



# St Catherine's School & College

Specialists in Speech, Language and Communication Needs

St Catherine's  
Grove Road  
Ventnor  
Isle of Wight  
PO38 1TT

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Website: [www.stcatherines.org.uk](http://www.stcatherines.org.uk)

Summer Term Week 11

3rd July 2026

## ACHIEVEMENTS & AWARDS



The Reader of the Week award has been presented to:

Cosmo

The Principal's Praise award has been presented to:

Edward

The Behaviour For Learning award has been presented to:

Mia	Junior	Tanner
Jaden	Toby T	Charlotte
Final		Sonnie



The Behaviour For Character award has been presented to:



Cosmo	Caitlin	Radcliffe
Kaelan	Newton	Aaron

Well done to all students who received awards this week!



## ATTENDANCE

6AMD - 85.37%

6ILP - 90.28%

**6JG - 100%**

Austen - 97.78%

Bloom - 88.89%

Branson - 94.44%

**Burton - 100%**

Goldberg - 88.89%

Hopkins - 98.41%

Newton - 96.3%

Oliver - 92.59%

Packham - 75%

Radcliffe - 88.89%

Watson - 61.4%



Well done to all classes who were here everyday this week!

## DATES FOR YOUR DIARY

### July

20th Sports Day - start time 10:30

22nd Virtual End of Term Consultations

24th Coffee Morning, End of Year

Assembly and In-Person End of Term Consultations



## THE GROVE AFTER SCHOOL CLUB

We are holding 'The Grove' after school club every Tuesday 3:30pm - 5:00pm.

### July

7th - Homemade Lemonade

14th - Ventnor Walk

21st - Summer Activity

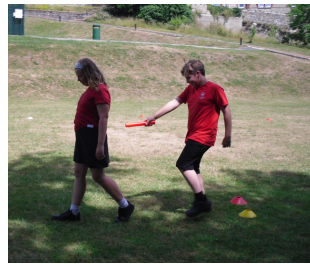
All activities are weather dependent. If the weather is not suitable for an outside activity, an indoor alternative will be arranged. Sessions have to be booked in advance and parents/carers are able to book block sessions. If you have any queries or would like to book, please contact The Grove Team on: [the-grove@stcatherines.org.uk](mailto:the-grove@stcatherines.org.uk)

Transport must be arranged by parents. £2 per week.



## BLOOM CLASS

This week in assembly, we explored the world of Wimbledon, learning lots of fascinating facts about the famous two-week tennis tournament, which began this week. In PSHE, we focused on online safety and discussed how to make safe choices when playing video games. The children then used their new knowledge to design their own video games, carefully considering the rules and PEGI age ratings they had learnt about. In English, we continued our work on The Tiny Seed. The children sequenced the life cycle of a plant and presented their learning in a creative flipbook. We also explored instructions, discussing what the word verbal means and identifying the features of clear, effective instructions compared with poor ones. In Maths, we continued our learning about money, practising how to add different amounts together and find multiple combinations that make the same total. In PE, we have been busy preparing for Sports Day by developing our athletics skills. We have also enjoyed playing rounders, with the highlight being the opportunity to play alongside Radcliffe Class. It has been wonderful to see the children working together, showing great teamwork and sportsmanship while having lots of fun!



## RADCLIFFE CLASS

This week in PSHE we discussed the importance of age limits on gaming. We looked at ratings on video games and talked about the reasons why there are ratings. In Maths, we are coming to the end of our topic on 'money'. We played a bingo game and had fun learning about the different coins. Our class end of year trip was to Goose Studios pottery in St Helens. We had an absolutely fantastic time. We chose a piece of pottery and decorated it. We then went to Puckpool park to have our picnic and ice-cream. We had such a lot of fun playing on the swings and climbing frame. We can't wait until we get our pottery back.



## HOPKINS CLASS

In assembly this week, we found out about a tennis tournament called Wimbledon that started on Monday. We then had PSHE where we continued to look at online safety and created a poster on what rules we should follow when going online. In Maths, we have begun looking at money and adding different amounts. For English, we are continuing our study of figurative language and this week we have added personification and onomatopoeia sentences to include in our seaside themed shape poems. In Art, we continued with this theme and added to our seaside display by creating a school of fish. We each chose our own type of fish and the medium we wanted to work in.



