



School News & Updates - 9th January, 2026.

A note from Mr Jolley:

Welcome back to school! I hope everyone had a great break over the holidays and wish everyone a happy new year! Hopefully the children have adapted better when noting the dates in their books, as I have accidentally been signing off everything with 2025! It has been great to welcome everyone back and we look forward to another busy half term full of great experiences. **Note: new clubs, see below!**

Smartphone-free childhood project:

During recent times, I have been researching the impact of smart phones and social media on children and teenagers. There is an increasing amount of evidence that shows a negative impact on mental health and wellbeing for children alongside other challenges relating to managing self regulation. With 'doom scrolling,' instant gratification with network speeds and everything being gamified - it is more important than ever to reflect on the impact these divides have on children.

Some interesting reading I have completed recently has been around that screens are not effective at promoting self-regulation - they are a distraction and avenue to gain hits of dopamine (the 'happy' hormone) - distractions that prevent children from learning how to manage boredom, find healthy dopamine releases and work through emotions.

The concept I mentioned—doomscrolling, dopamine hits, and the erosion of self-regulation—are central to the "Great Rewiring of Childhood" theory, popularised by social psychologist Jonathan Haidt and supported by various 2024–2025 studies

It is great to see, before I have shared this, that we have already some families signed up to the movement:

Year / Age	Pacts
Reception (4 - 5)	3
Year 1 (5 - 6)	1
Year 2 (6 - 7)	9
Year 3 (7 - 8)	7
Year 4 (8 - 9)	4

You may join the movement and read more about the findings here:

<https://www.smartphonefreechildhood.org/>

We are looking at ways to support families with this movement, which may include hosting an event in school.

Sports Clubs

Thank you to everyone who submitted responses previously regarding interest in a sports club last summer. We are delighted to share that we have now organised with a provider for these clubs to start up after the February half term break. Letters will soon follow.



- **Monday- EYFS (Reception) and KS1- Multi Sports**
- **Tuesday- Year 5 and 6- Multi Sports**
- **Friday- Year 3 and 4- Multi Sports**

The proposed delivery period would run from **23rd February to 2nd April**, with:

- **6 sessions on Mondays and Tuesdays**
- **5 sessions on Fridays (No session on Friday 3rd of April due to Bank Holiday)**

Once we head into the summer term, we can arrange pupil voice to create a schedule of sports specific sessions for each group of children.

Please see below a list of sports they could deliver moving forwards into the summer term:

Fencing (More suited to KS2)

Archery (Suitable for KS1 and KS2)

Flag Football- Primary version of American Football (More suited to KS2)

Dodgeball (KS1 and KS2)

Also Glow in the Dark Dodgeball (Would need to take place in a hall)

Tri Golf (KS1 and KS2)

Uni-Hoc- (Playground Hockey) (KS1 and KS2)

Ultimate Frisbee (KS1 and KS2)

Tchoukball (KS2)

Danish Longball (KS2)

As well as any traditional sports that they would like them to deliver such as:

Multi Skills (KS1 and Reception)

Football (KS1 and KS2)

Cricket (KS1 and KS2)

Rounders (KS2)

Tag Rugby (KS1 and KS2)

Tennis (KS1 and KS2)

Handball (KS1 and KS2)

Netball (KS1 and KS2)

Basketball (KS1 and KS2)

Athletics (KS1 and KS2)

Art Club

Art club also continues after this break. I've attached our flyer for January and here's the link for signing up. The first session has run already on 8th January and runs on Thursdays

<https://buytickets.at/artfullifeevents/1989978>



Dancing and drama:

I am also delighted to share that we are also going to run some dancing sessions after school on Wednesdays after the February half term. More information will follow. This will initially be aimed at KS2 (Y3, 4, 5, 6) with the possibility of expanding to younger groups. These will run on Wednesdays 3:20 - 4:20 in our community room.

Pastoral Events:

A big thank you for the response to the survey and link that we shared to gather interest in topics relating to SEND and pastoral needs. We are delighted to share in response to these, we are initially hosting three events which gained most interest from the survey. These are included in the dates below. Please note, we will follow up with further details about these in the near future.

ARTEFUL KIDS CLUB

Sign up for next half term now!

Thursdays
3.20pm - 4.20pm

- ✦ Entertain your children
- ✦ Develop their creativity
- ✦ Use their imaginations
- ✦ Open to all year groups

We add an element of mindfulness into our sessions to help promote a healthy mental wellbeing!

Reserve your place...
<https://buytickets.at/artfullifeevents/1989978>

07763 937676
email: artfullifeevents@gmail.com
www.facebook.com/ArtfulWellbeing/
Instagram: Artful Life Events



Make sure you check out our Instagram for more this term.

Please see important dates for the next half term

Date	Event
Wednesday 14th January	Y1 Abbey House Museum
Tuesday 20th January	Y4 Roman Experience Day
Tuesday 20th - Thursday 22nd January	Y1 Balance-ability
Friday 23rd January	Phonics - Reception Parent event 09:00 - 09:30 - Separate letter to be sent by Mrs Shorthouse
Friday 30th January	Y5 Shakespeare Workshop
Monday 9th February	Wonderdome Experience - Whole school
Monday 9th February - 13th	Theme Week - Literature Festival
Friday 13th February	School closes
Monday 23rd February	School opens
Thursday 26th February	Children's Laureate, Frank Cottrell-Boyce event in school - KS2 - Separate communication has been sent
27th February 9am (Fri)	SEND workshop with Specialist SEND coordinators from the family HUB - More information to follow
22nd April 9am (Wed)	Mindmate workshop - managing strong emotions - More information to follow
10th June 9am (Wed)	Mindmate workshop - anxiety workshop - More information to follow



PUDSEY COMMUNITY PROJECT



YOUTH AND CHILDREN'S ACTIVITIES

ABOUT US....

Pudsey Community Project exists to transform Pudsey and its surrounding areas with and for the local community.

At our youth/children's clubs we have a team of youth workers and volunteers that are fully DBS checked and have a vast experience of working with young people.

We provide a safe, friendly, and nurturing environment for young people to learn, grow and develop social skills whilst having fun!

All of our youth work is term time only.



MONDAY



Games Cafe

(School years 4-9)
Board/card games, Lego and tuck shop.

6-7.30pm £1.50 entry.



TUESDAY



Cooking Club

(School years 6-11)
A 6 week course running each half term to learn basic cooking skills. £2 per session.



Limited places so booking is essential, please contact...

youth@pudseycommunity.org.uk



THURSDAY



Youth club (School years 4-6)
Snooker, air hockey, table tennis, Wii, Xbox, board games and tuck shop.

6-7pm £1.50 entry.

Youth club (School years 7-11)
Snooker, air hockey, table tennis, Wii, Xbox, boards games and tuck shop.

7.15-8.30pm £1.50 entry.



Pudsey Youth & Children's Activities

Pudsey Community Project, Fartown, LS28 8LP

For more information, or to register your child in advance, please contact youth@pudseycommunity.org.uk

Registered charity number 1191152

Is your child due to start primary school in 2026?



Applications are open for Reception places to start in **September 2026**

You can apply online until **Thursday 15 January 2026**

www.leeds.gov.uk/apply

