



# Sea Mills Primary Newsletter

## 20th April 2026



Dear Families

Welcome Back! I hope you all had a restful break, the children certainly seem well rested and happy to be back today. We are delighted to welcome back Mrs Cesarz from maternity leave. Mrs Goodgame will be taking up her previous role of reading teacher and I would like to take this opportunity to thank her for all her hard work covering Mrs Cesarsz. She did a wonderful job.

This term our focus Sea Mills Super Skill is 'Creativity'. In assembly, we talked about cooking being creative and I challenged the children to make a cake at home in a creative way so that it looked like something else. If you decide to take part in this (optional) challenge, could you take a photo of the creative cake and pass a copy to the class teacher or email it to the school office.

We will share pictures of the cakes in assembly on 18th May and the most creative cake will win...a cake!

Wishing you a great week,

Andrew Kinnear

## Key Dates

Calendar dates for the year ahead can be found here:

[Diary - Sea Mills Primary School](#)

|                                           |                                                                                                                                                                                                                                                                                                                                                                       |
|-------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| April                                     | 22nd - Earth Day<br>29th - Cheerleading cancelled                                                                                                                                                                                                                                                                                                                     |
| May                                       | <b>4th - Bank Holiday</b><br>7th - Year 2 Class Assembly 9am<br>11th - 14th SATs tests for Year 6<br>15th - Theatre Performance to all classes 'The zoo that comes to you' (funded by PTFA)<br>19th - St Kath's Transition visit, year 6<br>20th May - Class Photos & Year 6 leavers photos<br>21st - Cotham Transition visit, year 6<br><b>25th - 29th Half Term</b> |
| June                                      | <b>1st - INSET day, school closed for pupils</b><br>15th - 19th - Health & Fitness Week<br>15th - Explorer Dome for all classes (funded by PTFA)<br><b>18th - KS1 Sports Day (am) / KS2 Sports Day (pm)</b><br>24th - 26th June Mojo Active adventure Days (year 5 & 6)                                                                                               |
| July                                      | 9th - Year 4 Class Assembly 9am<br>16th - Nursery sports day and picnic<br>13th - Year 5/6 production pm<br>22nd - Year 6 leaver's assembly                                                                                                                                                                                                                           |
| <b>Term Dates for next year 2026—2027</b> | Term 1 - 3rd September to 23rd October<br>Term 2 - 2nd November to 18th December<br>Term 3 - 4th January to 12th February<br>Term 4 - 22nd February to 25th March<br>Term 5 - 12th April to 28th May<br>Term 6 - 7th June to 21st July<br><b>INSET days</b> - 3rd September, 4th September, 23rd October, 27th November, 4th January, 22nd February                   |

# Notices

## Screen time guidance for under 5s

Some really useful guidance has been provided by the government about screen time for children under 5. Full guidance is available here [Baby and toddler screen time guidance - Best Start in Life](#) and is definitely worth a read. In summary it recommends:

- Under 2s: Avoiding screen time other than for shared activities that encourage bonding, interaction and conversation.
- 2 to 5-year-olds: Trying to keep it to no more than one hour a day. Avoid at mealtimes and in the hour before bed.
- Content: Choosing slow-paced, age-appropriate content. Fast-paced, social media-style videos and AI toys or tools should be avoided for young children.
- Co-viewing: Watching or using screens together - talking, asking questions and engaging with the content - better for children's development than solo screen use.

## Fantastic Resource to help keep your child safe online

[Help your child stay safe online - Kids Online Safety](#)

This is a great resource to help families understand and get help to keep their child safe online and includes practical tips for making online gaming safer and information on age ratings and parental controls.

## Reluctant to Read?

If your child is reluctant to read at home, emailed with this newsletter are 10 top tips to engage them with reading again.

## No jewellery please!

A reminder that jewellery is not allowed in school apart from stud earrings. Please could you remind your child to leave jewellery at home as we have seen quite a few bracelets etc. coming in.

## Attendance this term

As the sun begins to shine, we are delighted to see attendance continuing to rise - thank you for your ongoing support in ensuring children are in school and ready to learn each day. A positive start to the morning makes a real difference to children's confidence and progress. We have noticed an increase in the number of children arriving late. Arriving on time helps children settle into the day calmly and ensures they don't miss important learning at the start of lessons. We would love to see this improve and appreciate your support in helping children arrive promptly each morning.

## Can you help bring the fun - dinosaurs, cars, animals!

As the weather improves, we are more able to use the full space of the school grounds and would love some help. If you have any small world play - dinosaurs, cars, action figures, animals, vehicles - then we could definitely make good use of it! We are also always on the lookout for scooters.

# Mental Health Support Team

Mental Health Support Teams (MHSTs) were established to support schools, helping them develop ways to look after the mental health and wellbeing of children and young people (CYP) as well as the wider school community including school staff and parents/carers.

The MHST are now delivering online sessions which are free to sign up to. Please scan the QR code below to register for our next webinar.

**NEW**

## Online Parent/Carer Sessions Exam Stress

**NEW**

To sign up, please  
complete a registration  
form here:



[MHST Online Session](#)



**What is it?** This session covers:

- Stress caused by exams (or SATs in primary school) and how to support our wellbeing to prevent stress overload.
- Signs of stress and how to spot when things are building up.
- Providing practical tips for supporting relaxation and wellbeing during the exam period.

**Who is it for?** Helpful for parents and carers whose children may have Exams coming up.

**When are they?** Sessions will be run at 12pm-1pm every Wednesday, Thursday and Friday.

**New topics and dates will be released regularly.**

The MHST is a partnership between Off the Record (OTR) and CAMHS. We are working with selected education settings across Bristol, North Somerset and South Glos. To find out where we work, check out our webpage:

[www.otrbristol.org.uk/what-we-do/mhst/](http://www.otrbristol.org.uk/what-we-do/mhst/)







## Should you delay? Let's discuss

When is the best time for your child to get a smartphone? Parents often find their decision squeezed by media stories and peer pressure at school, but what if we brought our children into the decision from the start?

Join PAPAYA for a \*new\* interactive workshop, aimed at parents and children in years 3 to 7, where we will discuss pressures and solutions together.

### When

Tuesday 5<sup>th</sup> May

6pm-7pm

### Where

Cathedral Choir School, BS1 5TS

### Tickets



Tickets are £3 each, which includes a drink and a snack, but we don't want cost to be a barrier, so get in touch with [sambachicken2000@yahoo.com](mailto:sambachicken2000@yahoo.com) if this is the case.

**PAPAYA**



**SMARTPHONE  
FREE CHILDHOOD**

  
**Amplify  
Education**



**BRISTOL CATHEDRAL  
CHOIR SCHOOL**

*"Gathered together that all may thrive"*