

# Frogwell Primary School Newsletter

12<sup>th</sup> May 2023



## Attendance

This week's attendance was **up** at 95.2%.

The top three classes were:

1. Dahl Class 100%
2. Rowling Class 98.3%
3. Lewis Class 97.3%

The highest attending class each week wins extra playtime or another activity chosen by the class. Please remember that the school is required to refer children who have 10 or more sessions of unauthorised absence to the Education Welfare Officer, and that each school day has two sessions.

## Online safety information – social media and mental health

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it's needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

### What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

- 1. UNDERSTAND THE ALGORITHM**  
 Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause worry, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.
- 2. AVOID THE MAIN FEEDS**  
 Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.
- 3. DISCUSS WHAT THEY'VE SEEN**  
 Chatting about what your child's seen online keeps you aware of the content they're interacting with, don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.
- 4. LEARN HOW TO HIDE CONTENT**  
 If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.
- 5. SET DAILY LIMITS**  
 Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for example to follow – ground device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.
- 6. MONITOR THEIR ACTIVITY**  
 Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.
- 7. TURN OFF PUSH NOTIFICATIONS**  
 Even for adults, it's tempting to check an email or message as soon as the alert sound rings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and these notifications will still be there later, when we have more time.
- 8. USE DEVICES TOGETHER**  
 Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in missed opportunities for parental guidance. You could consider making a particular area of the home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.
- 9. ENCOURAGE OTHER ACTIVITIES**  
 Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our overall wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.
- 10. TALK ABOUT PEER PRESSURE**  
 Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but just like offline life – the digital world can be a place where children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

**Meet Our Expert**  
 Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.

**NOS National Online Safety**  
 #WakeUpWednesday

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## School and children's news

Well done to Teghan M who completed a Cancer Research UK Race For Life.

### Coronation Picnic

The children had lots of fun at our Coronation Picnic event. Children came dressed as Kings or Queens or in red, white and blue and we had some fabulous outfits! We also had a crown competition, where our winners were Teddy W, Sarah G, Ruby P, Callum P, Paige R and Chloe S. We ended with a playground disco complete with a conga line. Thank you to all the parents who donated bunting to help decorate the playground. We also had a very popular cake sale after school - thank you to everyone who provided cakes.



## Diary dates for 2022-23

<b>Monday 22<sup>nd</sup> May</b>	Open Classrooms 15.05-15.30
<b>Fri 26<sup>th</sup> May 2023</b>	Last day of Term 5
<b>29<sup>th</sup> May – 2<sup>nd</sup> June 2023</b>	Half term
<b>Mon 5<sup>th</sup> June 2023</b>	Start of Term 6
<b>Wed 28<sup>th</sup> June</b>	6pm Parent Pond Special General Meeting (school hall)
<b>Friday 21<sup>st</sup> July</b>	Special surprise event for children (being supported by this year's fundraising events)
<b>Fri 23<sup>rd</sup> June 2023</b>	TD day – no school for children
<b>Tues 25<sup>th</sup> July 2023</b>	Last day of Term 6