



ST. GEORGE'S CATHOLIC PRIMARY SCHOOL

At St George's, God calls us by name to love,
learn and achieve together, safe in the palm of His hands.

'I have called you by your name; you are mine' Isaiah 43



Eagle Way, Shoeburyness, Essex SS3 9RN.

Telephone: 01702 293522

Email: office@st-georges.southend.sch.uk Website: www.sgcps.co.uk

Headteacher: Mrs A. Delgado

newsletter no. 564 ~ 16th January 2026

To our wonderful community,

January dates for your diary

Monday 19 th January	All clubs commence
Tuesday 20 th January	ACT Dance Festival @ Palace Theatre
Wednesday 21 st January	Year 5 & 6 Sportshall Athletics Event
Friday 23 rd January	Year 3 & 4 Swimming
Monday 26 th January	Reception Bake off
Tuesday 27 th January	Year 1 & 2 Bake Off
Wednesday 28 th January	Year 3 & 4 Bake off
Thursday 29 th January	Year 5 & 6 Bake Off
Friday 30 th January	Year 3 & 4 Swimming

Date Change

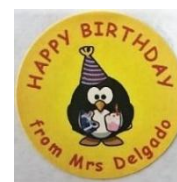
There has been a date change to Spring term Open Afternoon and Parent Consultation Week. The new date for Open afternoon is **MONDAY 2ND MARCH 2026, 3.30pm – 5pm**. Parent consultations will take place during that week. Appointment times will be sent out to parents at the beginning of February.

Year 6 residential meeting

There will be a meeting for all Year 6 parents on Tuesday 3rd February at 2.30pm. Entrance via the front office.

Birthdays

Congratulations to **Edie & Liz** (St Francis), **Michelle** (St Anthony), **Damian** (St Peter) and **Miss Jolly** who are celebrating their birthdays.





Head Teachers Award

Congratulations to our winners this week.

Albie ~ (St Francis) ~ for his fantastic improvement in recording his numbers and being able to recognise numbers out of order. Well done Albie, we are really proud of you.

Harry ~ (St Therese) ~ Harry has made a fabulous effort with his phonics and writing this week. He has shown great listening and is trying hard to apply his sounds. Great job, Harry!

Lolade ~ (St Elizabeth) ~ for being a super Mathematician, she has shown fantastic talent in our work about money! Well done and keep it up Lolade!

Florence ~ (St Bernadette) ~ for fantastic effort in maths this week. She has wowed us with her times tables recall. Well done Florence!

Tabitha ~ (St Joseph) ~ for always demonstrating outstanding learning behaviour. She works with motivation and focus, contributes fantastically well to lessons, and has a cheerful disposition. Well done, Tabitha!

River-Jane ~ (St Anthony) ~ for demonstrating a superb attitude to learning, supporting others in class and always being respectful and kind to adults. Well done!

Sienna ~ (St Peter) ~ for her conscientious approach this week. She has shown a wonderful enthusiasm for reading out loud to others and has been working really hard to improve her algebraic knowledge in maths. Keep up the fantastic work!

Reading Awards

Well done to the following who received their **BRONZE** award this week.

Melissa (St Elizabeth) and Ava & Jack (St Bernadette)

And well done to the children who received their **SILVER** reading award.

Luca & Penny (St Francis), (St Therese), Mia, Philippa, Noah & Lacey-May (St Elizabeth),
Coby (St Bernadette), Elijah (St Joseph),
Jazmin (St Anthony) and Mia-Rae (St Peter)

Artist of the Month

This month we have had to choose TWO Artists of the month as all the staff had trouble choosing between Zara and Isla in Year 1. The class painted a snowy winter scene using white and blue, mixing colours to create a swirly background and adding white snow at the bottom. After drying, they used black paint to create silhouettes of trees, houses, snowmen and birds, thinking about size and distance. Finally, they added white snowflakes and snow on the trees with the addition of beautiful white glitter to make the snow sparkle.

Well done Zara and Isla for your beautiful pictures.

