



Cound Class

As we head towards another end of term, we would like to thank you all for your continued support this year. It will be sad to say goodbye to our current Year 2s who have been a fabulous bunch. Well done for those that have been with us for 3 years. It's been a wonderful journey with you.

We have had another busy couple of weeks as always:-



In Outdoor Learning, the children have been exploring Tools, and Fire Craft skills. Next Wednesday (17th) is our final outdoor learning session and we have something lovely planned that brings together many of the skills they have learned.



In English we are writing a story about a magic piece of furniture. Who knew a table and sofa could travel so far and take our class on adventures we can only dream about?!



In maths, it has been problem solving for Y2, money in Y1 and Reception have been comparing quantities up to 10 in different contexts, and recognising when one quantity is greater than, less than or the same as the other.



Do you know who Maria Sybilla Merian is? If not, ask your children as we have looked at her wonderful work in Science this week.

NEXT WEEK commencing 15/7/24

Wednesday 17th July. Y2 reading books and reading records will be collected in. They will be passed to Severn class ready for September. It is also Sports morning. Your child should come dressed for PE. Their t-shirt can be the colour of their house if they would like to wear one. There should be a label on your child's link book with this information. It will say Endeavour, Enterprise or Excellence in the appropriate coloured font.

Thursday 18th July - Leaver's Lunch - please send your child dressed in smart/casual clothes suitable for both our lunch and the disco afterwards. There will not be time to change. No football tops please!

Friday 19th July - NO PE KIT NEEDED TODAY Children may bring in a game or toy to play with. Nothing electronic, too expensive or with too many small parts please. We will be watching an age appropriate film in the afternoon.

Have a wonderful summer holiday when we finally get there. Let's hope the sun is waiting for us to break up before shining a little more.

Best wishes

Miss Wilde, Mrs Ross, Mrs Case & Helen.



Dear Parents and Guardians,

On **Thursday 18th July** Church Preen Primary School and the PTA are hosting a Leavers' Disco at the Church Preen Village Hall.

The disco will start at 14:30pm following the Leavers' lunch and will finish at 16:00. The ticket price is £4 per child and includes squash and an ice cream.

Pupils' to be collected from the village hall at 16:00.

Please complete the attached permission slip and return to school no later than Tuesday 16th July with your money, **cash only please**.

To ensure we have the adult to child ratio required we will need some extra pairs of hands, so please indicate if you are available. No work involved!

Thank you for your continued support.

Church Preen Primary School and the PTA Committee



If parents have any flowers at home they could donate for our table decorations, please could they bring in on Wednesday morning? Even some wild flowers, a little greenery would be great!

School Money

Please can we ask that you bring your school money accounts up to date before the end of term.

Many thanks in advance

Music Lessons



Music lessons are available for next term in piano, singing, flute, recorder, ukulele, saxophone and clarinet. If you are interested please contact Miss Hignell at jez88@hotmail.co.uk. Lesson places are first come first serve. Thank you.

Dear parents/guardians,

First News is the leading source of news and news-based learning for children. It is age-appropriate (aimed at 7 to 14 year olds but accessible for all ages), impartial and helps keep kids reading and developing their critical literacy skills.

We love using First News in the classroom and are thrilled to offer all Church Preen Primary School students a free First News digital subscription over the summer holidays. It's packed with fun and educational content that will keep minds active and entertained all summer long.

First News digital is available via an app and includes:

- Daily news stories which children can read, listen and react to. These include reports on the Euros, the Summer Olympics, and the upcoming general election.
- The latest issue of the newspaper and many past issues
- Weekly polls to vote on
- The latest episodes of Sky Kids FYI weekly news show
- Fun puzzles and games: great for improving vocabulary
- Tips & Talking points for parents and carers to help you talk about tricky topics with your children

Click here for our school's unique access link: <https://subscribe.firstnews.co.uk/summer-reading-2024/?fn=ASS5XWQ0>

From,

Church Preen Primary School



Dear Parents/ Carers,

As we enter the final week of this academic year, it has been wonderful to see how far our pupils have come. Supporting and encouraging each other, our pupils take on every challenge with resilience and courage. They take risks in their learning, explore ideas, and create a positive culture of learning. Through daily lessons, one off event, visits, competitions, and the day-to-day goings on, our pupils shine.

