



Rush Common School Newsletter

Friday 23rd January 2026



Dream, Aspire, Succeed

Dear Parents/Carers

Thank you to everyone who completed our annual Parent Survey, especially as we ended up having two surveys open at the same time with the Ofsted Inspection. Your feedback is really important to us and we have analysed both the responses to the questions and the free text section to understand your views and consider themes for improvement. Overall we were pleased with the results and some of these are below.

95% of parents agreed or strongly agreed that their child is happy at this school
96% of parents agreed or strongly agreed that their child feels safe at this school
93% of parents agreed or strongly agreed that the school makes sure it's pupils are well behaved
95% of parents agreed or strongly agreed that the school has high expectations for their child
98% of parents agreed or strongly agreed that their child does well at this school

Importantly, the free text section gave some context to where parents had not agreed with some of the statements, and we have considered where there are similar views from multiple parents. There are three main themes emerging from this: provision for children at playtimes, the efficiency of communications from the school to parents (including more pupil progress updates) and places at extra-curricular clubs.

With regards to provision at playtimes, we are preparing to have a launch with children of our re-imagining of playtimes. This has involved seeking children's views, including through School Parliament, and purchasing playground markings and equipment through our Tesco Blue Coin Scheme money. We have had to think very carefully about how to make this go as far as possible, and the timely contributions we are gratefully receiving from parents will help us continue purchasing or replacing equipment going forward. Mrs Kendry is leading in this area and will update parents accordingly.

With regards to the other themes emerging from the survey, we will be considering these in Leadership meetings in order to make improvements over time. I will update you all accordingly.

Last week our library was transformed into a Space theme for our annual Prayer and/or Reflection Space. I hope the children have talked to you at home about their experience of this, as I saw so many children really enjoying and appreciating this opportunity to calmly reflect. Year 6 children gave some feedback at the end of the week and I have included some lovely quotes below.

'I liked Prayer and Reflection Space because it made me think deeper into my thoughts than I usually would'
'I enjoyed the space as it let me just think who I am'
'I liked the 'Sorry' area because I got to scrunch up any negativity and threw it away'
'My favourite area was 'Thanks' because it helped me to be grateful for what I have'

A final word for our Sports Teams over the last fortnight, with our Swimming Team out at an Abingdon Schools Swimming Gala and our Girls and Boys Football B Teams playing Caldecott School this week. For many of these children it was the first time they have represented the school, and we are proud of their efforts and the way they competed.

Finally, I would like to wish all of our families a safe and enjoyable weekend as we look towards the rest of this exciting term.

Kind regards

Kristen Fawcett
Headteacher



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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

Isabelle	3HC	Emily	5SC
Hugo	3HC	Sophie	5SC
Suvi	3HC	Sara	5SC
Ellie	3CM	Isaac	5LB
Austin	3CM	Sophie	5LB
Josh	3CM	Lydia	6JN
Andrew	4TJ	Dylan	6JN
Scarlett	4TJ		



Friends of Rush Common



Pop-up School Uniform Shop

Tuesday 27th January

3-3.30pm Outside the FORC Shed

Come and let us know what you need and we will look to see if we have any preloved uniform in stock.

Prices start from £1

Come along and grab a bargain!



- V-neck Sweatshirts - Sweatshirt Cardigans - PE T-shirts
- Book Bags - PE Bags - Dresses - Trousers - Shorts - Skirts
- Joggers - Sweatshirts - Hoodies - PE Shorts - House T-shirts

All 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. Further guides, links and tips, please visit [thenationalcollege.com](https://www.thenationalcollege.com).

What Parents & Educators Need to Know about DIGITAL DEVICES & WELLBEING

Children aged 7 to 14 now spend roughly 4 to 6 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 can expose children to unrealistic standards, peer comparison, and cyberbullying. Children may feel pressured to engage in risky behaviors 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 behavior.

Advice for Parents & Educators

SET CLEAR BOUNDARIES

Establish screen-free times and device-free zones, e.g., bedrooms 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 behavior. Demonstrate balanced device use, take regular screen breaks, and prioritize face-to-face interactions to reinforce positive behavior. Making a habit of putting your phone away during meals and conversations sets a clear 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 15 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, recognize 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 practice spotting false information.

Meet Our Expert

Adam Elliott is Associate Vice-Principal for Personal Development at Pendennis Grammar School and works on secondment one day a week for Mindful Aloud, which works with schools on improving their mental health provision.