Punctuality Percentages

Reception	Year 1	Year 2	Year 3	Year 4	Year 5	Year 6
98%	97%	99%	95%	98%	99%	99%

Times Table Rock Stars

Congratulations to our TOP TEN rockstars this week.

1 st	2 nd	3 rd	4 th	5 th
Nana - Year 6	Abigail - Year 5	Isla P - Year 4	Baffuor - Year 2	Reuben - Year 2
6 th	7 th	8 th	9 th	10 th
Ella - Year 4	Mia - Year 2	Harry - Year 4	Eva - Year 4	Kyle - Year 6

Prayers



We continue to pray for our community.

Lord, May Your goodness crown this month. May January be filled with unexpected blessings, hope and peace. May Your favour rest on each day.

Amen.

God Bless, *Mrs Delgado*

Diary Dates

Further activities/dates will be added as soon as they have been finalised and will be in **BOLD**

Date:	Event:
CHRISTMAS HOLIDAY MONDAY 22ND DECEMBER – FRIDAY 2ND JANUARY 2026	
Tuesday 20 th January	ACT Dance Festival @ Palace Theatre
Wednesday 21 st January	Year 5 & 6 Sportshall Event
Friday 23 rd January	Year 3 & 4 Swimming starts
Wb Monday 26th January	Bake Off event
Thursday 5 th February	Year 5 Class Assembly
Monday 9 th February	Netball League matches after school @ Shoeburyness High School
	Spring Open afternoon 3.30pm – 5pm
	Parent-Carer Consultation week
Thursday 12 th February	ACT Music Festival @ STM
Friday 13 th February	Southend Schools Football tournament (key stage 1) @ Len Forge
HALF TERM HOLIDAY ~ MONDAY 16TH – FRIDAY 20TH FEBRUARY 2026	
Wednesday 25 th February	Netball tournament @ Cecil Jones
	Year 3 Roman Dress Up Day
Friday 27 th February	Year 3 & 4 Girls Football @ Len Forge
Monday 2nd March	Spring Open afternoon 3.30pm-5pm
	Parent-Carer Consultation week begins
Tuesday 3 rd March	'Hot Cross Run' @ St Thomas More
Wednesday 4 th March	Key Stage 1 Tag Rugby tournament @ Southend Rugby Club
Wednesday 11 th March	Year 3/4 Tag Rugby tournament @ Southend Rugby Club
Friday 13 th March	KS1 Girls Football @ Len Forge
Monday 16 th March	Netball League matches after school @ Cecil Jones
Tuesday 17 th – 20 th March	Year 6 Residential trip
Thursday 19 th March	Feast of St Joseph
Monday 23 rd March	Non uniform day for winning house team
Wednesday 25 th March	Rocksteady Concert 9.30am
	Year 3 & 4 Stations of the Cross @ St George's Church 2pm
Friday 27 th March	Last day of Spring Term
EASTER HOLIDAY ~ MONDAY 30TH MARCH – FRIDAY 10TH APRIL 2026	
Friday 3rd April ~ Good Friday	
Sunday 5th April ~ Easter Sunday	
Monday 13 th April	First Day of Summer Term 2026
	Year 6 Bikeability
Tuesday 14 th April	Year 6 Bikeability