Some personal highlights have got to be our Stone Age Day, our local guest authors, and that unforgettable dance festival! Raise your flags up in the sky! One of the greatest successes this year has been Outdoor Learning, which has seen the children grow their own produce, learn about the local wildlife, and learn skills such as fire craft. Class Severn is a very special and unique little community set in beautiful surroundings, which I am honoured to be part of as their class teacher.

This week we say farewell to our brilliant Y6s who go onto their next adventure, both here and abroad. A huge well done to this cohort for all their efforts, and the great lessons they have passed onto our younger pupils.

Here are a few reminders about events next week:

Wednesday 17th July: Church Preen Sprots Day 9.30am

Please can children be dressed in house colours, and have a named water bottle with them.

Books to go home - Please can children bring a large study bag to take home their school books from the year. Reading records, reading books and library books will also be collected in for the following year.

Thursday 18th July: Leavers' Lunch 12pm

Pupils are invited to bring in smart clothes, which we will dress in before the event. The Disco will take place following the lunch at 2.30pm.

If parents have any flowers at home they could donate for our table decorations, please could they bring in on Wednesday morning? Even some wild flowers, a little greenery would be great!

Friday 19th July:

Pupils are invited to bring one non-electronic, communal game to play in the classroom. As a final treat, they will enjoy an age-appropriate film with the whole school in the afternoon.

Swimming and PE will place on Tuesday at Williams Brooks School as usual.

If you have any questions, please do not hesitate to contact the school to make an appointment, send me an email, or catch me on the playground at the end of the day. Thank you for your wonderful support this year. I very much look forward to another successful and enjoyable year at Church Preen.

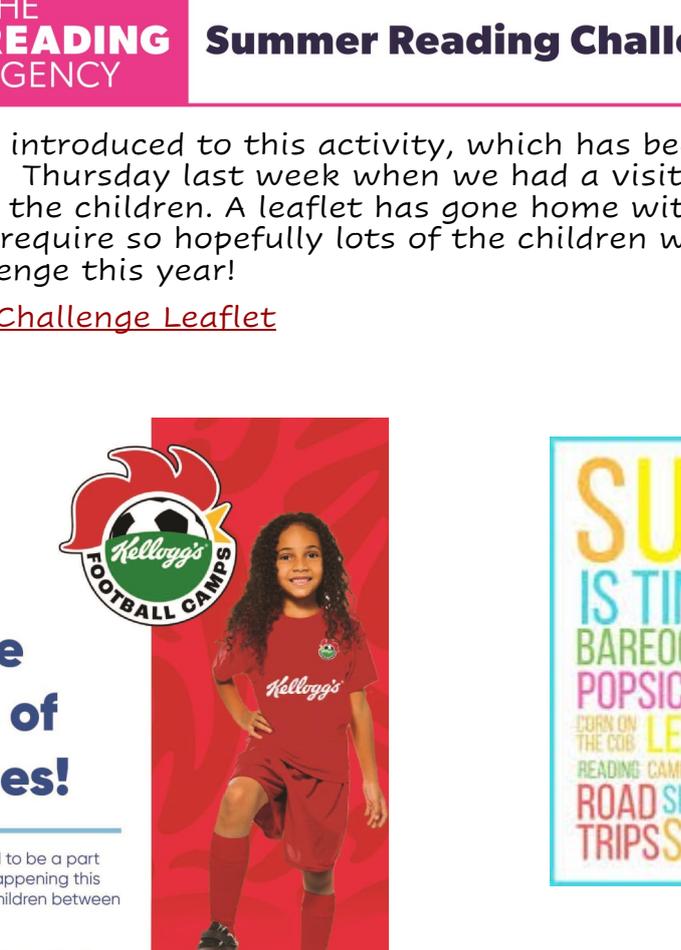
I hope you and your family have a wonderful summer. I will be camping for the best part of a month in the Loire Valley. Fingers crossed for the sunshine!

Best wishes,
Mrs Williams



The children were introduced to this activity, which has been organised by Shropshire Libraries, on Thursday last week when we had a visit from Karen Hardman who explained it all to the children. A leaflet has gone home with your child with all the information they require so hopefully lots of the children will be inspired to sign up to the Reading Challenge this year!

Summer Reading Challenge Leaflet



Play in the footsteps of your heroes!

Shrewsbury Town FC are proud to be a part of Kellogg's Football Camps happening this summer. Camps are open to children between the ages of 5 and 15.