#WakeUpWednesday

The National College

X @wake_up_weds

f /www.thenationalcollege

ig @wake.up.wednesday

spotify @wake.up.weds

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

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

Dates for your diary 2026

FoRC Uniform Sale	Tuesday 27th January 3.00pm - 3.30pm
Year 4 Curriculum Assembly	Thursday 29th January at 9.00am
Books at Bedtime	Thursday 29th January Preschool and Reception 4.00pm – 4.40pm Year 1 and 2 5.00pm -5.40pm
Year 5 Curriculum Assembly	Thursday 5th February at 9.00am
Year 5LB Trip to the Planetarium	Friday 6th February
End of Term 2a	Friday 13th February
Start of Term 2b	Monday 23rd February
Travelling Book Fair	Tuesday 3rd – 6th March
Crocodiles of The World Year 1	Tuesday 3rd March
World Book Day	Thursday 5th March
Year 2 Trip to Cotswold Wildlife Park	Wednesday 11th March
Parents' Evening	Week of the 16th March (Days and times tbc)
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
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 8 th June
Vision Screening (Reception Children Only)	Thursday 18 th June
Reception and KS1 Sports Day	Friday 19 th June 9.00am – 12.00pm
Reception and KS1 Back Up Sports Day	Tuesday 23 rd June 9.00am - 12.00pm
Year 6 Call of the Wild Residential	Monday 29 th June – Friday 3 rd July
Reception Curriculum Assembly	Wednesday 1 st July at 2.15pm
Move Up Morning	Wednesday 8 th July
KS2 Sports Day Tilsley Park	Friday 10 th July 9.00am - 2.00pm
KS2 Back Up Sports Day Tilsley Park	Thursday 16 th July 9.00am - 2.00pm
End of Term 3b	Friday 17 th 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





FREE FUN FOR ALL THE FAMILY!
MOST SUITABLE FOR 5-16 YRS

SCIENCE BAZAAR

Saturday 21 February 2026

9:30am - 11:30am Relaxed autism-friendly early opening
11:30am-4pm Open to all

Fun activities, hands-on workshops, experiments, talks, show, competitions and cafe





BOOK
TICKETS



**MORGAN
SINDALL**
CONSTRUCTION

www.brookes.ac.uk/sciencebazaar
sciencebazaar@brookes.ac.uk

 @OxfordBrookesPublicEngagementResearch
 @oburesearchpublicengagement

Oxford Brookes University, Headington Campus, OX3 0BP

NO PARKING ON SITE EXCEPT FOR ACCESS NEEDS



School holidays just got more exciting!
Fresh air, freedom and adventure!



Ready for a school holiday full of excitement?

Active Adventures at Youlbury is the ultimate outdoor adventure club for children aged 8–16. Packed with thrilling challenges, nature connection activities, and epic team games, each day offers a new adventure to inspire a love for the great outdoors!

www.scoutadventures.org.uk/events



Give your child an unforgettable school holiday filled with fresh air, freedom and adventure!

Set within 42 acres of stunning woodland in rural Oxfordshire at Youlbury, Boars Hill, children aged 8–16 will take part in a daily programme of non-stop outdoor action. With expert instructors leading the way, creating a safe and supportive environment where children run, climb, explore, and build confidence while unplugging from screens and having a blast with friends in the great outdoors!

What's on offer:	When is it:
<ul style="list-style-type: none"> High-energy adventures such as archery, spinning, and climbing. Fun team building games and problem-solving challenges. Survival skills such as shelter building, backwoods cooking and fire lighting. Connect with the natural world with mindful activities, outdoors arts and crafts, wildlife spotting, and nature walks. 	<ul style="list-style-type: none"> Running throughout school holidays – February, Easter, May, Summer and October (see website for dates). 9am–5pm daily. Early drop off (from 8am) and late pick-up (until 6pm) available. Participants can attend individual days, or the entire week.

Pricing:
£35 per day, per child. Save 10% on a 5-day block and each additional child.

Book now and join the adventure!

www.scoutadventures.org.uk/events
 ✉ activeadventures@scoutadventures.org.uk
 📍 Scout Adventures Youlbury, Boars Hill, Oxford OX1 5HD



Dear Parent/Carer

Christ's Hospital is a remarkable day and boarding school for students aged 11–18, known for combining academic ambition with a deep belief in opportunity for all. Named Independent School of the Year 2024/2025, we welcome students from all backgrounds, with around 650 of our 830 students receiving financial assistance.

We are delighted to invite you to our Open Morning on Saturday 7 March, a wonderful opportunity to discover what makes Christ's Hospital such a distinctive and inspiring place to learn and live.

During the morning, you will have the chance to:

- Meet Matthew Judd, Head of Christ's Hospital
- Hear directly from students about life at the school
- Enjoy a student-led tour of our remarkable campus
- Experience our iconic Band Parade, a vibrant tradition that brings the whole school together

To book your place, please **click here**.

We very much look forward to welcoming you to Christ's Hospital.

Best wishes,

Christ's Hospital



School's out. Huge inflatable is in!

**River Academy
Open School Holidays**

www.thebouncepark.com/reading