

Our Christian Vision - *Let your light shine before others, that they may see your good deeds and glorify your Father in heaven* - **Matthew 5:16**



Friday 16th January 2026

With **HONESTY, RESPECT, FORGIVENESS**
and **LOVE**, we persevere, succeed and shine.

News from The Three Schools

A busy week across The Three Schools!

Dear Parents,

Unbelievably, we are already at the end of the second week of the Spring term and almost halfway through January. We are delighted to share some of the exciting learning opportunities and selection of wonderful activities, trips and adventures that have taken place this week.

We hope you enjoy finding out more about some of our exploits so far this term!

Yours sincerely

David May (Executive Headteacher)



NSPCC Number Day – Friday 6th February 2026

We are delighted once again to be supporting the NSPCC by taking part in Number Day on **Friday 6th February 2026**. Everything the NSPCC does protects children today and prevents abuse tomorrow.



The NSPCC needs our support more than ever. By raising money, we can help to fund their vital services such as Childline – the helpline that's always there for children and young people whatever their problem or concern.

On average, a child contacts Childline every 25 seconds, Number Day is a great way to make Maths fun and bring about a positive, 'can-do' attitude towards it as well as helping to support such an amazing charity and the work they do.

We will be taking on a variety of challenges on **Friday 6th February 2026** - pupils will work to solve exciting maths puzzles, against the clock with Buddy, the 'Speak out. Stay safe' mascot as well as competing in the exciting 'Who wants to be a Mathionaire?' challenge and much, much more!

(Mrs Martin and Mr Mitchell – Maths Leaders)

SEN Coffee Morning – Tuesday 20th January 2026

Paige Latham the **Bucks Educational Psychologist** will be coming into **Swanbourne CE School** on **Tuesday 20th January** at **9.00am** to run a flexible discussion with parents around Emotional Regulation.

We would like to invite all parents across The Three Schools and Kingfishers Pre-School to attend the session.

There will be coffee and cake available for all who attend!

(Mrs Chapman-Hill – SENCo)



The KS2 Golden mile update - W.C 5th January 2026

Gates are open at 8.25am—COME AND JOIN US!

We have had a fantastic 4 days of running last week, the children have hit the ground running and have managed to clock up an **AMAZING** number of miles. As a school collectively, we managed to clock up **849 laps – 42 miles!!**

The class that covered the most distance was **Year 3** with **314 laps – 16 miles**.

Golden Mile – Certificate Winners;

- Aiyana C (Year 5) – 10 miles
- Joshua C (Year 5) – 20 miles
- Emily C (Year 3) – 10 miles



(Mrs Newman—Golden Mile Co-ordinator)

EYFS request for dolls and other toys

Foundation Stage class at Drayton Parslow are in need of the following toys and wondered whether any of the older children at Swanbourne may have grown out of playing with them and would be willing to donate them to us to enjoy in our classroom?

- Doll's highchair
- Doll's cot
- Dolls
- Doll clothes/accessories

If there are any good quality other toys or books you feel like our class might enjoy, please give us a shout over at Drayton Parslow via the school office.

Many thanks in advance for your support,

Mrs Cadigan (Foundation Stage teacher)



Year 1 visit the Tring Natural History Museum



Year 1 enjoyed a fantastic visit to **Tring Natural History Museum**, they had fun exploring the exhibits, were really enthused and engaged excitedly in discussion as we walked around.

They also took part in an interactive classifying workshop session, where they thought carefully about grouping different animals from the collections into animal groups. A great day out had by all!

(Ms Oliver and Mrs Smuts – Year 1 Teachers)



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®

Kingfishers Pre-School Update

This week we have a bit of a different update from Kingfishers as we would like to share some sad but very exciting news with you.

Our lovely Kathryn will be leaving Kingfishers and The Three Schools at February half term to embark on a very exciting new adventure as a florist for her own business Blossom with Love. This has been a dream of Kathryn's for a long time, and we are so excited for her that she is making her dream a reality.

Kathryn has been a part of The Three Schools for nearly 13 years and has worked across all sites as not only Kingfishers Deputy Leader but also as support within classes and as part of the wrapround team.

Kathryn has worked tirelessly over her time at Kingfishers to not only care, support and educate the children that have attended but to also help develop both the indoor and outdoor areas. She worked extremely hard developing the Kingfishers allotment as well as bringing her vision alive and creating the beautiful Kingfishers sensory garden.