Thursday 16 th April	Feast of St Bernadette
Thursday 23 rd April	St George's Day
Monday 4 th May	Bank holiday
w/b 11 th May	Year 6 SATS WEEK
Tuesday 19 th May	Crowning of Mary school celebration – details to follow
Wednesday 20 th May	Science Fayre 2pm
Thursday 21 st May	KS1 Cross Country – Pentecost Dash! @ St Teresa's, Rochford
Friday 22 nd May	INSET DAY ~ SCHOOL CLOSED TO PUPILS
HALF TERM HOLIDAY ~ MONDAY 25TH MAY – FRIDAY 29TH MAY 2026	
Monday 1 st June	Back to school
w/b 8 th June	Year 1 Phonics Screening
Tuesday 9 th June	KS2 Borough Sports @ Garons (afternoon session)
Wednesday 10 th June	School Class Photographs
Saturday 13 th June	Feast of St Anthony of Padua
Tuesday 16 th June	Induction afternoon for Reception 2026
Friday 19 th June	INSET DAY ~ SCHOOL CLOSED TO PUPILS
Monday 22 nd June	INSET DAY ~ SCHOOL CLOSED TO PUPILS
Wednesday 24 th June	KS2 Assisi Catholic Sports @ St Thomas More 9.30am
Friday 26 th June	St George's Celebration Day from 9am – all families welcome
Tuesday 30 th June	Year 5 & 6 End of Year Performance 1.45pm
Wednesday 1 st July	Year 5 & 6 End of Year Performance 9.15am & 6pm
Thursday 2 nd July	KS1 Assisi Catholic Sports @ St Teresa's 10am – noon
Friday 3 rd July	Year 6 Transition Day TBC
Friday 10 th July	Year 6 Leavers Assembly 9.05am
Monday 13 th July	Non uniform day for winning house team
Tuesday 14 th July	Year 6 Leavers Mass 2pm @ St George's Church
Wednesday 15 th July	Rocksteady Concert 9.30am
Friday 17 th July	Last day of term
SUMMER HOLIDAY MONDAY 20TH JULY 2026	

The Great St George's

BAKE OFF

is back!

Look out for details to follow on
how you can enter this years
Great St George's Bake Off!



What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 3 to 5 hours a day on phones, tablets, consoles, and computers. That much screen time has parents and educators worried – not just about the hours logged, but about online safety and the knock-on effects on mental health. This guide brings together practical, expert-backed strategies so adults can nurture healthier digital habits and help young people thrive both on and offline.

WHAT ARE THE RISKS?

SLEEP DISRUPTION

Excessive screen time, especially before bed, can interfere with melatonin production and delay sleep onset. Children may struggle to concentrate or regulate emotions due to poor sleep hygiene linked to late-night device use.

ONLINE PEER PRESSURE

Social media platforms expose children to unrealistic standards and peer validation loops. Likes, comments, and follower counts can influence self-worth and lead to anxiety or risky behaviour to gain approval.

CYBERBULLYING EXPOSURE

Children may encounter bullying through messaging apps, games, or social media. This can be persistent and anonymous, making it harder to detect. Victims often feel isolated and reluctant to report incidents.

REDUCED PHYSICAL ACTIVITY

Time spent on screens often replaces outdoor play and physical activity. This sedentary lifestyle can contribute to obesity, poor posture, and reduced cardiovascular health.

EMOTIONAL DYSREGULATION

Fast-paced digital content can overstimulate young brains. Children may become irritable, impatient, or struggle with boredom and emotional control when not engaged with screens.

PRIVACY AND SAFETY RISKS

Children may unknowingly share personal information or interact with strangers online. Without guidance, they may not understand the long-term consequences of digital footprints or unsafe online behaviour.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-time limits and device-free zones, e.g. classrooms and dinner tables. Use parental controls and co-create a digital use agreement with children to encourage accountability. Trying a visual schedule or timer app can help children understand and stick to limits.

MODEL HEALTHY HABITS

Children mirror adult behaviour. Demonstrate balanced device use, take regular screen breaks, and prioritise face-to-face interactions to reinforce positive behaviours. Making a habit of putting your phone away during meals and conversations can show that real-life interactions come first.

ENCOURAGE OPEN DIALOGUE

Create a safe space for children to talk about their online experiences. Ask open-ended questions like, "What did you enjoy online today?" to build trust and awareness. Try setting aside 10 minutes each day for a digital check-in where children can share what they've seen or done online.

PROMOTE DIGITAL LITERACY

Teach children how to evaluate online content, recognise misinformation, and understand privacy settings. Empower them to think critically and act responsibly in digital spaces. You could use real-life examples from the news or social media to help children practise spotting fake information.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College