



Rush Common School Newsletter



Friday 13th March 2026

Dream, Aspire, Succeed

Dear Parents/Carers

I would like to start this newsletter with our fantastic sports teams who have been busy across the last fortnight. Last Tuesday we sent a netball team to the Abingdon Schools Netball Festival and everyone had a great time competing against other teams. Our Girls Football Team competed in the Vale Schools Football Tournament last week coming second overall – a great achievement! Also, our Boys Football Team had a league match against St Nicolas School this week and won 4-0. Almost as impressive as our sporting talent and success, is the impeccable attitudes children show when competing, always humble in victory and gracious in defeat!

Last Thursday was World Book Day, and the children had a really great day dressed up as book characters. There were some very creative outfits, and some costumes that were clearly a while in the making! During the day, the children spent time discussing their favourite books, enjoyed 'Drop it and Read!' and were able to listen to staff from across the school reading them one of their favourite stories. As part of this, I had the pleasure of reading to our Preschool children, and I was really impressed with their focus and concentration when listening to the story. Reception children also received a visit from children's author Rob Jones (who is also one of our parents) and the children were utterly engrossed. Thank you to everyone for making the day such a huge success and a particular thank you to Mrs Neal who organised the day.

Throughout last week we held our Book Fair and, as always, it was really well supported. The children really enjoyed perusing the books on a class visit, and then choosing which books to buy with parents before and after school. Thank you to everyone who visited the Book Fair – every purchase earns money for the school. We do not yet have a total amount, but I should be able to let you all know in the next newsletter.

As you know, Mandarin is the modern foreign language we teach, and we often try to find ways to use the language across the school and increase understanding of Chinese culture. Recently, Mr Sealey our Mandarin Lead has been introducing phrases at the beginning of assemblies for the whole school to use, as well as signs on classroom doors. Last week, Mrs Tang, our Mandarin teacher gave a really enjoyable and informative assembly on Chinese New Year.

We have had two exciting school trips over the last fortnight, both with an animal theme. Last Tuesday, Year 1 went to Crocodiles of the World and had a lovely time learning all about these fascinating creatures. They certainly came back with a lot of facts! This week, Year 2 had a great day out at Cotswold Wildlife Park. It was lovely weather for the trip and the children thoroughly enjoyed the experience.

Today I was very pleased to send out the proposal for the School Zone on Hendred Way and Norman Avenue. I believe this will make a significant difference to road safety around the school. As you know, it is currently in the consultation phase with the local residents, and I will send you the final agreed plan following any feedback from the consultation.

Finally, I would like to say a huge thank you to everyone who has donated the voluntary £10 contribution this Term. As explained in the letter at the beginning of term, this help from you all is vital in supporting our school, and the response has been incredible. It makes a real difference!

I would like to wish you all an enjoyable and safe weekend as we look forward to the rest of the Spring Term.

Kind regards
Kristen Fawcett

Headteacher



School Dinners

The cost of school dinners this term is **£2.80** per day. Payment for school dinners can be made via ParentMail. Meal choices must be made at least 3 days in advance.



Homework Champions

Finn	3HC	Jessy	5LB
Henry	3CM	Arthur	5LB
Arthur	3CM	Elijah	5SC
Rosie	3CM	Noah	5SC
Ella	3CM	Scarlett	6JN
Mary-Kate	4EG	Omar	6JN
Will	4EG	Bertie	6JN
Ava	4TJ	Rowe	6JN
Noah	4TJ	Caitlyn	6JN
Asiah	4TJ		
Poppy	4TJ		

Secondhand Children's Book Sale

Wednesday 25th March, 3pm

In the school hall at pick up

Most books 50p each!

If you have any children's books to donate we will have crates outside the Music Room (to the right of BASC) at drop off and pick up for 2 weeks before the sale.



Safe around roads

“ *One act of bad driving robbed the world of a beautiful, intelligent and caring young person. Our lives have been turned upside down by our daughter’s death.* ”

Bereaved Dad whose daughter was killed in a car accident

It can be hard knowing how best to teach your child to stay safe. Here we help you to break it down and keep it simple.

Pedestrians – younger children

- Get young children into the habit of holding your hand or use walking reins
- Ask questions while you’re out to help them understand simple ideas like ‘fast’ and ‘slow’
- You can start teaching the Green Cross Code from age five, encouraging children to stop, look, listen and think
- But they won’t always remember safety rules, especially if they’re excited or spot a friend across the road
- Children will copy what you do, so try to avoid stepping into the road without checking for traffic first. If you can do the right thing, it will help them get into good habits.

