Littlegreen Academy

We've embraced thrive in our Setting

SOLENT Academies Trust

Weekly Newsletter: Friday 6th February 2026

Littlegreen Academy's Vision

Our vision is that all pupils at Littlegreen Academy will grow to be confident adults who communicate well, so that they can live healthy, happy, and successful lives.

The foundation of all our endeavours in everything we do.

Class of The Week: Kingley

Kingley Class are working hard in their first year of working towards their ASDAN qualification in Personal and Social Effectiveness.

In the first term Pupils completed a number of challenges based on their Health and Wellbeing. These included creating exercise plans, identifying ways to reduce or manage stress, looking at the positive and negative effects of influencers, looking at the importance of good hygiene and presenting information about the nutrients that are important for our health.

This term they have completed a number of challenges based on sport and leisure. These included looking at how you use your time during the week, surveying participation in sport, trying out a group leisure activity, finding out about leisure activities in the local area suitable for different groups of people and organising a day out to visit Brighton Pavillion.

After half term we will be looking at longer challenges based on how a menu can be made healthier and taking part in a range of indoor activities.

Right of the week

Access To Information

Children have the right to get information from the Internet, radio, television, newspapers, books and other sources. Adults should make sure the information they are getting is not harmful.

Forthcoming Events

9-15th February- Children's Mental Health Week

16th – 20th February Spring Half term

2nd – 6th March- Careers Week

30th March – 10th April- Easter Holidays

13th April- Inset Day

Subject of The Week: Science

In Science / STEM this term we have been investigating the Why & How.

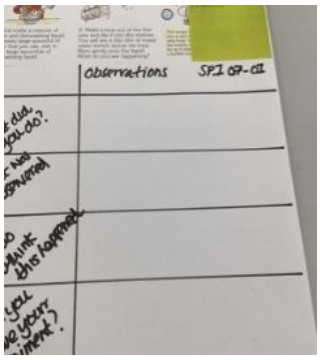
Pupils constructed observation sheets and chose investigations to explore. This is a test run for our new STEM boxes that we will introduce to the school in Spring term 2.

Charlie, made his own bubble mixture, using his own measuring skills, and adapting the mixture to make a massive bubble and wand.

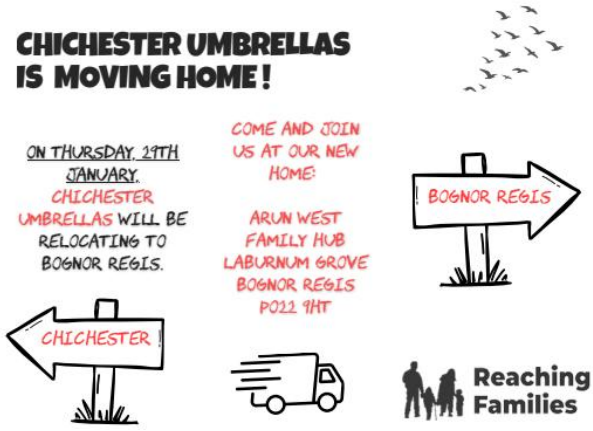
Jacob was exploring – If investigations change when taken outdoors, and with clear supervision from Pierre in Forest school, was able to make a larger version of the 'Screaming jelly baby 'Investigation.

Allowing pupils to make choices about what they would like to explore engages and excites.

The laboratory is always busy.



Information



E-Praise

Congratulations to our top point scorers of the week:

Luca from Harting class for upper school

Alfie from Ash class for lower school

Value of the Week- Kindness

Cooper and Harrison have both been nominated for Bignor Class for showing **Kindness** to their peers during tricky times.

Oscar F in Kingley Class has shown Kindness by always being willing and ready to share treats with his peers and adults.

Callum in Halnaker Class has been chosen for displaying good manners and being polite and **Kind** to staff members.

Willows nomination is Ethan, for always showing **Kindness** to staff and peers.

Albie from Ash Class has been showing fantastic **Kindness** towards his class peers and teachers.

Oaks class Eddie-Lee has shown great **Kindness** and has worked hard this week.

RSHE Newsletter: Spring Term 1 – Less Screen Time

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Did you know?

The relationship between dopamine, addiction and technology . . . .

The major contributor to the incedible draw of technology is a chemical in the brain called dopamine, which is linked to anticipation, pleasure and reward. Dopamine is released when our brains think something posiitive is going to happen.

For example,when we look at a box of chocolates (add your own!), dopamine is released as our brains antipate eating one (or three!) and delicious they will be. It's released before the chocolate is even in our mouth. This makes it even harder to resist. Dopamine is th brain's prehistoric signal that an activity is safe, happy and pleasurable. Unfortunatley our brain can be tricked (something app and social media designers have taken full advantage of) and it often wrongly encourages us to repeat activities that aren't necessarily benficial.

Tech companies have manipulated the dopamine-reward pathway by designing platforms and apps that provide a constant stream of anticipatory cues such as notifications, likes, streaks and messages.

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What is happening?

Do you think it is by chance that tech companies have invented something that's so appealing and addictive? The brightest brains in tech have been calculating, researching and testing the best way to make apps addictive.

Although most apps are free to download, they do have an expensive price tag – your time, attention and well-being. This has been termed the 'attention economy' – apps are competing for your attention by using AI algorithms to keep you engaged, and they want you to spend as much time as possible scrolling and messaging.

How much time do we spend on our phones?

Hours spent	Total
Per day	
Per week (x7)	
Per year (x52)	

You can find the info out by checking your screen time in the settings of your phone.

Face-to-face relationships are vital for well-being.

What are the benefits and challenges?

Signs we might be addicted to our phones . . . .

	Tick if it applies to you
I sleep with my phone next to me or under my pillow	
I scroll myself to sleep	
My phone is the first thing I check in the morning	
I lie about how much time I spend on my phone	
My friends and family have expressed concern about the amount of time I spend on my phone	
I have trouble getting things done at school or home due to the time I spend on my phone	
I check my phone whilst doing other activities	
I am constantly distracted by my phone	
I check social media accounts repeatedly and become anxious if I'm unable to do so	
I feel angry or irritable if my phone use is interrupted	
I have had an accident or injury due to phone use	
I have a small or non-existent in-person social life, but have lots of friends on social media	
I feel isolated and struggle to connect with my friends and family	
I reach for my phone in moments of boredom or to alleviate stress	
I have experienced phantom vibration – thinking my phone is buzzing when it's not	
I have trouble limiting phone use and find it hard to stop using it	

This app rewards you for not checking your phone. When you use the app, you turn on the timer for a designated period – for example, one hour while you are doing something. Whilst the timer is on, your screensaver becomes a handy reminder not to check your phone, as it has prompts like 'don't look at me'. If you complete the time without checking your phone, you earn tokens as a reward and these tokens go towards planting real trees.

Who can help?

Childline: A free, confidential helpline run by the NSPCC for children and young people under 19 in the UK.

CEOP: Child Exploitation and Online Protection

Alternatively, feel free to email either Fay or Kate: fay.cripps@littlegreenacademy.info or kate.dennis@littlegreenacademy.info

Communication Strategies:

- Be approachable.
- Be supportive.
- Be open and honest.
- Revisit topics and conversations.
- Use intuition.
- Listen and check understanding.
- Give unconditional respect.
- Use humour.