

Highworth Combined School & Nursery

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Newsletter: 30th January 2026

Issue: 16

Letters sent home & e-School messages this week: Y6 Trip 2026 Update (Y5), Workshop, Readathon. Air Tags. PTA Valentine Disco, Message from Mrs Martin (Choir) Mrs Kern's Absence (5K)

Dear all

Just one message from me this week — and it's extremely important.

There is now clear and rapidly growing evidence that smartphones and unrestricted access to social media are causing serious and lasting harm to children and young people. As parents and carers of primary-aged children, you have a crucial window of time to act *before* your children reach secondary school, where pressures and exposure increase dramatically.

I cannot stress this strongly enough: please make it a priority to attend the virtual event on Wednesday, 4th February. This is an opportunity to hear the evidence directly, understand the risks, learn what you can do right now, and join a community of parents and carers who want to protect their children and choose a healthier path.

Your presence really matters.

Further information about the event is available in the attached flyer. You can sign up to attend using the QR code below or this link: <https://events.teams.microsoft.com/event/85cb7bfc-fb08-4722-a5e5-9227f93ccd4d@458ca429-a938-4a3a-af79-8a4a9e96d874>



Very best wishes for a happy weekend

Clare Pankhania

ATTENDANCE

To report your child's absence please telephone and leave a message or send an email to:

reception@highworthcombined.co.uk.

SCHOOL ATTENDANCE TARGET IS 96%

BEST ATTENDANCE: 98.5%

(CLASS 2M)

WELL DONE

WHOLE SCHOOL ATTENDANCE:

91.6%

DATES FOR YOUR DIARIES

NO CLUBS THIS WEEK

2nd February to 27th February

Readathon

Tuesday 3rd February

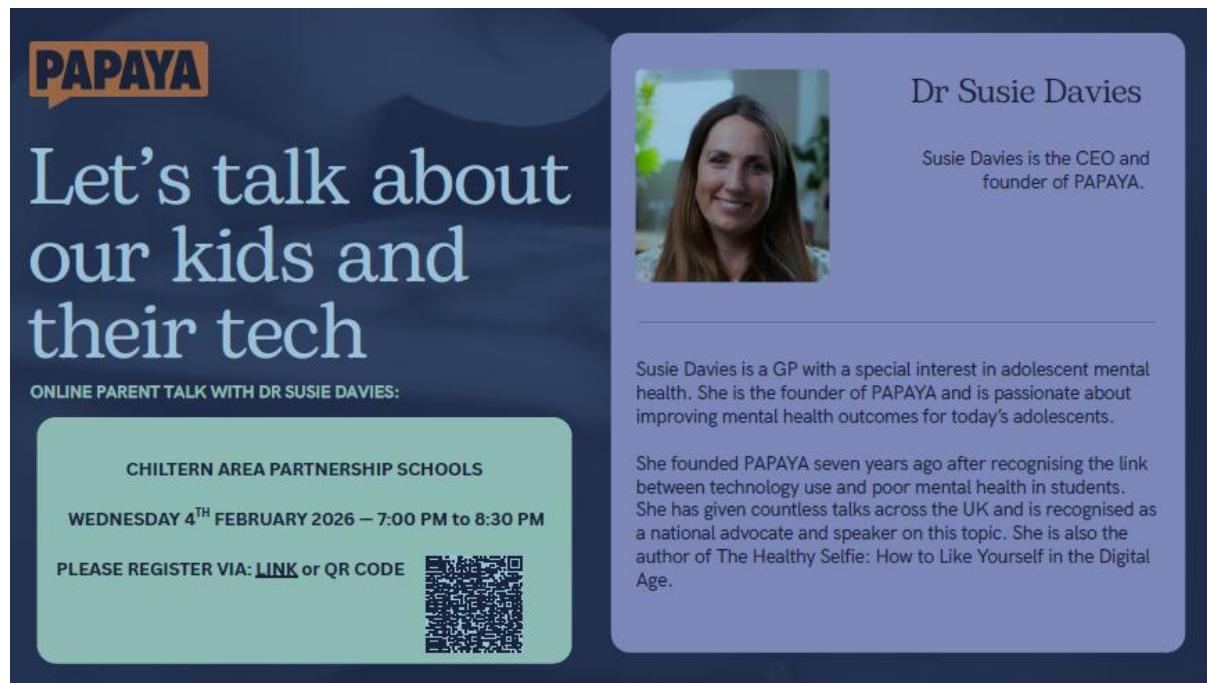
9am: Young Voices Assembly to parents/carers

pm: Young Voices Concert at Wembley.

