

Summer Term 2026- Issue 13

News and updates

Staffing Update

This week we have welcomed our newest member of staff to Abbey, Miss Aulton, who is our administrator assistant in the office, and will be the first person to deal with queries and phone calls from parents and visitors. I am sure you will join me with me in welcoming her to Abbey Primary School.

Breakfast Club

Just a reminder that we have our breakfast club open to all YR to Y6. If you need a place up until 8.30am, please contact the school office.

Headlice

We have an increasing number of reports of head lice across a number of classes. We recognise this can be frustrating for parents and children if it happens on a regular occasion. Below is a link to the NHS website which offers guidance and some summary guidance;

[Head lice and nits - NHS](#)

How to get rid of head lice

- Treat head lice as soon as you spot them. You can treat head lice without seeing a GP.
- Check everyone you live with, or have close contact with, and start treating anyone who has head lice on the same day.
- There's no need to keep your child off school if they have head lice. You do not need to wash your laundry on a hot wash.

Wet combing

- Lice and nits can be removed by wet combing.
- You can buy a special fine-toothed comb (detection comb) online or from pharmacies to remove head lice and nits.
- Wash hair with ordinary shampoo and apply lots of conditioner (any cheap conditioner will do)
- Comb the whole head of hair, using the detection comb, from the roots to the ends. It usually takes about 10 minutes to comb short hair, and 20 to 30 minutes for long, frizzy or curly hair. When you've finished combing the hair, comb through all the hair again for a second time.
- Do wet combing on days 1, 5, 9 and 13 to catch any newly hatched head lice. Check again that everyone's hair is free of lice on day 17.

Medicated lotions and sprays

If wet combing has not worked or is not suitable, you could try a medicated lotion or spray. These kill head lice in all types of hair, and you can buy them from pharmacies, supermarkets or online.

Head lice should die within a day. Some lotions and sprays come with a comb to remove dead lice and eggs. Some treatments need to be repeated after a week to kill any newly hatched lice. Check the pack to see if they're OK for you or your child to use, and how to use them. If lotions or sprays do not work, speak to a pharmacist about other treatments.

Treatments that are not recommended for head lice

Some treatments are not recommended because they're unlikely to work. For example:

- products containing permethrin
- head lice "repellents"
- electric combs for head lice
- plant oil treatments, such as tea tree oil, eucalyptus oil and lavender oil herbal remedies

Screen time guidance for under 5's

We have received some guidance from health on the impact of screen time for under 5's, however you will be aware that the media and government are looking at the impact of social media and technology on all ages of children, so it would be worth reviewing screen time and children's access to devices at home.

Screen Time guidance for under 5's

Digital screens are a part of modern life, but finding the right balance between screen time and other activities for young children can be tricky. This evidence informed guidance supports parents and carers in shaping healthy screen time habits for little brains.

How much screen time should my child have?

Limit total screen time for young children, wherever possible.

Under 2 years: Avoid screen time other than for shared activities with family that encourage bonding, interaction and conversation.

2-5 years: Try to keep it to 1 hour a day. Less if possible.

Safe Screen Swap

Shared activities could include video calling with friends and family or looking through digital photo albums together.

What content is better content?

Young children's brains are stimulated much more easily than adults', so they need content specifically made for them.

- **Slow-paced content:** Slow-paced, predictable content is better for young brains. Fast-paced, over-stimulating social media-style videos may affect how young children learn to concentrate, so it's best to avoid them.
- **Choose safe content:** Use parental controls to block inappropriate, harmful content.
- **Avoid social media:** Social media isn't made for young brains, so it should be avoided.
- **Avoid AI:** Don't let young children use AI toys, tools or chatbots until there's more evidence on how they affect your child. This includes devices or apps such as interactive robots, smart speakers or AI chat apps.

Safe Screen Swap

Check what your child is watching – look for content with simple stories, fewer scene changes and characters speaking slowly. It should be easy to hear what people are saying and to see the emotions on characters' faces.

When and where is okay for my child to use screens?

- **Set clear boundaries** for when and where little brains use screens to ensure time for other activities that support their development.
- **Avoid young children using screens alone** as it reduces opportunities for social time and active play. Try watching and discussing content together with your child as it supports their development and helps you protect them from harmful content.
- **Screen-free zones:** Keep bedrooms and mealtimes free from screens. This can protect valuable family time and interaction.
- **Background watching:** Try not to have screens on in the background particularly during family time, meals or play-time. Screens can distract from beneficial activities for your child such as social interaction and active play.

Safe Screen Swaps

Mealtimes: Try swapping screens for background music, simple conversation, table games, colouring or even 'I Spy' with colours or letters.

Bedtimes: Swap screens for reading bedtime stories together. Try to avoid screens for the hour before bed, as this could affect sleep.

How does screen time affect my child's development?

90% of brain growth happens before age 5. Young children learn best through warm, responsive interactions with parents and carers. A large amount of screen time is linked with negative effects on children's health and development. It can affect social, emotional, language and brain development, sleep, eyesight and healthy weight.

Reading together, simple games, play and back and forth conversations all help them develop language, problem solving skills, self control and social understanding. These early interactions, even before children can talk, create the foundations for every area of their lives.

Screen Time guidance for under 5's—continued

Ensure screen time of any kind doesn't replace sleep, physical activity, active play or direct parent-child interaction.

My child has SEND. Is the advice the same for us?

Some children with special educational needs or disabilities (SEND) may need a more tailored approach when it comes to screens. Screen-based assistive technology can be an important tool to help some children and families communicate and take part in everyday activities.

Like all young children, children with SEND need plenty of time for play, sleep and interacting with their parents and carers. Protect screen-free time for these important activities, where possible.

Dates for the diary

Monday 20th April—KS1 (Y1/Y2) at Tanglewood day at Cannock Chase

Tuesday 28th April—Last swimming session for Y5

Tuesday 28th & Wednesday 29th April—A Stars Learn to Ride Day for selected Y3 pupils.

Wednesday 29th April—Class Photographs all day, no PE kits to be worn on this day please, full school uniform only.

Thursday 30th April—Bike fix sessions for Y4 1-3pm

Monday 4th May—**Closed for Bank Holiday Monday**

Tuesday 5th May—Y4 swimming starts

Thursday 7th May—**Closed for Local Elections**

Monday 11th May—Thursday 14th May—Y6 SAT's week. All Y6 pupils need to be in school each day. Tests will start between 9am and 10am each day.

Wednesday 13th May—Y2 at Twycross Zoo

Thursday 14th May—2pm Reflexions parent workshop

Friday 15th May—Wear It Green for mental health day. Children can come to school in anything green on this day.

Tuesday 19th May—2pm Fire Service 'Sparks' session in Y4 in school

Thursday 21st May—RSPCA assembly in school

Friday 22nd May—end of Summer term 1

Monday 25th May—Friday 29th May 2026

May Half term

Monday 1st June—Start of Summer term 2

WB Monday 1st June—Y4 Multiplication Tables Check (to be completed over two weeks)

WB Monday 8th June—Y1 Phonics Screening Check (to be completed over the week)

Thursday 11th June—2pm Reflexions parent session

Tuesday 16th and Wednesday 17th June—Bike ability for Y6—12 chn maximum, more details to follow.

Wednesday 17th June—after school **PTA Summer Fayre**