



13th March 2026

Redhill Primary Academy Mail on Friday



Email us at: parentcontact@redhillprimary.co.uk

Comic Relief

Wear Something Red

Friday 20th March 2026

On Friday 20th March, children are invited to come to school wearing something red. We kindly ask for a £1 donation via ParentPay, with all proceeds going directly to Comic Relief.



Joke Competition

Deadline 4pm on Wednesday 18th March

Please remember that we will also be running a school joke competition.

Children can enter by submitting their favourite joke through ParentPay with a 50p entry fee by 4pm on Wednesday 18th March.

The top 10 jokes will then be chosen and shared in the Mail for everyone to enjoy.

Parents and children will be able to vote for their favourite joke using a Microsoft Form.

Voting details and the list of top jokes will be shared on Friday 20th March.

These jokes will then be featured in a special "Comedy Show" assembly on Monday 23rd March, where the top three jokes will be announced as our winning comedians.

Thank you for helping us support a fantastic cause while bringing lots of smiles and laughter to our school.



Please remember that we are taking part in the Sustrans Big Walk and Wheel 2026 the UK's largest inter-school cycling, walking, wheeling and scooting challenge. The challenge runs from 16th to 27th March 2026.

It's free and we would love everyone to be involved.



Good attendance means....

...being in school at least **97%** of the time



100%
Attendance



97%
Attendance

GREAT ATTENDANCE
Best chance of success.
"Well done!"



90%
Attendance



85%
Attendance

POOR ATTENDANCE
Less chance of success.
"We're worried"



80%
Attendance



75%
Attendance

VERY POOR ATTENDANCE
Serious impact on education and may reduce life chances.
"We're seriously concerned"

HELPING YOUR CHILD THRIVE IN THE EARLY YEARS



BY REDUCING SCREEN TIME

You are not to blame

Phones and tablets are everywhere, and they are designed to grab attention. But did you know that too much screen time - for both parents and children - can make it harder for little ones to develop key skills they need to **grow, learn, and connect**?

Too much screen time can:

- 1 Delay speech and communication**
Young children learn to talk by hearing real voices and taking part in conversations. Screens often reduce these important moments of connection.
- 2 Make it harder to handle emotions**
If screens are used often to calm a child down, they may miss out on learning how to cope with frustration, boredom or big feelings in other ways.
- 3 Impact feeding**
Screen use during feeding can make it harder for babies to connect with their parents and for their needs to be noticed. It can also affect how children learn to try new foods and recognise when they're hungry or full.
- 4 Reduce active play**
Children need to move, use their hands, and explore. Long periods of screen time can limit this, affecting coordination, strength and posture.
- 5 Impact focus and attention**
Fast-moving videos can make it harder for children to focus on slower, real-life tasks, such as playing, reading, or listening.

Why this matters

In the first five years, your child's brain is growing faster than it ever will again. These years lay the foundation for how they think, move, talk, and build relationships, which are important for being ready for school.

What can help:

You do not need to do it all at once

Small steps matter. This isn't about guilt, it's about giving your child the best chance to grow and thrive. What your child needs most is you: your attention, your voice, your time.

- 1 Make time for screen-free activities** like play, outdoor time, or reading.
- 2 Keep screens off** during mealtimes and before bed.
- 3 Watch or play alongside** your child when screens are used - this helps support learning.
- 4 Keep screens out of bedrooms** overnight - yours too, if possible.
- 5 Be a role model** - children copy how adults use phones and tablets.



HEALTH PROFESSIONALS FOR SAFER SCREENS



VISIT HPFSS

This leaflet has been developed by experts at Health Professionals for Safer Screens, led by Dr Kelly Brown, Consultant Neonatologist and Olivia Dann, Paediatric Speech and Language Therapist.