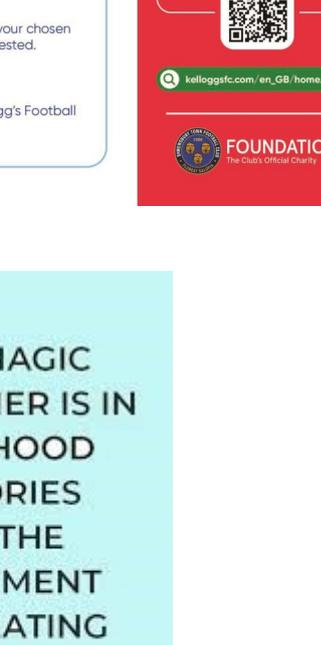
Request a code for a free day by purchasing participating Kellogg's products in stores.

How it works:

- 1. Validate Your Code**
Enter your cereal or snack pack's barcode to validate your purchase.
- 2. Request Code**
You'll receive your code via email - your chosen club cannot be changed once requested.
- 3. Book Your Day**
Book your day at your chosen Kellogg's Football Camp!

Get **involved**
Scan the QR code to find out more or visit
kelloggsgf.com/en_GB/home.html

FOUNDATION
The Club's Official Charity



SUMMER
IS TIME FOR WATERMELON
COLD DRINKS
BAREFOOT AND BARBEQUES
POPSICLES PICNICS POOLS
DURN ON THE COB LEMONADE SUNSHINE
READING CAMPFIRES CHERRIES
ROAD SEA SHELLS
TRIPSMORES **FUN**

"THE MAGIC OF SUMMER IS IN CHILDHOOD MEMORIES AND THE EXCITEMENT OF CREATING NEW ONES."
— UNKNOWN
ITSALLYOUBIG.COM



SUMMER SOCCER SCHOOLS

Shrewsbury Soccer School

Venue: Shrewsbury School, Porthill Gate, Porthill Road, Shrewsbury, SY3 8SA

Dates: Monday 29th to Wednesday 31st July 2024 (3 Days)
Monday 12th to Wednesday 14th August 2024 (3 Days)
Tuesday 27th to Friday 30th August 2024 (4 Days)

Times: 9:00am - 3:00pm

Ages: School Years 1 to 7

Cost: From £50

To book, visit coaching.wolves.co.uk or email footballdevelopment@wolves.co.uk for more information

SUMMER* HOLIDAYS

THIS SUMMER WE HAVE CREATIVE ACTIVITIES AND EVENTS FOR YOUNG PEOPLE OF ALL AGES, KEEP AN EYE OUT FOR FAMILY FRIENDLY CINEMA TOO.

Mini Manga (ages 7-12)

Tuesday 23rd July, 2-4pm

Wonders of Our Universe (Age 7+)

Wed 24 July, 2 & 6pm

Simon Airey: The Animal Man (all ages)

Tue 30 July, 2.30pm

Manga Skills (ages 13+)

Wed 7 August, 5-7 pm

Moominville Theatre (ages 3-7)

Sat 10 Aug, 11am and 2pm

Mini Manga (ages 7-12)

Wed 14th Aug, 2-4 pm

Rap and DJ workshop (ages 13+)

Fri 30 Aug, 5pm



Flames Netball Club are recruiting!

If you are school years 4 to 11 and want to play netball, Flames would love to hear from you!

Flames train on Friday evenings (term time only) at Church Stretton Leisure Centre, all abilities welcome

For more information, please visit flamesnetball.co.uk and fill out a contact form to register your interest



hello@flamesnetball.co.uk



COACHES REQUIRED

Are you a Level 1 or Level 2 Netball Coach? Or an enthusiastic parent or spectator interested in coaching at a vibrant and inclusive junior club?

**Flames would love to hear
from you!**

Interested? Please email
hello@flamesnetball.co.uk with the subject
"Volunteer Coaches"

For more information about the club please visit
<https://flamesnetball.co.uk>

New events (in bold) so please keep an eye on the diary

July

17th - Sports morning (parents welcome)

18th Leavers Lunch / Disco

Friday 19th July - End of Term

September

Monday 2nd / Tuesday 3rd—PD Days

Wednesday 4th—RETURN TO SCHOOL



Girlguiding
Church Stretton

Rainbows
For ages 4 to 7

Rainbows welcomes all girls to come together to laugh, learn and have fun in a creative, safe space. It's a wonderful world of adventure, week after week, just for her.