## **PACKHAM CLASS**

Packham class had a super time at the Hawaiian themed Summer Fair last Friday. They all took turns running our class tombola stall, which was very, very busy! This week we have made a great start learning about the different ways humans use rivers, and the positive and negative effects of this. We found out that water and rivers are very important in our everyday lives. In Science, we have been looking at plant reproduction. We used microscopes to look at pollen. They are just tiny grains, but are so important. In English, our new topic is 'George's Marvellous Medicine' by Roald Dahl. We have started to read the book and answer comprehension questions. This week we looked at the character Grandma. We used expounded noun phrases to describe her. Grandma has evil, wicked, small eyes. She has a wrinkly, pursed, thin mouth and dirty yellow stinky teeth!!!

## **OLIVER CLASS**

In OT some students made chicken nuggets and some made lasagne. It was interesting how they explored the spices. In Science, we looked at animals and what the differences and similarities were. We then asked closed questions to classify them. In Maths, we were looking at our 2, 5 and 10 times tables. In English, we are looking at Poetry, we looked at a limerick and an acrostic poem. We then made up our own acrostic poem using the word river.

## **AUSTEN CLASS**

This week in PSHE we talked about safety online and the students commented on how Mr Clark was good at teaching the subject and kept it interesting. During English, we are looking at words in the first couple of pages of 'The Highway man' and their meanings. In PE, we practised our relay racing, this was a fun lesson with lots of laughter. In Maths, we are looking at capacity in changing pints to gallons. In Science, we have continued to grow our plants and look at the changes so we can document how they have developed.



## **GOLDBERG CLASS**

We really enjoyed running the treasure box stall at the Summer Fair, a special mention to Tanner who showed real commitment and enthusiasm. In English, we have started our new book 'The Highway man' and are learning the meaning of several different words. In PE, we practiced our relay skills and passed the baton to perfection. In Maths we have started working on bar charts. In Science, we did some plant care, our melon is growing well and we trellised it this week.

## **BURTON CLASS**

Burton Class are really enjoying their new English text - 'I Took the Moon for a Walk'. We have started to learn some of the poem by heart, adding actions and using expression in our voices. In Science, we have been looking at the results of our experiment to find out what plants need to grow. We have discovered that plants need air, water, sunlight, heat and soil to grow. They can survive without some of these things but do not grow as well. In Humanities, we have continued our research on rivers around the world and will be locating them on a world map.

## **NEWTON CLASS**

In Science, we are looking at how our melon, tomato and apple plants have changed in two months. We saw that fruit was appearing and how much they had grown. We looked up tips on how we should be looking after them.

## **BRANSON CLASS**

We had a great time running our stall 'Guess the name of the giant teddy bear' at the school fair last week. The winning name was Chip. We also enjoyed watching our students play in their band, The Flaming Arrows, well done to all of the band members - you were great!. In Humanities this week we have been continuing with our country and animal projects and in English we used the dictionaries to look up unfamiliar word meanings and also the use of a suffix. This week in art we have nearly finished our stencil T shirt designs. Hopefully, we will get them printed up by the end of term. Some of our class members played an away football match against St George's on Wednesday, they won 8-0! What a fantastic result, well done to all involved. It was reported that our students played very well and their behaviour was a credit to our school.

## **WATSON CLASS**

This week we have started putting together our Lord of The Flies Animation using Lego Figures in English and been working on a website for a Summer Fair in ICT. Everyone did really well on Friday helping out on the cake stall, thank you for all our donations. We are now planning our class trip to Robin Hill, seeing if we can get discounts and working out the travel arrangements. We are preparing for our 'Move up' days next week where the year 11 students will be going to the College and year 10 students will join a new class.

## **6JG CLASS**

In Food Tech this week we have been working on our menus for our meal we are preparing. We have been looking at costs, equipment, timings and recipes. In Vocational, we have been completing our being organised units and also beginning to work on the brief for our storyboard unit. We have been working hard developing our film ideas and have been planning questions for the interviews we will hold with our specialists.

## **6AMD CLASS**

We had a lovely time at the Summer Fair on Friday! We did an excellent job running our stall, communicating with customers about price and rules etc. We kicked off Monday by going shopping to get everything we needed for the College picnic. After much preparation, we held a picnic on Tuesday. We had many compliments about how well we had done.

