



BROOKDALE BULLETIN

Brookdale Primary School's Weekly Newsletter

Online Safety

Screens are now part of daily life, but for very young children, simple and predictable boundaries can make a big difference. [This guide](#) explores how adults can help under-fives build healthier digital habits by choosing content carefully, keeping devices in shared spaces, protecting bedtime routines and making screen time feel calm rather than constant. It also highlights the importance of adult involvement, from co-viewing and chatting about what children see to modelling balanced device use ourselves. With practical scripts, transition tips and age-appropriate routines, the guide offers supportive advice for families, nurseries and early years settings looking to manage screen time with confidence.



Stars of the Week

Pre-School - Eli Lewis

F2 - No awards this week

Year 1 - Arthur Jones

Year 2 - Callum Humphreys

Year 3 - Conan Hummerston-Devlin

Year 4 - Keira Graham

Year 5 - Samson Humphreys

Year 6 - Ava Bristow



School Values and Growth Mindset Awards

Pre-School - Phoebe Jones

F2 - No awards this week

Year 1 - Milo Quintanilla Seisdedos

Year 2 - Callie King

Year 3 - Henry Mortensen

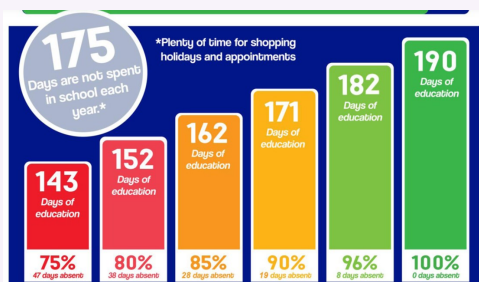
Year 4 - Isaac Dickey

Year 5 - Erin Smith

Year 6 - Sienna Capewell



ATTENDANCE



This Week

F2	99.3
Year 1	97.7
Year 2	100
Year 3	96.5
Year 4	94.8
Year 5	95.1
Year 6	91.3
Whole School	96.3

Next School Week

Year 5 Bikeability Training

Monday 21st September

- Year 3 Curriculum Morning - 9.00am -10.30am
- Chess Club - 3.15pm - 4.15pm

Tuesday 22nd September

- Year 2 Curriculum Morning - 9.00am -10.30am
- Activity for All Year 3 & 4 Athletics - 9.30am - 12.00pm

Wednesday 23rd September

- Individual & Sibling Photographs

Thursday 24th September

- KS2 Digital Wizards Club - 8.00am
- Year 4 Curriculum Morning - 9.00am -10.30am
- Year 3/4 Football Club 3.15pm - 4.15pm

Friday 25th September

- Year 1 Curriculum Morning - 9.00am -10.30am
- Celebration assembly - 2:35 pm
Parents of children who have been notified that they are receiving awards are invited
- KS1 Multi-skills 3.15pm - 4.15pm

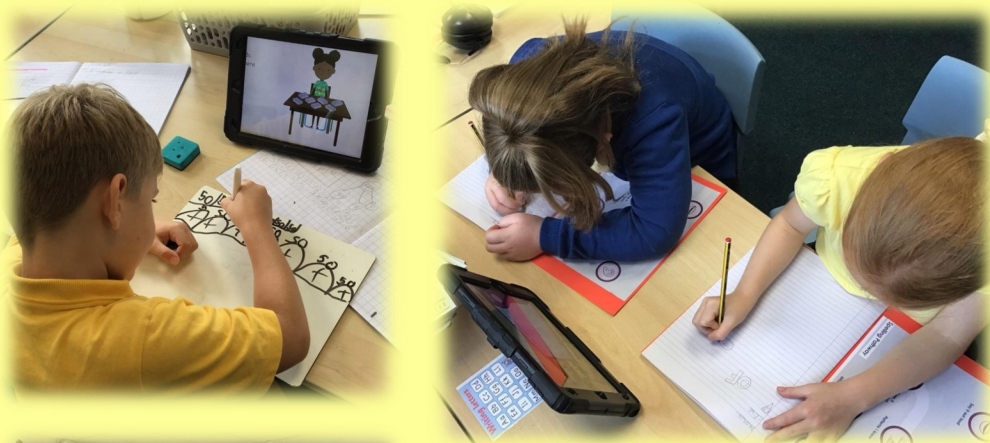
BPS Vision Statement

'Inspiring, engaging and nurturing our children to achieve and flourish as citizens of today and the future.'