Brownies
For ages 7 to 10

Brownies is full of firsts: she can explore her creative side, get out into the great outdoors, learn how to look after herself, others and the world we live in.

Guides
For ages 10 to 14

Guides is a fun-filled space, she'll have one big adventure with friends, learn how to be herself, explore the things she loves and do stuff she's never done before!

Rangers
For ages 14 to 18

Rangers is an open and relaxed space, where you can regularly meet up, go on trips at home and abroad, to help make a difference to the things you care about.

Find a group near you girlguiding.org.uk

Registered charity number. Exempted from registration



THE WIND IN THE WILLOWS

ACTON SCOTT HALL
CHURCH STRETTON SY6 6QQ
TUESDAY 6TH AUGUST
2:30PM
GATES OPEN AT 1:45PM

TICKETS START FROM JUST £10 AND CAN BE PURCHASED VIA:
WWW.STRETTONFESTIVAL.ORG.UK

REFRESHMENTS AVAILABLE! BRING SOMETHING TO SIT ON!

AUDIENCE REVIEW

Boxtree PRODUCTIONS PRESENTS

GREAT, WHOLESOME FAMILY ENTERTAINMENT
WEST END BEST FRIEND

SCAN HERE TO BOOK



shutterstock.com - 281364161

Are you following us on our social media platforms or missing out?

Twitter: @churchpreen

Facebook: @churchpreenprimaryschool





TERM DATES 2024-25

Monday 2 nd September and Tuesday 3 rd September	Training days for school staff (school not open to pupils)
Wednesday 4 th September – Thursday 24 th October	Pupil days
Friday 25 th October	Training day for school staff (school not open to pupils)
Monday 28 th October – Friday 1 st November	Half term holiday
Monday 4 th November – Friday 20 th December	Pupil days
Monday 23 rd December – Friday 3 rd January	Christmas holiday
Monday 6 th January	Training day for school staff (school not open to pupils)
Tuesday 7 th January – Friday 14 th February	Pupil days
Monday 17 th February – Friday 21 st February	Half term holiday
Monday 24 th February – Friday 11 th April	Pupil days
Monday 14 th April – Friday 25 th April	Easter holiday
Monday 28 th April – Friday 24 th May	Pupil days
Monday 5 th May	Bank Holiday (school not open to pupils)
Monday 26 th May – Friday 30 th May	Half term holiday
Monday 3 rd June – Friday 18 th July	Pupil days
Monday 21 st July	Training day for school staff (school not open to pupils)

At The National College, our **WakeUpWednesday** guides empower and equip parents and carers with the confidence and practical skills to be able to have informed and age-appropriate conversations with their children about online safety, mental health and wellbeing, and climate change. For further guides, hints and tips please visit nationalonline-safety.com

10 Top Tips on Supporting Children with SELF-REGULATION

Children need to learn to understand and recognise their emotions, while finding healthy ways to process them. Emotional self-regulation, however, depends heavily on age and development. While very young ones or children with special educational needs and disabilities (SEND) may find it particularly challenging to self-regulate, nurturing these important skills can be hugely beneficial. Here are ten top tips for supporting children with their self-regulation.

