

Moulton Primary School Newsletter

Friday 27th February 2026



Dear Parents and Carers,

This week, we welcomed children back into school after the half term break with an action-packed first few days. Our Year 2's enjoyed a wonderful experience with a visit from Moulton College; the students performed an exciting Alive in Wonderland dance piece which was followed up with a series of workshops for the children. We saw some lively performances from the children at the end of the afternoon, what a brilliant enrichment opportunity for our Year 2s!



Our Early Years children have also had an exciting start to the half term...to kick start their new topic, they have had a visit from the Eggucation ethical chick hatching experience. As part of this visit, they have observed real, rare breed chicken eggs as they develop and hatch into chicks. I think the staff have been just as thrilled as the children to witness this amazing event 😊.



We have also made some changes to our lunchtime provision this week. New lunchtime clubs have begun to provide children the opportunity to participate in dance or ball game activities. In addition, we have slightly adjusted the timings of the lunch period to provide more space for the children to play. The new timings also mean there are less children out on the playground at once creating a more enjoyable experience for all. We have introduced some new play equipment for sports such as tennis and cricket, as well as the dolls and prams for the younger children. The feedback from both children and staff has been overwhelmingly positive.

Wishing you all a restful weekend – see you next week.

Miss Darby

Deputy Headteacher

The Classroom News

Year 1

This week in computing, Year 1 have been using the beebots to begin their journey into understanding algorithms and programming. They have been learning how to programme the beebot by using the buttons on its back and have been creating sequences for it to get from one card to the other. It has been tricky at times because they have had to think carefully about the direction the beebots will be facing at each part before completing their entire set of instructions.



Year 6

This week, Year 6 began their new Art unit by exploring the work of Patrick Hughes and his fascinating perspective artwork. The children were particularly interested in how his work challenges the viewer's perception. They learned about vanishing points and explored how artists use linear one-point perspective to create depth and the illusion of three dimensions.

Using this new knowledge, the class created their own one-point perspective drawings of rows of houses and trees. They carefully applied their understanding of vanishing points to ensure their work showed accurate depth and proportion. It was wonderful to see the focus and determination they demonstrated while developing this new skill.

Building on their learning, pupils then revisited their printmaking skills from Year 5 and used the reduction technique to create a range of perspective prints. We have been extremely impressed with their creativity, resilience and the way they have applied their artistic skills while consistently demonstrating our school values.



School News

World Book Day -Thursday 5th March

On Thursday 5th March, we will once again be celebrating World Book Day. This year's theme is 'Go All In' where the campaign is to get more people reading about the things they are interested in. It might be sports, music or even being a teacher!

With this in mind, on Thursday 5th March we will be holding a mufti day where children can come dressed as something or somebody they are interested in! The more imaginative, the better! There is no need to buy expensive costumes, we really want to see some Moulton creativity. You could be an astronaut, a footballer, a gardener, a builder - the opportunities are endless! There are lots of ideas on the World Book Day website at [Get Ready for World Book Day 2026 - World Book Day](#)

All children will be given a £1 book token that can be spent at our book fair (or participating stores) and we will also be taking part in a number of activities during World Book Day to celebrate the love of reading.

Weekly Lunchbox Wins

Each week, we're sharing a simple, supportive tip to help make packing lunch boxes a little easier. These ideas are designed to inspire, not instruct, offering gentle suggestions that celebrate the small wins and support your family's unique routines.

Whether you're looking for new snack ideas, ways to add variety, or just a bit of encouragement, we're here with you, one lunchbox at a time.

Kind regards

Mrs Hartsema (Healthy Schools co-ordinator)



Northants FA Women's Cup

We are delighted to let you know that we have teamed up with Northamptonshire Football Association to offer free tickets to the Northamptonshire FA Women's Cup Final on Friday 20th March at Moulton FC. All of the details are listed below.

We're delighted to offer **free tickets** to pupils and parents of Moulton Primary School to the Northamptonshire FA Women's Cup Final!

Northampton Town Development vs Wellingborough Town

Friday 20th March 2026

7:45pm Kick Off

Moulton Football Club (NN3 7QF)

Although tickets are free, they must be booked in advance via the website and discount code below:



Website: www.ticketsource.co.uk/northamptonshirefa



Discount Code: WCMPS

We hope you can join us for this fantastic occasion!

Northamptonshire FA



Dates in the diary

DATE	YEAR GROUP	EVENT	TIME
4th March	Whole School	Book Fair	3.30 - 4pm
5th March	Whole School	Book Fair	3.30 - 4pm
5th March	Whole School	World Book Day	Normal School Hours
5th March	Whole School	World Book Day - Muffi Day - something or somebody they are interested in!	Normal School Hours
6th March	Whole School	Book Fair	3.30 - 4pm
6th March	Year 4	Vikings & Saxons Workshop	Normal School Hours
11th March	Whole School	Parents Evening	3.40 - 6.30pm
18th March	Whole School	Parents Evening	3.40 - 6.30pm
22nd March	Year 4 Strictly Team	Year 4 Strictly Juniors	TBC
24th March	EYFS Crick and half of Tull	School Trip	Normal School Hours
26th March	EYFS Spencer and half of Tull	School Trip	Normal School Hours
23rd April	Whole School	Class photo's	Normal School Hours
27th April	Spencer Family	Maths Morning	8.30 - 9.15am
28th April	Tull Family	Maths Morning	8.30 - 9.15am
29th April	Crick Family	Maths Morning	8.30 - 9.15am
11th May - 13th May	Year 4	Residential	TBC
11th - 14th May	Year 6	SATs	Normal School Hours
1st June - 5th June	Year 6	PGL	TBC
15th June	Crick Family	Maths Morning	8.30 - 9.15am
16th June	Spencer Family	Maths Morning	8.30 - 9.15am
17th June	Tull Family	Maths Morning	8.30 - 9.15am
17th June	Year 5	Workshop - Past Productions	Normal School Hours

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



#WakeUpWednesday

The National College

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March 2026 Timetable

All sessions delivered live online via zoom, 90 minutes long

£24 each or FREE with School Membership

Book online at facefamilyadvice.co.uk

Recordings available for 48 hours (excluding Free Talk)

Improving Family Communication	2 Mar 10am
Autism - Improving Communication	2 Mar 7pm
Understanding Addictive Behaviour	3 Mar 10am
Supporting a Child with ADHD	3 Mar 7pm
Anxiety Based School Avoidance	9 Mar 10am
Understanding Anger	9 Mar 7pm
Supporting Healthy Screen Use	10 Mar 10am
Facing Defiance	10 Mar 7pm
Cannabis and Ketamine Awareness	16 Mar 10am
Anxiety Explained	16 Mar 7pm
Introduction to OCD	17 Mar 10am
What is ACT	17 Mar 7pm
Raising Self-Esteem	23 Mar 10am
Decreasing Depression	23 Mar 7pm
Supporting Healthy Sleep	24 Mar 10am
Understanding the Teenage Brain	24 Mar 7pm
FREE Anxiety Based School Avoidance	26 Mar 7-8pm