Pedestrians – older children

- Children find it difficult judging the speed and distance of traffic until they’re at least eight. Accidents peak around 12, as children start making independent journeys
- Children learn by doing and practising. If they’re moving to a new school, help them practise the route over the holidays. Where are the safe places to cross? What should they do if they see their bus and they’re on the other side of the road?
- They can be mesmerised by their mobiles, so remind them not to talk or text on their phones or listen to music while crossing the road.



In the car

- Make sure your car seat is the right one for your child’s height and weight and for your car – not all seats fit all cars

Cycling

- Get your child into the habit of wearing their helmet. If you cycle as a family, remember to wear yours too
- Look out for cycle training. Many schools offer courses to help children gain practical skills.

 **Driving** – speed is everything when it comes to a child’s chances of survival. They’re 3.5 times more likely to die if hit by a car doing between 30-40 mph.

- Keep an eye on your speed
- Keep your phone in the glove compartment so it can’t distract you.

 capt.org.uk

 [@ChildAccidentPreventionTrust](https://www.facebook.com/ChildAccidentPreventionTrust)

 [@capt_charity](https://twitter.com/capt_charity)


child accident
prevention trust

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 overmedicalisation, 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, undermining 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.

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.

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 verification. This reduces young people's reliance on potentially harmful or misleading online sources.

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 Matron 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.



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.01.2024

This poster and others can also be viewed on the link below:

<https://www.rushcommonschoo.org/information-for-parents/other-useful-information-2/online-safety-information/>

Dates for your diary 2026

Parents' Evening	Week of the 16th March
Year 1 Curriculum Assembly	Tuesday 17th March at 9.00am
Weight and Measure Programme (Reception And Year 6 Children Only)	Wednesday 18th March
Red Nose Day	Friday 20th March
Year 2 Curriculum Assembly	Tuesday 24th March at 2.30pm
Year 3 Curriculum Assembly	Wednesday 25th March at 9.00am
FoRC Second Hand Book Sale	Wednesday 25th March at 3.00pm
Science Fair	Thursday 26th March
End of Term 2b	Friday 27th March at 1.30pm
Start of Term 3a	Monday 13th April
Year 5 Liddington Residential	Wednesday 15th – Friday 17th April
Year 6 SATs Information Evening	Thursday 16th April at 5.00pm
May Bank Holiday (children not in school)	Monday 4th May
Reception Trip to Roves Farm	Wednesday 6th May
KS2 SATs Week	Week of the 11th May
Whole School Picnic and Open Afternoon	Friday 22nd May
End of Term 3a	Friday 22nd May
Inset Day (Children Not in School)	Monday 1st June
Start of Term 3b	Tuesday 2nd June
Class Photos	Thursday 4th June
Phonics Screening	Week of the 8th June
Vision Screening (Reception Children Only)	Thursday 18th June
Reception and KS1 Sports Day	Friday 19th June 9.00am – 12.00pm
Reception and KS1 Back Up Sports Day	Tuesday 23rd June 9.00am - 12.00pm
Year 6 Call of the Wild Residential	Monday 29th June – Friday 3rd July
Reception Curriculum Assembly	Wednesday 1st July at 2.15pm
Move Up Morning	Wednesday 8th July
KS2 Sports Day Tilsley Park	Friday 10th July 9.00am - 2.00pm
KS2 Back Up Sports Day Tilsley Park	Thursday 16th July 9.00am - 2.00pm
End of Term 3b	Friday 17th July at 1.30pm

Local Community News

Please note items and events detailed below are for information purposes only. Rush Common School do not endorse or make recommendation

COME & TRY NETBALL

INTRODUCING NEW SESSIONS FOR YEAR 4, 5 AND 6!

ABINGDON CENTRE JUNIOR NETBALL CLUB

ALL PLAYER LEVELS WELCOME! ★

MONDAYS 6 - 7PM
JOHN MASON SCHOOL, ABINGDON

A FUN AND FRIENDLY CLUB FOR PLAYERS AGED 8 - 18.

★ **CONTACT:**
acj.netball.club@gmail.com
TO SIGN UP FOR YOUR FREE TASTER TODAY!