- 1. DESIGNATE A TRUSTED ADULT**
It's vital that children feel safe and know that there's someone they can always go to for help if they need it. Schedule consistent times for the child to develop a relationship with this person – ideally through play and games – allowing trust to grow and ensuring that the child is more likely to come forward if anything is wrong, rather than hiding their emotions.
- 2. MEET CHILDREN HALFWAY**
Unless you know where a child is developmentally and tailor your approach to their needs, you're less likely to have an impact. In particular, young boys and children with SEND can struggle to self-regulate and instead rely on others to help them. We call this 'co-regulation'. Rather than offering strategies for self-regulation, it could be better to start co-regulating with a trusted adult first.
- 3. FACTOR IN THEIR BASIC NEEDS**
Remember that for a child to develop emotional regulation skills, their basic needs must be met first. Children who are hungry, tired, cold and so on – as well as those who have experienced adverse childhood experiences – may struggle to self-regulate. Before you develop strategies with any child, make sure they feel safe, secure and comfortable in themselves.
- 4. REMAIN PATIENT**
If a child is struggling with their emotions, it can often be difficult to stay calm. Remember that dysregulation is a frustration or anger-based response, not an intention. Instead, children need to be met with comfort and understanding to help them manage these problems and feelings.
- 5. BE 'A DYSREGULATION DETECTIVE'**
While some children can tell you why they became dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child is calm and not dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit near, on their favourite toy, or something else entirely. Once you identify some triggers, you may help to avoid or overcome them.
- 6. USE SUITABLE LITERATURE**
There are some wonderful books that can help you teach self-regulation to children. Reading these with a child can be especially powerful. Take time to discuss the content, ask questions about what feelings the characters had, why they felt that way and what strategies helped them. You can also be useful to refer back to snippets of these books at appropriate moments.
- 7. TRY SENSORY RESOURCES**
An overlap between sensory needs and emotional regulation is possible. Children may struggle to self-regulate if they're experiencing sensory overload (a noisy classroom, for example). Positive sensory input can help calm them down. Use resources such as weighted blankets and fidget toys. Of course, what works for one child might not work for another – so it's important to offer a choice of resources to discover which they prefer.
- 8. NURTURE INDEPENDENCE**
If you feel it's appropriate, let children try out these strategies alone. Always offer them a choice: they could listen to music when they're feeling stressed, for example, or they could write down their worries or draw something to represent how they feel. This may take time for the child to get used to, but encourage them to share any helpful strategies with a trusted adult.
- 9. MODEL GENUINE FEELINGS**
Children learn a lot just from watching grown-ups. Don't be afraid to show your own emotions and self-regulation strategies. When you obviously aren't doing anything for yourself, you're experiencing and handling your own feelings. Children learn from this and see how to respond in a healthy manner.
- 10. FORMULATE A PLAN**
As much as we try to prevent children from experiencing dysregulation, it's always best to have an appropriate plan for when it does happen. Discuss this strategy with the child (if appropriate) and their family. The best approach for an individual child is often a bespoke one. It's hugely important to know in advance what might help and what could worsen the situation.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has been involved in numerous research projects and has written several policy papers for schools. She has written various educational papers and content for websites for the Department for Education and is a frequent speaker at national and international events for parents and teachers of children with SEND.

#WakeUpWednesday The National College

[@nationalonline_safety](https://twitter.com/nationalonline_safety) [NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) [@nationalonline_safety](https://www.instagram.com/nationalonline_safety) [@national_online_safety](https://www.linkedin.com/company/national-online-safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 21.02.2024

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 is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonline-safety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about WHATSAPP

WhatsApp is the world's most popular messaging service, with around two billion users exchanging texts, photos, videos and documents, as well as making voice and video calls. Its end-to-end encryption means messages can only be viewed by the sender and any recipients (not even WhatsApp can read them). Updates to its privacy policy in 2021 (involving sharing data with parent company Facebook) caused millions to leave the app, but the new policy was widely misinterpreted – it only related to WhatsApp business features, not to personal messages.

16+ UK AND EUROPE THE REST OF THE WORLD

WHAT ARE THE RISKS?

- SCAMS**
Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to claim their prize. Other common scams involve warning someone that their WhatsApp subscription has run out or urging to sign them into disclosing payment details or impersonating a friend or relative and asking for money to be transferred to help with an emergency.
- DISAPPEARING MESSAGES**
Users can set WhatsApp messages to disappear after 24 hours. They can't be deleted by either party and can also be instructed to disappear after 7 days. Messages can't be saved or forwarded – so your message, if it would be difficult to prove if someone has sent a screenshot, can't be taken and saved that as evidence.
- ENABLING FACE NEWS**
WhatsApp has unfortunately been linked to accelerating the spread of disinformation. In India in 2018, some outbreaks of measles were linked to WhatsApp messages that spread false allegations being shared on the app. WhatsApp has since taken steps to prevent its users circulating hazardous rumours and speculation in the wake of the Covid-19 pandemic.