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This Week's Gallery



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UK Health
Security
Agency



Should I keep my child off school?

Yes

Until...

Chickenpox	at least 5 days from the onset of the rash and until all blisters have crusted over
Diarrhoea and Vomiting	48 hours after their last episode
Cold and Flu-like illness (including COVID-19)	they no longer have a high temperature and feel well enough to attend. Follow the national guidance if they've tested positive for COVID-19.
Impetigo	their sores have crusted and healed, or 48 hours after they started antibiotics
Measles	4 days after the rash first appeared
Mumps	5 days after the swelling started
Scabies	they've had their first treatment
Scarlet Fever	24 hours after they started taking antibiotics
Whooping Cough	48 hours after they started taking antibiotics

No

but make sure you let their school or nursery know about...

Hand, foot and mouth	Glandular fever
Head lice	Tonsillitis
Threadworms	Slapped cheek



SCAN ME

Advice and guidance

To find out more, search for health protection in schools or scan the QR code or visit <https://qrco.de/minfec>.



School Nurse Drop-in Clinic

We offer confidential support and advice for your child around:

- bullying and keeping safe
- dental health
- emotional and mental wellbeing
- friendships
- healthy eating and exercise
- immunisations
- neurodiversity
- puberty
- social media safety



Every Thursday, 3.00pm - 5.00pm
(including school holidays)

Health Visiting Hub

1st floor, St Catherine's Health Centre,
Derby Road, Birkenhead CH42 0LQ

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At The National College, our WakeUpWednesday 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.

10 Top Tips for Parents and Educators

MANAGING DIGITAL BOUNDARIES FOR CHILDREN UNDER FIVE

Screens are part of everyday life, but they should not take over early childhood routines. For under-fives, healthy digital habits are built through simple, steady boundaries that protect sleep, play, connection, and development. Current UK guidance advises avoiding screen time for children under two – except for shared activities such as video calls – while children aged two to five should ideally have no more than one hour a day.

1 ASK A GROWN-UP FIRST

For under-fives, autonomy is important, but not when it comes to choosing digital content. Establish an 'ask a grown-up first' rule early, whether at home or in an early years setting. Adults should choose the video, app, or game, therefore helping children avoid unsuitable content and understand that devices are tools to be guided, not toys to control.

2 PROTECT SLEEP BUFFERS

Screens can make it harder for young children to wind down, especially when content is bright, noisy, or fast paced. Aim for a screen-free hour before sleep or start with 30 minutes if that feels more realistic. Use this time for calming routines such as stories, bath time, quiet play, or cuddles, helping children recognise that bedtime is approaching.

3 CO-VIEW AND CHAT

Screen time is safer and more meaningful when adults are involved. Sit with children, even briefly, and talk about what they're watching. Ask simple questions like, "What can you see?" or "How does that character feel?" This turns passive viewing into shared interaction, supports language development, and helps adults spot adverts, unsuitable content, or confusing messages.

4 KEEP DEVICES HIDDEN

Young children are more likely to ask for screens when they can see or reach them. Keep devices out of sight when they're not being used, and consider casting content to a shared screen instead of handing over a phone or tablet to a child. This reduces private scrolling, supports shared viewing, and helps adults stay in control of what appears next.