## **6ILP CLASS**














































6ILP had a very creative week. We were able to create ink and salt paintings. We were inspired by Japanese prints. During English sessions we wrote a letter to the council regarding a personal concern we have about our community. In Maths, we were able to complete some challenges linked to time and the calendar. We questioned why months don't all share the same number of days. We were also able to practice some 'more than' and 'less than' exercises. We were able to research and prepare our slides for 6ILP's assembly next week. We have decided to show the College examples of when people have been brave and showed resilience.

# SCHOOL MENU

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Sweet & Sour Chicken/Quorn or Tomato Pasta	Meatballs/ Quorn Balls or Jacket Potato with choice of fillings	Roast Pork/ Vegetable Burger or Tomato Pasta	Lasagne/ Quorn Lasagne or Jacket Potato with choice of fillings	Battered Cod/ Fish Fingers/ Vegetable Burger with Chips or Jacket Potato with choice of fillings
Salad Bar Tuna or Mackerel	Salad Bar Egg & Cheese or Mackerel	Salad Bar Ham or Mackerel	Salad Bar Tuna or Mackerel	Salad Bar Cheese or Mackerel
Fruit Platter	Jelly	Fresh Fruit Salad	Tray Bake	Pudding of the Day

Fresh vegetables and salad are available with all main meals. Fresh fruit and yoghurt are always options for dessert.

## Breakfast Club Menu

Monday	Tuesday	Wednesday	Thursday	Friday
 Pancakes	 Scrambled Eggs	 Pancakes	 Scrambled Eggs	 Pancakes
 Toast	 Toast	 Toast	 Toast	 Toast
 Cereal	 Cereal	 Cereal	 Cereal	 Cereal
 Yogurt	 Yogurt	 Yogurt	 Yogurt	 Yogurt
 Fruit	 Fruit	 Fruit	 Fruit	 Fruit
 Boiled egg	 Boiled egg	 Boiled egg	 Boiled egg	 Boiled egg
 Porridge	 Porridge	 Porridge	 Porridge	 Porridge
 Milk	 Milk	 Milk	 Milk	 Milk
 Water	 Water	 Water	 Water	 Water

## NEW SIGNING SONG

Follow the link to watch and learn our new signing song, 'This is Me' that students will be learning at school this term. <https://bit.ly/4dYqkau>

# STAFFING UPDATE

Unfortunately, due to a change in circumstances, we currently do not have a Family Liaison Officer in post. During this time, please redirect all communication to our Vice Principal and DSL, Jenn Walker. Further updates will be provided when available. Thank you.

## MESSAGE FROM THE NURSES



### Stay ahead of Hay Fever



As we are half way through Hay Fever season here are some helpful points to help manage symptoms

#### Top Tips:

- Start **Antihistamines** 2-3 weeks before your season begins, and continue daily until the end of the season.
- Wear Sunglasses outdoors.
- Shower and change clothes after being outside.
- Keep windows shut at peak times.
- Use Vaseline around the nose to help trap pollen

#### Avoid:

- × Spending too much time outside.
- × Walking through long grass, or sitting in large grassy or heavily wooded areas.
- × Having fresh flowers in the house.
- × Drying washing outside.
- × Rubbing your eyes

Please be aware that pollen season can make Asthma and Lung Conditions worse therefore it is important to ensure that if you always have a Reliever Inhaler with you (and use it if your symptoms flare).

Charlie Panayi delivered the Sun Safe Campaign to St Catherine's School  
As part of keeping our students safe we have signed up to SKCIN campaign along side Zoe's Law.

More information on SKCIN here: <https://www.skcin.org/>  
More information on Zoe's Law here: <https://www.facebook.com/zoeapanayilaw>



# FUNDRAISING UPDATE

## SUMMER FAIR

St Catherine's School Summer Fair was a fantastic day filled with fun, laughter, and community spirit. Families, friends, and supporters came together to enjoy games, food and refreshments, entertainment, stalls, raffles, and activities for all ages. Thanks to everyone's incredible support and generosity, the event raised valuable funds to help provide opportunities and resources for our amazing students. We are so grateful to everyone who attended, volunteered, donated, and helped make the day such a wonderful success.



