



November 2025

Dear Parents/Carers,

Last week in our healthy Habits assembly we had Mr James (Nursery Manager) who is a trained Taekwondo expert come to talk to the children. He gave us some fascinating facts about the history of Taekwondo, told the children about the belts that can be earned in Taekwondo classes, his own journey to becoming a black belt and gave a demonstration with the help of Mr Neve!



Over the next two weeks Mr James will be delivering a taster Taekwondo session in PE classes. If your child would be interested in joining a Martial arts class outside of school please take a look at [Home - Master Wolf's Taekwondo Academy](#) for more information on classes available.

Reminder about our Healthy Habits competition see attached poster below on how to enter, our Health habits champions are looking forward to judging the entries!

Please also see below guidance from [Smartphone Free Childhood](#) on child friendly alternatives to smartphones which you may find useful on the run up to Christmas.

We love to hear all about your Health Habits activities at home so do send in any pictures of what you have been up to so we can share in upcoming Healthy habits letters.

Mrs Frith (Assistant Head)



Child-friendly alternatives

Raising kids in the smartphone era is complicated – we're here to help you navigate it. If you want to stay in touch without exposing them to toxic content and addictive algorithms, check out our guide to the best child-friendly devices.



0 - 11 Years old

No phone

We're not saying 'no internet' or 'no screens'. But barring some exceptions, most primary aged kids don't need a phone of their own.



11 - 14 Years old

First phone

A simple phone for communication but without social media or web browsers. Shared access to family laptop or other devices.



14 - 16 Years old

Follow on phone

Introduce a smartphone with parental controls and clear boundaries around apps and daily usage.



16+ Years old

Smartphone

Older teens are better equipped to manage the complexities of constant internet and social media access.



Scan the QR code to see the top SFC-recommended phones.

Healthy Habits

Design a Healthy Habits poster Competition!
Include on your poster the three areas:

**Reducing
screen time**



**Help us eat
healthy**



**Try New
Sports & Play!**



Remember to include the title 'Healthy Habits'
You could also include a quote, caption or poem.
Make it bright and colourful and no bigger than
A4 piece of paper.

Give your entries to your class teacher. Mrs Frith
and the Healthy Habits Champions will judge the
posters the week beginning: 1st of December.
Winning posters will win a special Healthy Habits
goodie bag! 1 winner per year group.