5 PLAN THE TRANSITION

The hardest part of screen time is often stopping. Before the screen goes off, tell the child what's coming next and offer two acceptable choices, such as blocks or drawing. This gives them a sense of agency without removing the boundary. A planned next activity prevents a sudden gap, which can quickly become frustration or distress.

6 LEAD BY EXAMPLE

Children notice adult habits long before they understand adult explanations. If they're expected to put their screens away, they need to see adults doing the same thing during meals, play, and conversations. Create a shared 'phone home', such as a basket or shelf, to show that technology has a place in daily life but does not need constant attention.

7 MAKE SCREENS PREDICTABLE

Young children do not always understand minutes, but they quickly learn patterns. When screen time happens at a regular point in the day, it becomes a routine rather than a negotiation. Use the same start and finish signals each time, such as a timer, goodbye wave, or tidy-away moment, so children know what to expect next.

8 CREATE SCREEN ZONES

Physical boundaries help children understand digital boundaries. Keep screens out of bedrooms to protect their sleep and away from tables to preserve mealtime connections. Choose one agreed 'yes space', such as a shared living room area or supervised classroom corner. This makes limits feel less personal and more like a clear family or setting routine.

9 USE SIMPLE SCRIPTS

Transitions are easier when children hear the same calm language each time. Use short, repeatable phrases such as, "First tidy, then tablet," or "When the timer beeps, we stop." Avoid long explanations during emotional moments. Simple scripts reduce negotiation, help adults stay consistent, and give children clear expectations they can gradually understand and follow.

10 PRIORITISE SLOW CONTENT

Not all screen time feels the same to a young child's brain. Fast-paced clips, loud sounds, and rapid scene changes can make it harder for some children to settle down afterwards. Choose slower content with simple stories, gentle voices, and natural pauses. Think of digital content like food, with more calm, nourishing choices than fast-paced, digital 'sugar rushes'.

Meet Our Expert

Neha Agarwal is the founder of Cyber Ved Kids, an innovative educational initiative that transforms complex cybersecurity concepts into engaging, age-appropriate adventures for children aged 3-10. With her unique background leading cybersecurity services for corporates and serving as an expert panel advisor on Internet Matters, Neha brings corporate-grade cybersecurity expertise to the early years world.



See full reference list on our website



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BROOKDALE BISTRO

Lunchtime Menu for Week Beginning Monday 21st September

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
 Chicken & Sweetcorn or Cheese and Tomato Pizza Wholemeal Pizza Base with a rich homemade tomato sauce topped with grated cheese or chicken pieces and sweetcorn served with vegetables.	Spaghetti & Meatballs Chicken meatballs in a rich homemade tomato sauce served with spaghetti and a selection of vegetables (Quorn alternative available) 	 Beef Chilli served with rice and corn nachos 100% Butchers minced beef chilli con carne served on a bed of rice and nachos. (Quorn alternative available)	Roast Turkey Dinner Roasted turkey joint served with roast potatoes, Yorkshire pudding, vegetables and gravy (Quorn alternative available) 	 Fish Friday Battered cod fillet, fish cake or vegetable nuggets Served with chips, mushy peas or baked beans
All hot dishes are served with a selection of fresh vegetables including garden peas, corn on the cob, cauliflower, carrot and swede, green beans, broccoli, sweetcorn and mixed roasted vegetables				
Jacket Potatoes with fillings or a warm panini are also available daily as a hot alternative				
Deli Bar - Available Everyday				
Design your own sandwich - choice of wraps, sliced bread or a batch - fillings including ham, cheese, tuna or chicken - selection of salad including iceberg lettuce, tomatoes, grated carrot, cucumber, sweetcorn, coleslaw, tri coloured pasta and mixed peppers				
Selection of desserts including sponge cake, jelly, muffins, flapjacks, cookies, shortbread and hot pudding and custard - ALL BAKED INHOUSE - Or Alternatively there is always a choice of Fresh Fruit, Yogurts or Cheese and Crackers				
Drinks - cordial, milk or water				