## ISLE OF WIGHT FESTIVAL

This year at the Isle of Wight Festival, the St Catherine's School team came together with our amazing volunteers and supporters to raise vital funds while sharing the incredible work of our school with thousands of festival-goers.

From our tuck shop and glitter art to friendly faces and community spirit, every purchase, donation, and conversation helped support children and young people with speech, language and communication needs.

Thank you to everyone who visited our stall and helped make the weekend such a fantastic success.

Together, you're helping our pupils thrive.



# FUNDRAISING UPDATE

## FESTIVAL AND SUMMER FAIR PHOTOS





## **HAF is back for Summer 2026!**

The Holiday Activities and Food (HAF) programme offers free activities and meals to eligible school-age children during the main school holidays. With summer approaching we have included details below of our summer programme.

- Activities run from Monday 27<sup>th</sup> July- Friday 28<sup>th</sup> August
- Bookings open Tuesday 23<sup>rd</sup> June at 12pm
- All activities include a healthy nutritious meal for children and young people attending
- Free spaces are available to children who receive income-related free school meals
- Varied activity programme including horse riding, music, football, fun at the farm, youth clubs, multi activity holiday clubs, bushcraft, water sports and family days.
- Please share with families you are working with and encourage them to book on to activities should they be eligible.

We can also offer a limited number of discretionary-funded places for children who do not meet the criteria above but would benefit from attending. This may include, for example:

- Children assessed by the Local Authority as being in need, at risk or vulnerable
- Looked-after children
- Children under Early Help
- Young carers
- Children with an Education, Health and Care Plan (EHCP)

For more information on the programme and details on who can access discretionary funded places, please visit our [webpages](#).

### **How to book:**

All bookings can be made through our [HAF Booking System](#) (QR code below)



Full details on all our activities can also be found on the Isle of Wight [Family Information Hub webpage](#).

Please contact the HAF Team on [holidayactivities@iow.gov.uk](mailto:holidayactivities@iow.gov.uk) if you have any questions.

PROUDLY HOSTED BY NEW CARNIVAL

Design & Illustrations by KoodoCo

# Mardi Gras

new: carnival



SCAN FOR PROGRAMME

**FOLKTAISTIC ISLE: STORIES, MYTHS & LEGENDS**

**SATURDAY 4TH JULY 2026**

**FROM 3PM RYDE ISLE OF WIGHT**

**ONLINE PROGRAMME & MAP NEWCARNIVAL.CO.UK**



1W Mardi Gras is all about hand made costumes, designs by the children, increasingly using sustainable materials

ARTS COUNCIL ENGLAND | RYDE ISLE OF WIGHT | WIGHTLINK | ISLANDS FESTIVAL | CAN YOU HEAR US? | GO ON

WE WOULD LIKE TO INVITE SIXTH FORM TO

# PROM

LOOK OUT FOR MORE EMAILS ABOUT TICKET PRICES AND FOOD CHOICE.

THE THEME IS TRADITIONAL CLOTHING (FORMAL WEAR)

JULY **16<sup>th</sup>** 6:00 PM

Location:  
St Catherines College, Grove Road Ventnor



**Abseil Down The Spinnaker Tower For St Catherine's School and College**

**Abseil Dates available May - June - July - August**



St Catherine's School & College  
Specialists in Speech, Language and Communication Needs