FOOTBALL FOCUS DC Abingdon

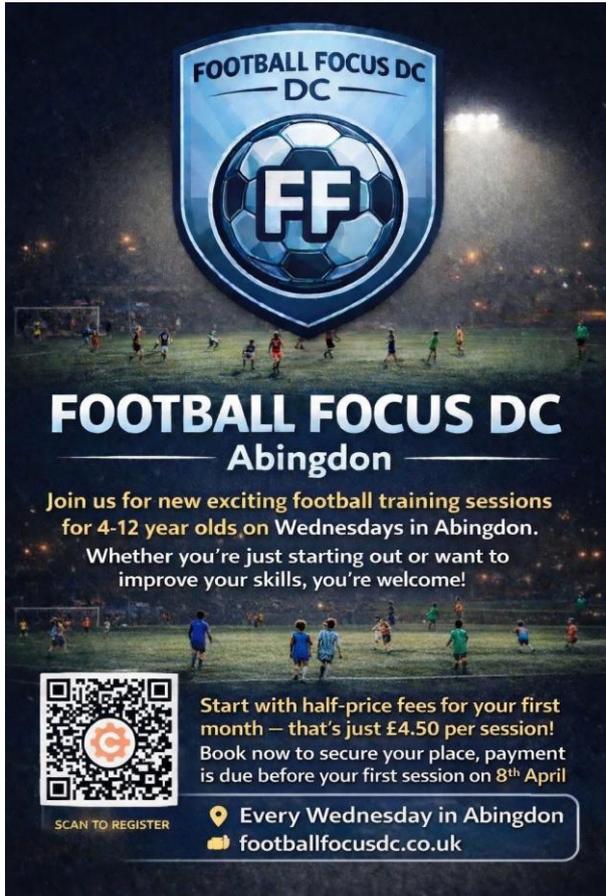
Join us for new exciting football training sessions for 4-12 year olds on Wednesdays in Abingdon. Whether you're just starting out or want to improve your skills, you're welcome!



Start with half-price fees for your first month – that's just £4.50 per session! Book now to secure your place, payment is due before your first session on 8th April

Every Wednesday in Abingdon
footballfocusdc.co.uk

SCAN TO REGISTER



TRAMPOLINE HEIGHTS CLUB

Wednesday Trampoline 15.45-16.30

Trials available

Beginners - Improvers

6 years+



White Horse Leisure Centre Abingdon email deb@heightsclub.uk

HEIGHTS CLUB @ WHITE HORSE LEISURE CENTRE ABINGDON

Friday Tots



Fridays 13.50 14.35

Trampoline & Tumble Toddlers Class 3-5yrs
£6.40 x the weeks in the term
Trials are available

Semi-structured with coach & parent
include time on the trampoline learning shapes and body landings, plus basic gymnastics skills on the air track



For more information, email to book a slot
deb@heightsclub.uk



Menstrual Health and
Period Education Advocates

March 2026

Dear Parents and Carers,

ALL YOURS PERIOD BOXES

It won't be long until the Easter break and we want to make sure everyone has the period products they need ahead of the holidays. If you need to order a free, confidential box please pop over to <https://www.allyoursbox.co.uk/request> and let us know soon. You can order a range of disposable and reusable products via our website. If we can't deliver to you directly, we'll let you know how to find your nearest collection point.

MAKING ORDERING EASIER

We want the process of ordering an All Yours box to be as easy as possible so here are our top tips for getting what you need in plenty of time:

Don't leave it until the last minute – our boxes are delivered by a network of volunteers. They cannot offer next day delivery or emergency deliveries. Please order in plenty of time for your next expected period and allow at least 21 days for delivery. If you do need period products urgently, you can collect a period box from one of our collection points which are listed on our website: <https://www.allyoursbox.co.uk/box-collection-points>

Double check your email address - please double-check that you enter your email address correctly on the request form when ordering from us. Sometimes we need to contact you to:

- Clarify delivery details
- Ask about your request
- Let you know if a specific product isn't currently available

If we can't reach you, unfortunately we can't deliver your box, and we never want anyone left wondering what's happening. A quick check before submitting makes all the difference.

Order for everyone at once – please order for everyone in the household in one go. This saves our volunteers making multiple trips to the same address. Just let us know in the box on our form how many people needs products and what they would like, and we can deliver them all together in one delivery.