We are going to miss Kathryn a great deal; she is such a huge part of Kingfishers and The Three Schools (and she makes the best cups of tea). I know you will all join us in wishing Kathryn the very best in her new venture and for the future

Kathryn's website is launching soon; in the meantime, here are some links so you can see the amazing work she is already doing.

<https://www.facebook.com/share/1ARDakSBzL/>

<https://www.instagram.com/blossomwithlove?igsh=MXy1bnZ6MHNkaXJ2YQ==>

(Kelly Hall – Pre-School Leader)



SAT 24TH JAN 2026
BURNS NIGHT
MURSLEY VILLAGE HALL

Neeps, tatties, plenty of haggis and a dessert

PIPING IN THE HAGGIS
DANCING TO PICKLED TINK
CEILIDH BAND - LICENSED BAR
£25 PER TICKET
VEGGIE ALTERNATIVE - PRE ORDER
7PM - 11.30PM

WHISKY TOT

ANDREW 07990 534940
SANDRA 07711 823198
MAGGIE 07758 232872

PROCEEDS TO MURSLEY CHURCH, VILLAGE HALL & MURSLEY SPORTS ASSOCIATION



Rotary YOUNG MUSICIAN COMPETITION

Calling all budding musicians: vocalists or solo instrumentalists.

Any age up to 17 yrs
Any musical genre

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Milton Keynes music academy

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All entrants receive a personalised certificate and medal, with the winners awarded a trophy



Mental Health
Support Team
Buckinghamshire



FREE

**FOR PARENTS
AND CARERS**

LIVE WEBINARS

CHILDREN'S MENTAL HEALTH



**DATES:
JAN – APRIL
2026**



**TIME:
6PM – 7.30PM**

To register, scan the QR codes on the next page!



01865 901566



bucksmhst@oxfordhealth.nhs.uk

*PLEASE NOTE: YOUR CHILD MUST ATTEND AN MHST SCHOOL FOR ACCESS TO THE WEBINARS. IF YOU ARE UNSURE, PLEASE CONTACT US.

SCAN THE QR CODE TO SECURE YOUR PLACE:

Topic	Date	Link	QR code
Exam Stress	Monday 12th of January 2026	<u>Microsoft Virtual Events Powered by Teams</u>	
Awareness and understanding of eating disorders	Monday the 26th of January 2026	<u>Microsoft Virtual Events Powered by Teams</u>	
Understanding childhood development and behaviour	Tuesday the 10th of February 2026	<u>Microsoft Virtual Events Powered by Teams</u>	
Understanding Low mood	Monday the 9th of March 2026	<u>Microsoft Virtual Events Powered by Teams</u>	
Understanding adolescent development and behaviour	Monday the 9th of March 2026	<u>Microsoft Virtual Events Powered by Teams</u>	

The Three Schools Calendar and Important Dates (2025-2026)

Tuesday 20 th January 2026	Swanbourne (Year 6)	Natural History Museum Trip
Wednesday 21 st January 2026	All Three Schools	Bags 2 School
Friday 23 rd January 2026	Swanbourne (Year 6)	Rock Climbing Session
Tuesday 3 rd February 2026	Swanbourne (Year 5 & Year 6)	Young Voices Concert
Wednesday 4 th February 2026	Swanbourne (KS2)	Author Workshop (11.15am)
Wednesday 4 th February 2026	All Three Schools	Oracy Meeting (5.00pm) at Swanbourne CE School
Thursday 5 th February 2026	Swanbourne (16 Year 3 & 4 pupils)	Swanbourne Mini Trail Cross Country Event
Friday 6 th February 2026	All Three Schools	NSPCC Number Day 2026
Friday 6 th February 2026	Swanbourne (12 KS2 Girls)	Thornton Trail Cross Country Event
Wednesday 11 th February 2026	All Three Schools	Popcorn Night
Friday 13 th February 2026	All Three Schools	Dare to be different day
Friday 13 th February 2026	All Three Schools	Break up for February Half Term
Monday 23 rd February 2026	All Three Schools	Spring Term 2 Starts
Thursday 5 th March 2026	Swanbourne (Year 3)	Egyptian Day
Saturday 14 th March 2026	Swanbourne (KS2)	Cross Country Event (Ascott House)
Friday 27 th March 2026	Swanbourne (KS2)	Easter Services (9.30am & 2.00pm)
Friday 27 th March 2026	All Three Schools	Break up for Easter Holidays
Monday 13 th April 2026	All Three Schools	INSET DAY
Tuesday 14 th April 2026	All Three Schools	Summer Term 1 Starts
Wednesday 15 th April 2026	All Three Schools	Parents Evenings (3.30pm – 8.00pm)
Thursday 16 th April 2026	Swanbourne (KS2)	Parents Evenings (3.30pm – 6.30pm)
Friday 24 th April 2026	Mursley & Drayton Parslow (Year 1)	Windsor Castle Trip
Monday 4 th May 2026	All Three Schools	Early May Bank Holiday
Saturday 16 th May 2026	All Three Schools	Colour Run
Thursday 21 st May	All Three Schools	Break up for May Half Term
Friday 22 nd May 2026	All Three Schools	INSET DAY