**Fundraising Target £300**

**Please email Tanya [smitht@stcatherines.org.uk](mailto:smitht@stcatherines.org.uk)**

**For more information**

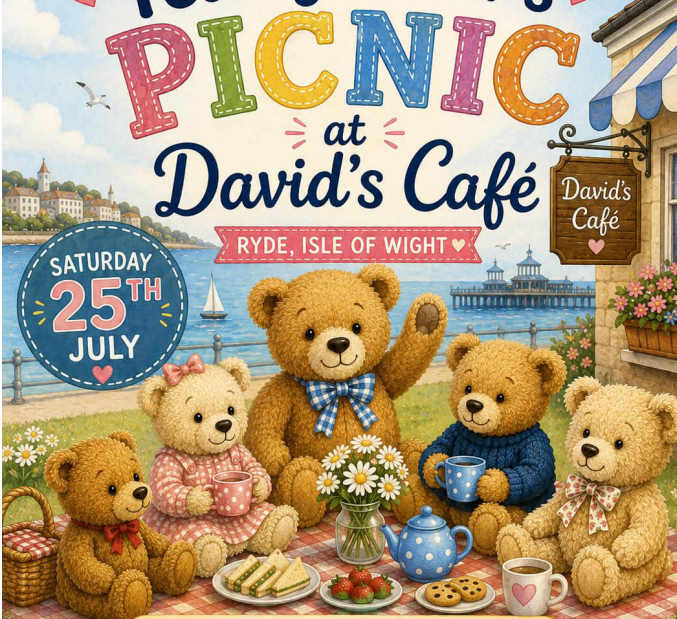
YOU'RE INVITED TO A

# Teddy Bear's PICNIC

at David's Café

RYDE, ISLE OF WIGHT

**SATURDAY 25<sup>TH</sup> JULY**



**KIDS - BRING YOUR FAVOURITE TEDDY WITH YOU!**

EVERYONE WELCOME!

- BRING YOUR TEDDY
- YUMMY FOOD & TREATS
- FUN & GAMES
- BEARY SPECIAL MEMORIES

GOOD FOOD • GREAT COMPANY • BEARY SPECIAL TIMES



## Specialist Support for Children with Additional Needs

Our personalised care addresses your child's specific needs while building practical life skills, communication abilities, and independence.

Professional, caring support tailored to children with additional needs. Our experienced Personal Assistants help develop skills, build confidence, and enjoy life to the fullest.

Over 20 years of trusted care for children and young people up to age 25 with

ASC/ASD, ADHD, PDA, SEMH, LD and other complex needs.



### Personal Assistant Services

Dedicated one-to-one support and respite care



### Building Independence

Developing confidence and life skills in line with EHCP and other desired outcomes



### Tailored Family Support

Coaching, mentoring and buddy schemes, Respite



### Experienced and Trained

Our staff are all experienced and trained to our mandatory standard, additional training can be sought as necessary.



### Matched Support

Personal Assistants carefully selected to meet your child's specific needs and interests



### Professional Team

Experienced consultants supporting families in Hampshire, Surrey, West Sussex, Dorset & Isle of Wight

### Ready to learn more?

Freedom Care Support for Your Child Attending a Special Needs School

See our detailed brochure [HERE](https://www.freedomcare.co.uk)  
[www.freedomcare.co.uk](https://www.freedomcare.co.uk)

0800 0851444

[supportenquiries@freedomcare.co.uk](mailto:supportenquiries@freedomcare.co.uk)

**TRAINING**  
SEA VIEW YACHT CLUB

# SATURDAY CLUB SAILING

## FOR YEAR 6 STUDENTS

For young sailors with previous experience who want to take their sailing skills to the next level!

These sessions follow the same format as the Schools Sailing Programme. The aim is to further participants' sailing knowledge and skills.

**FOR YEAR 6 STUDENTS ONLY**

Due to the high demand, sessions are only open to Year 6 pupils.

**PREVIOUS EXPERIENCE NEEDED**

For children who have already completed, or taken part in, an AYC Stage 1 course or equivalent.

**LIMITED SPACES**

Places are limited to just 24 participants per session. Book early to avoid disappointment!

**HOW TO BOOK**

Contact [sailing@seaviewyachtclub.co.uk](mailto:sailing@seaviewyachtclub.co.uk) to book a place.

**£1** WE ASK FOR A £1 PER WEEK CONTRIBUTION towards the Seaview Sailing Trust charity that funds these sessions. (The first £100 of costs are not shared with children.)

**SEAVIEW SAILING TRUST**  
Registered Charity No. 109676

SESSION	TIME	DATE	SESSION	TIME	DATE
SESSION 1	0900 - 1200	SAT 6th JUNE 2026	SESSION 6	0900 - 1200	SAT 20th JUNE 2026
SESSION 2	1300 - 1600	SAT 6th JUNE 2026	SESSION 7	0900 - 1200	SAT 27th JUNE 2026
SESSION 3	0900 - 1200	SAT 13th JUNE 2026	SESSION 8	0900 - 1200	SAT 27th JUNE 2026
SESSION 4	1300 - 1600	SAT 13th JUNE 2026	SESSION 9	0900 - 1200	SAT 4th JULY 2026
SESSION 5	0900 - 1200	SAT 20th JUNE 2026	SESSION 10	1300 - 1600	SAT 4th JULY 2026