With best wishes,

All Yours

All Yours Period Box CIC – www.allyoursbox.co.uk
Facebook & Instagram - @allyoursmonthly



Performing Arts Workshops

Join us for another day of music, drama, singing, voice work, movement and performing!

30th March
9am – 3pm Ages 5–11

Venue: Horspath Village Hall OX33 1RT

£60 each
Book now!
<https://bookwhen.com/dramaclubs>

@PERFORMING_ARTS_WORKSHOPS
Instagram.com/performing_arts_workshops

Book now!



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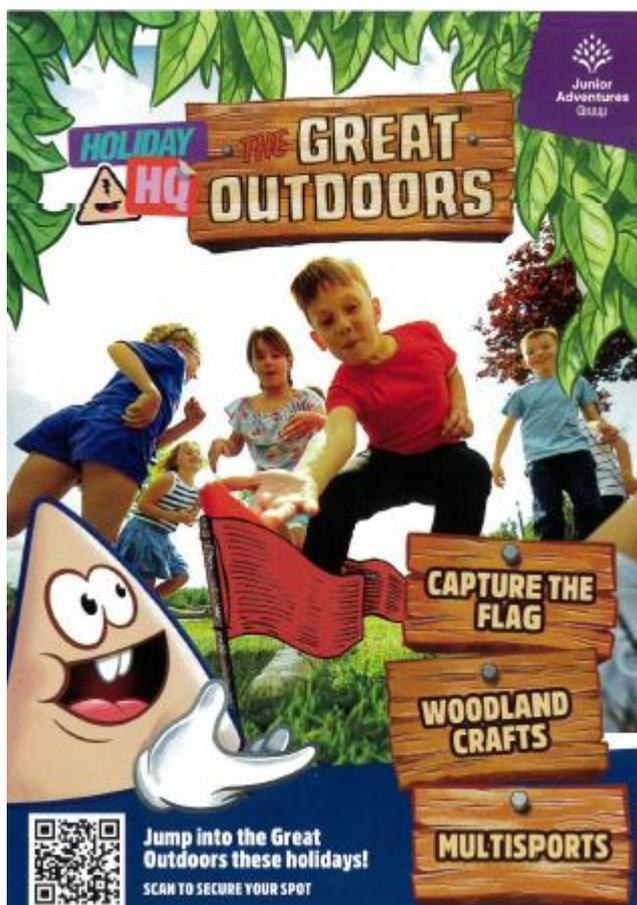
31st March
9am – 3pm Ages 5–11

Venue: Tatham Hall, Northcourt Centre, Abingdon

£60 each
Book now!
<https://bookwhen.com/dramaclubs>

@PERFORMING_ARTS_WORKSHOPS
Instagram.com/performing_arts_workshops

Book now!



HOLIDAY HQ THE **GREAT OUTDOORS**

Junior Adventures GROUP

CAPTURE THE FLAG

WOODLAND CRAFTS

MULTISPORTS

Jump into the Great Outdoors these holidays!
SCAN TO SECURE YOUR SPOT



An Easter Packed with Adventure.

ACTION-PACKED SCHOOL HOLIDAYS FOR EVERY AGE. NOT JUST CHILDCARE BUT A DESTINATION!

WEEK 1: WILDLIFE & DISCOVERY
EXPLORE. CREATE. DISCOVER.

- ✂ Camouflage Mask Making
- 🐦 Bird Feeder Creations
- 🌸 Wildflower Seed Pops
- 🔍 STEM Magnifying Discoveries
- 🏏 Kwik Cricket & Outdoor Games

Creative mornings, active afternoons and plenty of fresh-air fun.

WEEK 2: SURVIVAL & ADVENTURE
BUILD. COMPETE. CONQUER.

- 🗝 Escape Room – The Lost Explorer
- 🚣 Escape & Evasion Games
- 🛶 Mini Raft STEM Challenge
- 🐊 Crocodile River Crossing
- 🚩 Capture the Flag – Wildlands

PLUS 31ST MARCH
MAKE YOUR OWN LABORDOR!
CREATE IT, BUILD IT, TAKE IT HOME.

- ✓ Childcare Vouchers Accepted
- ✓ Weekly Booking Discounts
- ✓ Flexible Payment Options
- ✓ Tax Free Childcare

Scan here to book now or find out more!

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