Advice for Parents & Carers [CLICK HERE](#)

- CREATE A SAFE PROFILE**
Even though someone would need a child's phone number to add them as a contact, it's also worth offering your personal profile settings to restrict who can see their photos and status. The options are 'everyone', 'my contacts' and 'nobody' – choosing one of the latter two ensures that your child's profile is better protected.
- EXPLAIN ABOUT BLOCKING**
If your child receives spam or offensive messages, calls or files from a contact, they should block them using settings in the app. Communication from a blocked contact won't show up on their device and stays undelivered. Blocking someone does not remove them from your child's contact list – so they also need to be deleted from the address book.
- REPORT POTENTIAL SCAMS**
Young people shouldn't engage with any message that looks suspicious or too good to be true. When your child receives a message from an unknown number for the first time, they should immediately report it as spam. If the sender claims to be a friend or family member, call that person on their usual number to verify it is them, or if a friend or family member, ask your child when they last spoke to them and if the message was true or not.
- LOCATION SHARING**
The five location feature lets users share their current whereabouts. It's important to see their movements. WhatsApp describes it as a "simple and secure way for friends to know where you are". It is a useful method for a young person who's out and about, but it's important to know that if they used it in a chat with people they don't know, they would be exposing their location to them, too.
- LEAVE A GROUP**
If your child is in a group chat that is making them feel uncomfortable, or has been added to a group that they don't want to be in, they can leave the group. They can do this by going to the group chat, tapping on the group name at the top, tapping on 'Leave Group' and then 'Leave Group' again. Once they've done this, the admin can see that your child has left the group, but they won't see a second time. It is permanent.
- THINK ABOUT LOCATION**
If your child needs to use the 'live location' function to show you or one of their friends where they are, select how long you want to share their location for. You can choose to share their location for as long as they need to, for 15 minutes, 1 hour, 8 hours, or until they turn off location sharing. Their position as soon as it is no longer needed.
- DELETE ACCIDENTAL MESSAGES**
If your child sends a message they want to delete, WhatsApp allows the user to undo a message (to delete a message, tap and hold on the message, choose 'delete' and then 'delete for everyone'). However, it's important to remember that recipients may have seen (and taken a screenshot of) a message before it was deleted.
- CHECK THE FACTS**
You can now fact-check text messages that you've received. You can now forward a text message to a fact-checking service. You can now tap on a text message to see if it's been fact-checked. You can now tap on a text message to see if it's been fact-checked. You can now tap on a text message to see if it's been fact-checked.

Meet Our Expert
Parvati Kaur is a social media expert and digital media specialist who has been providing digital literacy for parents and children. She has extensive experience in the social media arena and is the author of *Go Digital*, a book that provides a resource that helps parents and children thrive in a digital world.

NOS National Online Safety #WakeUpWednesday

www.nationalonline-safety.com [@nationalonline_safety](https://twitter.com/nationalonline_safety) [NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) [@nationalonline_safety](https://www.instagram.com/nationalonline_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.03.2022

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 is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit nationalonline-safety.com for further guides, hints and tips for adults.

SMARTPHONE SAFETY TIPS for young people

You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it's for your first phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

- NEVER SHARE YOUR PASSCODE**
Alongside face or fingerprint recognition, your passcode is a crucial element of your phone's security. If you're accessing your apps and personal information, you should never share your passcode with anyone, even if it's a friend or family member. If you do, you wouldn't have them as a key to your phone and you wouldn't be able to log in to any apps or services. If you do share your passcode, you're putting your phone and all the data on it at risk. If you do share your passcode, you're putting your phone and all the data on it at risk.
- ONLY USE AGE-APPROPRIATE APPS**
Before downloading a new app or game, check what age rating it has. This is a good idea because some apps are designed for older people, there's a definite risk that it could include content which is violent or frightening, for instance, or language which isn't suitable and may leave you feeling upset or distressed.
- REMOVE TEMPTATION**
A good night's sleep is so important for your health and wellbeing. Unwinding properly before going to bed – which means not starting at a screen late at night – can improve sleep quality. Put your phone on a charge overnight, but don't let it tempt you. If you're tempted, you'll have to let temptation check your notifications, reply to messages or get caught up scrolling on social media.
- THINK ABOUT OTHERS**
Watching videos, listening to music or calling someone can all help to pass the time while you're on the bus, waiting in a queue or waiting for your friend. However, it's important to be mindful of other people, though they might not be aware of you. If you're on your phone, you're not being present. If you're on your phone, you're not being present. If you're on your phone, you're not being present.
- STAY ALERT**
Two words: look up. It might sound obvious, but it's so easy to get distracted by your phone. If you're listening to an audio or watching a video on your phone, you're not being present. If you're listening to an audio or watching a video on your phone, you're not being present.
- DEVELOP HEALTHY HABITS**
Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. It's important to set boundaries. You could try setting time limits on certain apps. Putting your phone down for a while gives you more time to connect with others in a different way. It's important to set boundaries. You could try setting time limits on certain apps.
- IGNORE UNKNOWN NUMBERS**
There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.
- SWITCH OFF GEOLOCATION**
In your phone's settings, you'll be able to disable location for individual apps and photos; this means that apps and photos (including strangers) can't see information about your location. If you're on a public place, you should be able to turn off location for that app. If you're on a public place, you should be able to turn off location for that app.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has been involved in numerous research projects and has written several policy papers for schools. She has written various educational papers and content for websites for the Department for Education and is a frequent speaker at national and international events for parents and teachers of children with SEND.