**MORE SAILING OPPORTUNITIES**

There are also several local clubs and centres offering sailing for young people:

- Beeding Haven Yacht Club (Beeding, Horsham - 30 Miles east)
- Bournemouth Sailing Club (Bournemouth - Bournemouth)
- Royal Yacht Club (Whiteport) • White Horse Bay (Bournemouth)
- Gosport Yacht Club • Swansea (30 Miles Down & Bournemouth)
- Portsmouth Sailing Club • UKIA (Solihull, Aston)

**NEW PARTNER**

**SEA SCOUTS**

We have teamed up with the local Sea Scouts who can now support further sailing opportunities.

DEVELOP SKILLS. BUILD CONFIDENCE. ENJOY SAILING!

## Parent and Caregiver Peer Support Sessions

- 11<sup>th</sup> June 2026 (9am – 11am) Cowes Family Centre
- 16<sup>th</sup> July 2026 (9am – 11am) Carisbrook & Gunville Church
- 16<sup>th</sup> September 2026 (9am – 11am) Ventnor Family Centre
- 16<sup>th</sup> October 2026 (9am – 11am) Sandown Family Centre
- 18<sup>th</sup> November 2026 (9am – 11am) Carisbrook & Gunville Church
- 13<sup>th</sup> January 2027 (9am – 11am) Carisbrook & Gunville Church
- 10<sup>th</sup> February 2027 (9am – 11am) Carisbrook & Gunville Church



Drop in for a chat, a cuppa and shared experiences

No booking needed



- Cowes Family Centre –**  
Love Lane, Cowes PO31 7ET
- Carisbrook & Gunville Church**  
Gunville Road, Newport  
PO30 5LS
- Ventnor Family Centre**  
Albert Street, Ventnor PO38 1EZ
- Sandown Family Centre**  
The Fairway, Sandown PO36 9EQ

Isle of Wight  
**Neurodiversity**  
Team



# St Catherine's

Specialists in Speech, Language and Communication Needs  
School - College - Post 19

## Charity Shop

St Catherine's School Charity shop in Ventnor is looking for good-quality clothes, books, CDs, DVDs, games, jigsaws, bric-a-brac, and toys to sell to raise vital funds for St Catherine's School.

Please donate items to our Charity Shop  
Church Street, Ventnor

Charity Number: 288148

Speech & Language Therapy

Occupational Therapy

Sign Supported English

Residential and Day School

Ofsted  
Outstanding Provider

Residential School & College



Ofsted  
Good Provider

Education School & College



St Catherine's

Specialists in Speech, Language and Communication Needs  
School - College - Post 19

Ethel Dares  
WINGWALKING

# WING WALK EVENT

10<sup>TH</sup> AUGUST

SIGN UP NOW  
FOR THIS AMAZING CHALLENGE!

AT  
SANDOWN AIRPORT

In partnership with  
*Ethel Dares*

[stcatherines.org.uk](http://stcatherines.org.uk)

07983 852722

[smitht@stcatherines.org.uk](mailto:smitht@stcatherines.org.uk)



St Catherine's  
School & College

Specialists in Speech, Language and Communication Needs



great south run

# THE GREAT SOUTH RUN

FUNDRAISE FOR  
ST CATHERINE'S SCHOOL

Run, make a difference and help support children and young people with Speech, Language and Communication Needs.

EVERY STEP YOU TAKE HELPS US MAKE A BIGGER DIFFERENCE.

BOOK A SPACE!



To book your place or find out more, please email:

[smitht@stcatherines.org.uk](mailto:smitht@stcatherines.org.uk)

ISLE OF WIGHT BIOSPHERE FESTIVAL  
2026

27<sup>th</sup> June - 5<sup>th</sup> July

[www.iwbiosphere.org](http://www.iwbiosphere.org)

Nature & community events across the whole island, celebrating our UNESCO Biosphere Reserve!

ISLE OF WIGHT BIOSPHERE

# 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.



#WakeUpWednesday

The National College

See full reference list on our website

@wake\_up\_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

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