Monday 25 th May 2026	All Three Schools	May Bank Holiday
Monday 1 st June 2026	All Three Schools	Summer Term 2 Starts
Monday 8 th June – Friday 12 th June 2026	Swanbourne (Year 6)	Skern Lodge Residential Trip
Wednesday 17 th June 2026	All Three Schools	Book Look
Friday 19 th June 2026	All Three Schools	Summer Disco
Friday 26 th June 2026	All Three Schools	INSET DAY
Wednesday 1 st July 2026	All Three Schools	Transition Day
Thursday 2 nd July 2026	Swanbourne (Year 6)	Transition Day 2 (Year 6 only)
Friday 10 th July 2026	All Three Schools	Speech Cup Final
Monday 13 th July 2026	Swanbourne (Year 6)	Year 6 Production (7.00pm)
Tuesday 21 st July 2026	Mursley & Drayton Parslow (Year 2)	Year 2 Leavers' Services (2.30pm)
Wednesday 22 nd July 2026	Swanbourne (Year 6)	Year 6 Leavers' Services (9.30am)
Wednesday 22 nd July 2026	All Three Schools	Break up for Summer Holidays

Dates for your diary – INSET Days (2026)

The INSET Days for 2025-2026 are shown below:

- Monday 13th April 2026
- Friday 22nd May 2026
- Friday 26th June 2026

Swanbourne School Term Dates 2025/26 Academic Year

 Pupil Days
 School holidays
 Bank holidays
 Proposed inset days - 4 more inset days can be set by the schools
 Transition Days


 Students: 190 days
 Teachers: 195 days



Sep-25	Oct-25	Nov-25	Dec-25
Mon 1 8 15 22 29 Tue 2 9 16 23 30 Wed 3 10 17 24 Thu 4 11 18 25 Fri 5 12 19 26 Sat 6 13 20 27 Sun 7 14 21 28	Mon 6 13 20 27 Tue 7 14 21 28 Wed 1 8 15 22 29 Thu 2 9 16 23 30 Fri 3 10 17 24 31 Sat 4 11 18 25 Sun 5 12 19 26	Mon 3 10 17 24 Tue 4 11 18 25 Wed 5 12 19 26 Thu 6 13 20 27 Fri 7 14 21 28 Sat 1 8 15 22 29 Sun 2 9 16 23 30	Mon 1 8 15 22 29 Tue 2 9 16 23 30 Wed 3 10 17 24 31 Thu 4 11 18 25 Fri 5 12 19 26 Sat 6 13 20 27 Sun 7 14 21 28
Jan-26	Feb-26	Mar-26	Apr-26
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May-26	Jun-26	Jul-26	Aug-26
Mon 4 11 18 25 Tue 5 12 19 26 Wed 6 13 20 27 Thu 7 14 21 28 Fri 1 8 15 22 29 Sat 2 9 16 23 30 Sun 3 10 17 24 31	Mon 1 8 15 22 29 Tue 2 9 16 23 30 Wed 3 10 17 24 Thu 4 11 18 25 Fri 5 12 19 26 Sat 6 13 20 27 Sun 7 14 21 28	Mon 6 13 20 27 Tue 7 14 21 28 Wed 1 8 15 22 29 Thu 9 16 23 30 Fri 3 10 17 24 31 Sat 4 11 18 25 Sun 5 12 19 26	Mon 3 10 17 24 Tue 4 11 18 25 Wed 5 12 19 26 Thu 6 13 20 27 Fri 7 14 21 28 Sat 1 8 15 22 29 Sun 2 9 16 23 30