Thursday 5th February

3.20pm: Boys' Football Match v Freith

PARENT ZONE



PAPAYA

Let's talk about our kids and their tech

ONLINE PARENT TALK WITH DR SUSIE DAVIES:

CHILTERN AREA PARTNERSHIP SCHOOLS

WEDNESDAY 4TH FEBRUARY 2026 – 7:00 PM to 8:30 PM

PLEASE REGISTER VIA: [LINK](#) or QR CODE



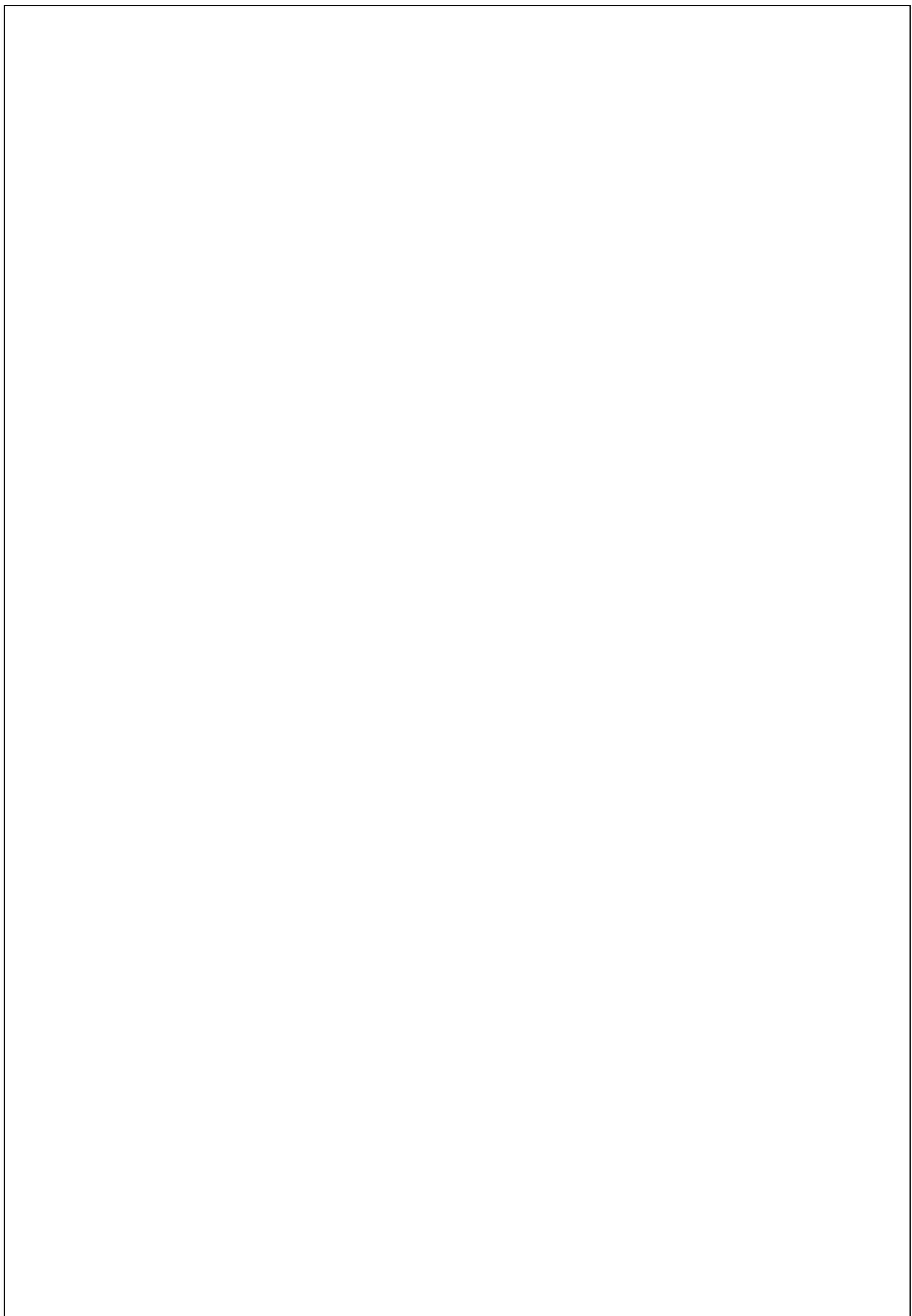
Dr Susie Davies



Susie Davies is the CEO and founder of PAPAYA.

Susie Davies is a GP with a special interest in adolescent mental health. She is the founder of PAPAYA and is passionate about improving mental health outcomes for today's adolescents.

She founded PAPAYA seven years ago after recognising the link between technology use and poor mental health in students. She has given countless talks across the UK and is recognised as a national advocate and speaker on this topic. She is also the author of *The Healthy Selfie: How to Like Yourself in the Digital Age*.





Highworth Friends PTA
present

Highworth's Valentine's Disco

THURSDAY 12TH FEBRUARY
6 - 8PM

Tickets | £3 on the door
All children must be accompanied by an adult





Buckinghamshire Family Learning



MAKE MATHS FUN

A FREE workshop for parents and carers of children from 3-11 years old, living in Buckinghamshire.

