

parents newsletter



9th June 2025

Dear Parents,

Just as our awareness of healthy eating has been informed over the last decades, we are now seeing research that is changing the way we need to think about screen time with our children. In the same way that not all foods are created equal, evidence now tells us that we should differentiate between types of digital content. Dr Kaitlyn Regehr breaks screen time into five categories: Education, which might involve language games, maths tutorials and quizzes; Creativity, which can involve art making or reading; Communication, involving keeping in touch with friends or family members; Participation, which refers to searching or gaming. Dr Regehr also refers to another use that we will all probably know about, that of passive scrolling. Regehr's research highlights how damaging unhealthy or harmful content is delivered in high dosages and suggests, like a food guide, be given different weightings across overall usage.

Brooklands is a technology heavy environment. Digital technologies are now a central part of learning. iPad use across the curriculum supports personalised learning and improves teacher feedback. We are also heavily invested in online safety working with our children to explore how to stay safe in digital spaces. There is, however, no escaping technology in our environment today and these research findings highlight the importance for all of us to be thoughtful about what to prioritise with our children's screen time in all its forms. Moving screen consumption to education and creativity and limiting communication (which can include trolling, group chats featuring bullying, sharing toxic content) and participation (which can include addictive qualities of games and online gaming crossing into unsafe spaces) may well be a key learning for us all.

Christine Davy
Headteacher

Feeling Buoyant?

Swimming is a mandatory part of the curriculum in England because it's a crucial life skill, ensuring children are equipped to enjoy swimming safely. Over this term children in Year 5 and Year 6 will take part in swimming sessions at Fore Street Pool, Ipswich. They will learn to: Perform safe self-rescue in different water based situations, swim with confidence over a distance of at least 25 metres and use a range of strokes effectively, for example, front crawl, backstroke and breaststroke. Being able to swim opens up many more opportunities from canoeing to surfing and we encourage all our families to support their children learning to swim outside of school from a young age.

Dates For Your Diary

Whether it is learning alongside your child at our Learning Together sessions or sitting in the audience watching them perform in a production we have released dates (see reverse) to support family planning.

A-maize-ing day on the farm!

Following our successful Year 1 visit to Easton Farm Park and our Year 5 children's visit to Boxford Farm we plan to introduce a programme of farm visits for all year groups across the next academic year.

Sharing And Inspiring

We're keen to hear from families of children who are taking part in unusual activities outside of school in an effort to encourage other children at Brooklands to try new things. Recently, Alfred Gray shared his enjoyment of water hockey. Get in touch if you feel you have something that could inspire others.

Welcoming A New Member To The Team

With the continued growth in pupil numbers we are delighted to have appointed an additional teacher in readiness for September. Faith Heeley will join us as an Early Career Teacher. Ahead of joining us, Faith will be starting her training as a Forest School Leader.

No Old Boilers At Brooklands!

Under the latest round of the Condition Improvement Fund, Brooklands has been successful in receiving a large government grant for boiler works replacement.

Ideas For The Holidays

Are you starting to think of school holiday events to keep your children active? Over the next few weeks we will be posting on our school Facebook page: Brooklands Clubs and Activities. Look out for a number of local and national events including nature activities, music and theatre as well as art and craft activities.