



Dear Parents,

Thank you to all the members of the PTA who were involved in the preparations and running of the School Fete last Saturday. As it was my first Fete with the school, it was a real pleasure to experience such a joyful event that brought together our school and the wider community on a beautiful day. A special thank you also goes to the children in Year 5 and Year 6 who helped run the stalls so confidently and responsibly. And of course, thank you to all the parents who donated so generously and joined us on the day—I hope you went home with some lovely prizes.

This week, all children from Reception to Year 6 took part in Internet Safety workshops, tailored to their ages, which are designed to empower them to stay safe and make positive choices online. It was wonderful to see how knowledgeable, and reflective the children were throughout these interactive and fun sessions. The timing felt especially relevant given the government's recent announcement about introducing age limits for social media. A huge thank you to the PTA for funding these valuable workshops.

Continuing the theme of children's use of devices and time spent online, I have attached a poster about the screen-dopamine effect, which you may find of interest. If you would like any advice on specific aspects of Internet safety or particular social media platforms, please do not hesitate to contact the school.

This week also marked the start of our preparations for Sports Day. We will be following the same format as last year: children will move around activity stations in their house groups, allowing families to follow siblings easily. We will finish the morning with class races before enjoying our family picnic. We hope you can join us to cheer the children on. Parents will be able to access the field through the side gate (the one used by the children) once pupils have settled into class for registration. Our Opening Ceremony is planned to begin at 9:30.

Wishing you all a refreshing weekend,

Nadia Gosling

School email: office@charltonono.co.uk

Road Safety Reminder

As lines have been recently re-painted on the junction by the school, we thought it would be a good opportunity to remind parents of the importance of keeping the junction as safe as possible for our parents and pupils.

The areas marked with white lines (shown below), as well as the space directly opposite the junction, must be kept clear at all times to ensure everyone's safety. Parking in these spaces makes it harder for drivers and pedestrians to see each other, increasing the risk for our pupils and families.

We would much prefer a child arrived a few minutes late or was picked up a few minutes late because you have had to park a little further away than to risk safety in our community.



Our Stars of the Week

Elsie E

Irina

Lorilee

Lucas

Matilda

Harry

Emily

Lily

Class Attendance Winner

This week's best attended class is FSU with:

100% attendance

Whole school attendance

92%

Also, Well done to everyone for getting into school at 08:40. It makes such a difference!

Breakfast Club & CAST

Drop & Play: Mon-Fri 8.15am-8.40am

8:30am—8:40am

Breakfast club: Mon-Fri 7.50am-8.40am

CAST times: Mon-Thurs 3.15pm-4.15pm or 3.15pm-5.30pm.

If you would like your child to attend Breakfast Club or CAST, please book a place using the Arbor app. You do not need to book for Drop & Play.

All clubs are open to Reception through to Year 6 children only. If you could please try to get your clubs booked by **Midday Friday** for the week ahead, so that snacks can be arranged.

As our numbers are increasing, we may not be able to accept last minute bookings due to the adult ratio's required. Bookings made after 12pm on Friday will incur a £2 late booking fee per session booked.

Please also be mindful of pick up times, if you are late picking up your child you will be charged for the later session.

Diary dates

- **24th June—FSU + Yr1/2 in school Drama Workshop**
- **26th June—Sports Day + Family Picnic 9.30am**
- **30th June—Yr5/6 to Gosford Hill Matilda The Musical Performance**
- **30th June—Yr5/6 Brass Performance for Parents 2.45pm-3.15pm**
- **2nd + 3rd July—Whitelands School Transition Days**
- **3rd July—Yr3/4 Schools Concert Sheldonian Theatre**
- **6th July—School Move-up Morning**
- **6th + 7th July—Cooper School Transition Days**
- **7th July—The Bicester school Transition Day**
- **8th-10th July—Yr5/6 Residential to Youlbury**



Warmer Weather

Now we are receiving lovely sunny weather, please can we remind you that all children should have a sun hat in school, and be wearing sun cream. Children can bring sun cream into school, but should be able to apply it themselves.

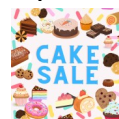


PTA

Thank you to everyone who supported our Summer Fete last weekend. From parents to staff, the children, stall holders, prize and cake donations, and everyone who attended, making it a great success and a very enjoyable day. Even the sunshine showed up!