Easy, fun ways to help your child's understanding of maths.



Wednesday 18 February

10:00am-12:00pm

**Millbrook Adult Learning Centre,
Mill End Road, High Wycombe,
HP12 4BA**



**TO BOOK
YOUR PLACE**



01296 383582 - Enrolment team

SCAN the QR code

or CLICK on the course code link below



FMMN027

**FOR MORE
INFORMATION**



Nina - 07710 145234





Buckinghamshire Family Learning



FREE ONLINE WORKSHOPS

for parents and carers of children with
ADHD and AUTISM

SUPPORT YOUR CHILD WITH ADHD AT HOME

Course code: **FMAC135**

This course will give you practical strategies for supporting children with ADHD at home, help you understand ADHD and its characteristics, and guide you in creating a supportive environment. The workshop will also provide resources and signpost you to further information.



Wednesday 25th February



9:30am - 11:30am

SCAN ME



SUPPORT YOUR CHILD WITH AUTISM AT HOME

Course code: **FMAC134**

This course will give you practical strategies for supporting autistic children at home, help you understand autism and its characteristics, and guide you in creating a supportive, inclusive environment. The workshop will also provide resources and signpost you to further information.



Tuesday 3rd March



9:30am - 11:30am

SCAN ME



TO BOOK
YOUR PLACE



01296 383582 - Enrolment team

or SCAN the QR code

or CLICK on the course code link

FOR MORE
INFORMATION



07770 641997 - Kathryn



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adultlearningbc.ac.uk



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Buckinghamshire Family Learning



FREE ONLINE SCHOOL COURSES for PARENTS and CARERS

TO BOOK
YOUR PLACE

→ 01296 383582

OR SCAN the QR code or CLICK on the
course code link below

RECEPTION

EARLY READING

Simple, practical activities to boost your child's early reading skills with story sacks



Mon 23rd Feb - Mon 23rd Mar



Tue 24th Feb - Tue 24th Mar

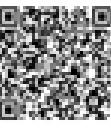
Thurs 26th Feb - Thurs 26th Mar



9:30am - 11:30am

Choose from 1
of these 3 dates

SCAN ME



Course code:
FMER021

YEARS 1 & 2

WELLBEING

Support your child's wellbeing and learn ways to help children deal with setbacks and build their resilience, both at school and home



Tue 24th Feb - Tue 24th Mar



12:30pm - 2:30pm

SCAN ME



Course code:
FMWB008

YEARS 1 & 2

READING & COMPREHENSION

Simple, practical activities to support your child with Reading and Comprehension



Mon 23rd Feb - Mon 23rd Mar



7pm - 9pm

Choose from 1
of these 2 dates

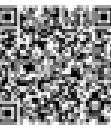


Wed 25th Feb - Wed 25th Mar



9:30am - 11:30am

SCAN ME



Course code:
FMRC067

YEARS 1 & 2

PHONICS & READING

Simple, practical activities to support your child with Phonics and Reading



Tue 24th Feb - Tue 24th Mar



9:30am - 11:30am

SCAN ME



Course code:
FMPR064



Buckinghamshire Family Learning



FREE SCHOOL COURSES for PARENTS and CARERS

TO BOOK YOUR PLACE → **01296 383582** OR SCAN the QR code or CLICK on the [course code link](#) below

YEARS 3 & 4

WRITING

Learn how you can make writing fun with your child

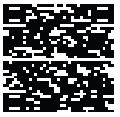


Mon 23rd Feb - Mon 23rd Mar

9:30am - 11:30am

Course code:
FMWG031

SCAN ME



YEARS 3 & 4

READING & COMPREHENSION

Simple, practical activities to support your child with Reading and Comprehension



Wed 25th Feb - Wed 25th Mar

6:30pm - 8:30pm

Course code:
EMRC059

SCAN ME



YEARS 3 - 6

WELLBEING

Support your child's wellbeing and learn ways to help children deal with setbacks and build their resilience, both at school and home



Wed 25th Feb - Wed 25th Mar

7pm - 9pm

Course code:
FMWB020

SCAN ME



YEARS 5 & 6

FUN WAYS TO BOOST YOUR CHILD'S GRAMMAR, VOCABULARY & PUNCTUATION

Build confidence in key grammar, punctuation, and vocabulary - to boost success at the end of KS2



Thurs 8th Mar
Thurs 12th Mar

← Choose from 1 of these 2 dates

6:30pm - 8:30pm

Course code:
FMWG033

SCAN ME



YEARS 4, 5 & 6

EXPLORING READING AND WRITING TOGETHER- Practical Tips for Parents

Discover simple, fun ways to make reading and writing fun at home while boosting your child's confidence, creativity, and love of stories



Thursday 19th March
Thursday 26th March

← Choose from 1 of these 2 dates

6:30pm - 8:30pm

Course code:
EMRC060

SCAN ME



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