The National College NOS National Online Safety #WakeUpWednesday

[@nationalonline_safety](https://twitter.com/nationalonline_safety) [NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) [@nationalonline_safety](https://www.instagram.com/nationalonline_safety) [@national_online_safety](https://www.linkedin.com/company/national-online-safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.01.2023

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 is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalonline-safety.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 is being shared, 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**
Algorithmic content by user interest: someone who regularly interacts with a particular topic will see the latest results at the top of their feed. It's important to be aware of content that can cause harm, that's what will be recommended to them in the future. Someone who's had a bad day and looks for posts which lift their mood will find similar content being suggested to them more often.
- 2. AVOID THE MAIN FEEDS**
Limiting the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only follow specific accounts, or follow, save restricted modes, or use filters to limit the content they see. To avoid the main feeds, you can use filters to limit the content they see. To avoid the main feeds, you can use filters to limit the content they see.
- 3. DISCUSS WHAT THEY'VE SEEN**
Chatting about what your child's seen online can help to support them if they're interacting with, or don't assume that platforms are censoring out inappropriate material, or even that someone can't help to pass the time while you're on the bus, waiting in a queue or waiting for your friend. However, it's important to be mindful of other people, though they might not be aware of you. If you're on your phone, you're not being present. If you're on your phone, you're not being present.
- 4. LEARN HOW TO HIDE CONTENT**
If your child stumbles across inappropriate content on social media, there's the option to block that post, or to report it to the platform. You can also report it to the platform. You can also report it to the platform.
- 5. SET DAILY LIMITS**
Phones and most apps can track your screen time. You can set daily limits on how long you can spend on certain apps. You can set daily limits on how long you can spend on certain apps.
- 6. MONITOR THEIR ACTIVITY**
Monitoring a child's activity on social media can help to support them if they're interacting with, or don't assume that platforms are censoring out inappropriate material, or even that someone can't help to pass the time while you're on the bus, waiting in a queue or waiting for your friend. However, it's important to be mindful of other people, though they might not be aware of you. If you're on your phone, you're not being present. If you're on your phone, you're not being present.
- 7. TURN OFF PUSH NOTIFICATIONS**
Even for adults, it's tempting to check an email or message app on the alert sound pings. Push notifications encourage people to spend time and spend time on their device, but turning them off will help to focus your mind on what you're doing. You can turn off push notifications for most apps. You can turn off push notifications for most apps.
- 8. USE DEVICES TOGETHER**
Giving children internet-enabled devices and complete freedom to explore platforms on their own can be a good idea, but it's important to be aware of their mental wellness. You could consider making a particular area of your house a 'no phone' zone. You could consider making a particular area of your house a 'no phone' zone.
- 9. ENCOURAGE OTHER ACTIVITIES**
Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and useful sleep for our mental wellbeing. Spending time on social media can be a distraction from these things. You can encourage your child to do other activities that help to focus their mind on what they're doing. You can encourage your child to do other activities that help to focus their mind on what they're doing.
- 10. TALK ABOUT PEER PRESSURE**
Most platforms default children's accounts to private so only people they've accepted can see their posts or send direct messages, but it's important to be aware of their mental wellness. You could consider making a particular area of your house a 'no phone' zone. You could consider making a particular area of your house a 'no phone' zone.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has been involved in numerous research projects and has written several policy papers for schools. She has written various educational papers and content for websites for the Department for Education and is a frequent speaker at national and international events for parents and teachers of children with SEND.

The National College NOS National Online Safety #WakeUpWednesday

www.nationalonline-safety.com [@nationalonline_safety](https://twitter.com/nationalonline_safety) [NationalOnlineSafety](https://www.facebook.com/NationalOnlineSafety) [@nationalonline_safety](https://www.instagram.com/nationalonline_safety)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 30.03.2022