

12 June, 2026



Wicklewood Weekly

This week saw our Year 5 and 6 Girls cricket team take part in the South Norfolk cricket competition in which they competed against 7 other local school teams.

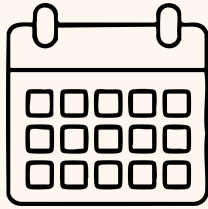
Throughout the day, they all demonstrated outstanding teamwork, resilience and determination despite all the hail, storms and breaks!).

They progressed from their group after winning 3 out of 3 games which meant they made it into the top two final play-off.

After a close run game against Wreningham, it was announced that the team had qualified for the County Cricket Final next week! Here, they will play against 14 schools from all across Norfolk at Horsford Cricket Club.

Congratulations girls, and good luck next week!





Dates:

16 June–Y5/6 Girls Cricket County Final
19 June–Y5 Bikeability
24–25 June–Norfolk Show
30 June–Y2 How Hill trip
2 July–YR Bewilderwood trip
3 July–Summer Festival – from 3pm
10 July–Open Doors from 2:30
16 July–Y6 Eaton Vale trip
17 July–End of Term

Every Day Matters



It is a statutory requirement for children to attend school every day.

This week's winners are Swift Class with 99.5%!

We welcomed two of our parents into assembly this week. Scott Mardon and Shaun Munday spoke to the pupils about the medical support bracelets and medical information platform they are developing and the interest they have had from across the world. Scott's daughter Amiyah has inspired their work to enable anyone with a medical condition to have instant access to support information to help responders and professionals. We're very proud of their work and hope to support them in their development work.

Pokemon Cards

We are aware that children have started bringing in Pokemon cards into school. We would encourage any form of trading to be done within their own year groups to support positive interactions and fair swaps. We also recommend that they should leave their more valuable cards at home.

Uniform Reminder

Just a reminder to ensure that your child's clothing/bags/bottles are named/labelled as we have an increasing amount of lost property and would love to return it to the owners!

From the National Literacy Trust's survey of children's reading in 2026: "Children and young people who enjoyed reading and read daily were most likely to say that reading supported their learning, relaxation and wellbeing, as well as helping them to understanding themselves and others."

Please continue to support your child reading as often as possible. Reading has huge positive effects beyond simply helping to improve reading ability!

What Parents & Educators Need to Know about TECHNOLOGY ATTACHMENT

WHAT ARE THE RISKS?

In today's digital age, children are increasingly forming emotional and habitual attachments to their devices. With 96% regularly accessing the internet and nearly half engaging in live streaming or content sharing, their online presence is greater than ever. This guide explores the phenomenon of technology attachment in young people and offers expert advice on fostering healthier digital habits.

WIRED FOR REWARD



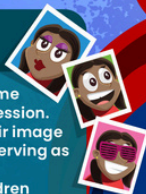
Children's brains are particularly sensitive to reward-based stimulation, and some digital platforms, especially those offering quick-hit content like short-form videos, are designed to exploit this. The instant gratification of likes, comments, and rapid scene changes triggers dopamine releases, making these interactions highly addictive. Over time, this may contribute to changes in attention patterns and a reduced inclination towards activities that involve prolonged focus or delayed gratification, such as reading, problem-solving, or creative play.

NIGHT-TIME TECH HABITS



Screen use late into the evening can disrupt natural sleep patterns by suppressing melatonin, the hormone that regulates sleep. Children engaging with stimulating content may experience delayed bedtimes, lower sleep quality, and increased fatigue during the day. Additionally, fear of missing out (FOMO) on online interactions can cause anxiety and resistance to logging off, creating a cycle of late-night engagement and tired mornings.

SHAPED BY SCREENS



For many children, digital spaces have become a key arena for identity exploration and expression. Social media encourages them to curate their image carefully, with likes, comments, and shares serving as social validation. This environment can tie self-esteem to online feedback, making children vulnerable to comparison, self-doubt, and pressure to present a perfect version of themselves, even when it doesn't reflect reality.

DIGITAL WORLD DANGERS



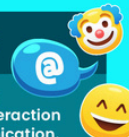
The internet can expose children to unfiltered content, some of which may be inappropriate, misleading, or harmful. Cyberbullying, exposure to idealised lifestyles, and online predators are all risks children face, often without fully understanding the consequences. Misinformation can shape distorted worldviews, while constant comparison to others can erode self-confidence. Without guidance, children may internalise these digital dangers, impacting their emotional and mental health.

DIGITAL DEPENDENCY BUILDS



Devices often become digital comfort blankets. In moments of boredom, anxiety, or loneliness, children may instinctively reach for screens to self-soothe. This reliance on digital distraction limits their ability to develop healthy coping mechanisms, such as mindfulness, conversation or physical activity. As the habit builds, their dependency may displace real-world experiences and emotional resilience.

FRIENDSHIPS & FILTERS



Technology transforms how young people socialise, often replacing face-to-face interaction with text-based or image-based communication. While messaging apps and social media enable connection, they may also limit emotional expression and the development of essential interpersonal skills, such as tone recognition, empathy, and reading body language. As a result, some children may become less confident with exchanges in person and more reliant on digital personas to navigate friendships.

Advice for Parents & Educators

READ THE ROOM



Pay attention to behavioural changes that may signal unhealthy tech attachment. This includes mood swings, increased secrecy about online activity, withdrawal from family time or hobbies, and visible distress when separated from devices. These cues can indicate deeper emotional reliance or even exposure to distressing content. Early recognition allows for proactive support and meaningful conversation.

DON'T WAIT, REACH OUT EARLY



If a child's relationship with technology starts affecting their emotional wellbeing, school performance, or social connections, don't hesitate to seek help. Open up discussions with teachers, pastoral staff, or digital wellbeing professionals. Early intervention is key, and a supportive network can provide tools, resources, and reassurance for both children and adults navigating this evolving digital landscape.

SHAPE DIGITAL BOUNDARIES



Create a balanced digital environment with clear guidelines on when and how devices can be used. This includes screen-free zones (e.g. bedrooms, dining tables), app restrictions, and time limits. More importantly, involve children in these decisions and explain the reasoning behind them, even reflecting upon your own digital use so they can see it's something we all have to manage. Turning boundaries into a dialogue, not just directives, helps build trust and encourages self-regulation.

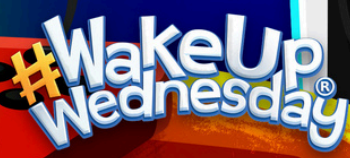
SET THE STANDARD



Children often model the behaviour they see. When adults demonstrate healthy digital habits, such as prioritising face-to-face conversation, balancing screen time with other activities, and using devices with purpose, children are more likely to follow suit. Share your own positive uses of technology and invite children to do the same. This collaborative approach helps demystify tech use and encourages responsible engagement.

Meet Our Expert

Philippa Wraithmell is an award-winning educator, author of *The Digital Ecosystem*, and founder of EdRuption and Digital Bridge. Digital Bridge supports the relationship between families and technology, empowering everyone to be balanced and digitally well. With over 15 years in digital education and wellbeing, she supports families, schools, and governments to build balanced and safe digital cultures.



Wildlife Explorers

Wymondham, Norfolk

Join Us!

Get inspired by nature and discover local wildlife with our new nature group for 8-12 year olds. It takes place at Rothbury Community Hall, 18 Rothbury Rd, Wymondham, NR18 0LD

We meet on the second Sunday of each month, 10:00-11:30am

£1 (RSPB member) or £2 (non-member)

Contact: alex.price@rspb.org.uk to sign up!



Find out more

<https://group.rspb.org.uk/wymondhamwex/>