We raised and AMAZING **£2036.00!**

As we received so many cake donations, we will be holding a cake sale in the playground, toady at 3pm. See you there!



FSU

This week, we have been learning all about trains. The children explored the differences between steam trains, electric trains and trams and enjoyed discussing how trains have changed over time. We watched a video of a bullet train, which sparked lots of excitement and discussion. The children then sorted pictures of old and new trains into categories before working together to create a huge train track across the classroom.



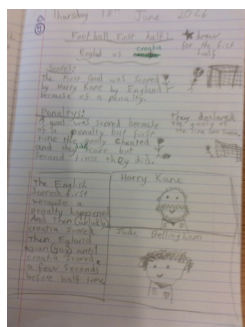
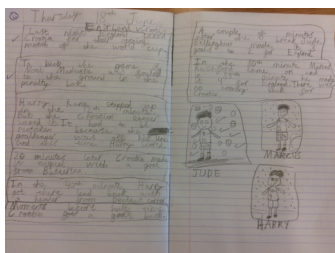
Year 1 & 2

It has been a full week in Year 1 and 2. Everyone has been having a go at some assessments this week, and they should be really proud of their efforts with them. We have also embarked on our exciting 'nature sculptures' project in Art. The children have been designing and brainstorming their sculptures, inspired by Andy Goldsworthy. They have also started to gather natural resources and to think about why they might be good to use for their sculptures.



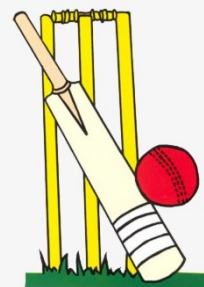
Year 3 & 4

Year 3 and 4 have had another busy week. On Thursday we took the opportunity to inspire some report writing as many of the children had watched some of the England v Croatia match. They wrote a reflection on either the match, visiting the School Summer Fete or participating in Forest School. I was really impressed with the detail and quality of the work produced and their thinking about headings, subheadings, paragraphs, adjectives and other punctuation and grammar we have been learning.



Year 5 & 6

Some of our Year 5 and 6 children had a great day at the Bicester cricket festival! They had a great time playing against other local schools and worked well as a team when fielding. There was also some excellent batting on display! Well done, Year 5 and 6, for excellent resilience and positivity.



Safeguarding

Please contact Mrs Gosling or Mrs Clarke should you have any safeguarding concerns.

Curious Conversations

The Screen-Dopamine Cycle

WITH BREAKS AND BALANCE, YOUR DOPAMINE SETTLES AND YOUR BRAIN FEELS CALMER AGAIN

When you switch between screens and other activities, your brain learns to enjoy different kinds of dopamine — the quick screen kind and the slower, steady kind you get from real-world play, movement, connection, and creativity.

DURING THAT DROP, OTHER THINGS CAN FEEL 'NOT FUN ENOUGH'.

Your brain gets used to fast rewards, so slower activities — like playing, drawing, reading, or talking — can feel harder to enjoy right away. Your brain just needs time to reset.

WHEN THE SCREEN STOPS, YOUR DOPAMINE LEVEL DROPS SUDDENLY

This drop can make your brain feel a bit wobbly. You might feel bored, grumpy, restless, or annoyed. It's not you being difficult — it's your brain adjusting to having less dopamine for a moment.

WHEN YOU USE SCREENS, YOUR BRAIN RELEASES A CHEMICAL CALLED DOPAMINE

Dopamine is your brain's little 'that feels good!' messenger. When you watch videos, play games, or scroll, your brain gives you tiny bursts of it — and that can feel exciting or fun.

YOUR BRAIN STARTS LINKING SCREENS WITH QUICK DOPAMINE

Because screens give your brain dopamine so fast, your brain begins to expect it. It learns, 'When I look at a screen, I get a quick reward.' That's why screens can be hard to put down sometimes.

THE MORE YOU GET, THE MORE YOUR BRAIN WANTS THE NEXT BURST

Your brain doesn't mean to be tricky — it's doing what all brains do. It wants more of whatever gives it dopamine quickly. So you might notice you want to go back to the screen even when you weren't planning to.

FOR A PRINTER FRIENDLY COPY OF THIS VISUAL TO SCAFFOLD CONVERSATION WITH YOUR CHILD, LIKE THE POST AND COMMENT CYCLE IN THE COMMENTS BELOW

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