

## Stars of the Week



## Primary sports WBS



## Crime Busters Shrewsbury High School



Well done to all our Star Readers who have moved up book bands and also completed the reading log challenge at home



Well done on completing recognition of all your keywords



## 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 18<sup>th</sup> 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 19<sup>th</sup> 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 18<sup>th</sup> 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 16<sup>th</sup> 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](mailto: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



**First News**

**LET CHILDREN JOIN THE CONVERSATION**

**FREE SUMMER READING**

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 17<sup>th</sup> 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 18<sup>th</sup> 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 19<sup>th</sup> 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



[kelloggscfc.com/en\\_GB/home.html](http://kelloggscfc.com/en_GB/home.html)



"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 29<sup>th</sup> to Wednesday 31<sup>st</sup> July 2024 (3 Days)  
Monday 12<sup>th</sup> to Wednesday 14<sup>th</sup> August 2024 (3 Days)  
Tuesday 27<sup>th</sup> to Friday 30<sup>th</sup> 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](http://coaching.wolves.co.uk) or email  
[footballdevelopment@wolves.co.uk](mailto: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](http://flamesnetball.co.uk) and fill out a contact form to register your interest



[hello@flamesnetball.co.uk](mailto: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](mailto: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](http://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](http://WWW.STRETTONFESTIVAL.ORG.UK)

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Facebook: @churchpreenprimaryschool







## TERM DATES 2024-25

Monday 2 <sup>nd</sup> September and Tuesday 3 <sup>rd</sup> September	Training days for school staff (school not open to pupils)
Wednesday 4 <sup>th</sup> September – Thursday 24 <sup>th</sup> October	Pupil days
Friday 25 <sup>th</sup> October	Training day for school staff (school not open to pupils)
Monday 28 <sup>th</sup> October – Friday 1 <sup>st</sup> November	Half term holiday
Monday 4 <sup>th</sup> November – Friday 20 <sup>th</sup> December	Pupil days
Monday 23 <sup>rd</sup> December – Friday 3 <sup>rd</sup> January	Christmas holiday
Monday 6 <sup>th</sup> January	Training day for school staff (school not open to pupils)
Tuesday 7 <sup>th</sup> January – Friday 14 <sup>th</sup> February	Pupil days
Monday 17 <sup>th</sup> February – Friday 21 <sup>st</sup> February	Half term holiday
Monday 24 <sup>th</sup> February – Friday 11 <sup>th</sup> April	Pupil days
Monday 14 <sup>th</sup> April – Friday 25 <sup>th</sup> April	Easter holiday
Monday 28 <sup>th</sup> April – Friday 24 <sup>th</sup> May	Pupil days
Monday 5 <sup>th</sup> May	Bank Holiday (school not open to pupils)
Monday 26 <sup>th</sup> May – Friday 30 <sup>th</sup> May	Half term holiday
Monday 3 <sup>rd</sup> June – Friday 18 <sup>th</sup> July	Pupil days
Monday 21 <sup>st</sup> 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 [nationalonlinesafety.com](http://nationalonlinesafety.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 ones 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 become difficult to stay calm. Remember that dysregulation is beyond their control, so a display of frustration or anger could negatively impact the situation. Instead, children need to be met with comfort and understanding to help them manage these problematic feelings.
- 5. BE A 'DYSREGULATION DETECTIVE'**  
While some children can tell you why they become dysregulated, many others can't. You could investigate potential triggers by observing the child and talking to their family. When the child becomes dysregulated, note down details like the time, what they're doing and who they're with – the trigger may be someone they sit next to on a school bus, or something they see on the TV. Once we identify some triggers we can 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. It can also be useful to refer back to snippets of these books as emotional 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 lights. 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, so be patient. 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're obviously upset to avoid sharing anything too personal with children, they still see you as experiencing and handling our own feelings. Then they know how to handle theirs.
- 10. FORMULATE A PLAN**  
As much as we try to prevent children from experiencing dysregulation, it's always going to happen. It's important to have a plan for when it does happen. Don't want to let 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. Catherine Fawcett is an online safety specialist, educational researcher and author of the award-winning book 'Digital Safety for Parents'. She has written various educational papers and research articles for the Association for Child and Adolescent Mental Health and is a frequent speaker at conferences for parents and teachers of children with SEND.

**The National College**  
WakeUpWednesday

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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have 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 [nationalonlinesafety.com](http://nationalonlinesafety.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.

## WHAT ARE THE RISKS?

### SCAMS

Fraudsters occasionally send WhatsApp messages pretending to offer prizes – encouraging the user to click on a link to win. Other common scams involve warning someone that their WhatsApp subscription has run out and urging 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 in 24 hours, 7 days or 90 days. If a message is set to disappear, it can be instructed to disappear after the set time. However, if a message is set to disappear, it can be saved or forwarded – so it's important to be aware of this feature. If a message is set to disappear, it can be saved or forwarded – so it's important to be aware of this feature.

### ENABLING FAKE NEWS

WhatsApp has unfortunately been linked to accelerating the spread of disinformation. In India in 2018, some outbreaks of fake news spread through WhatsApp. In the UK, WhatsApp has been used to spread disinformation about the COVID-19 pandemic.

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## Advice for Parents & Carers

### CREATE A SAFE PROFILE

Even though someone would need a child's phone number to add them as a contact, it's still worth offering a young person the option to set their profile settings to restrict who can see their photo 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 chat. 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, they should report it as spam. If the sender claims to be a friend or relative, call that person on their usual number to verify it's them, or if it's someone they don't know, they should be reporting it to them.

### LOCATION SHARING

The live location feature lets users share their current whereabouts. WhatsApp describes it as a "simple and secure way to let people know where you are". It's a useful method for a young person to let loved ones know where they are, but it's important to be aware of the location it uses to track them to, then, too.

### LEAVE A GROUP

If your child is in a group chat that is making them feel uncomfortable, or if they have been added to a group chat that they don't want to be in, they can leave the group. To do this, they should go to the group chat, tap on the group name at the top, tap on 'Leave Group' and then confirm they want to leave.

### THINK ABOUT LOCATION

If your child needs to use the 'live location' feature to show you or one of their friends where they are, they should be aware of the location they are sharing. They should be aware of the location they are sharing and the location they are sharing.

### DELETE ACCIDENTAL MESSAGES

If your child sends a message they don't want to send, they should delete it. To do this, they should go to the chat, tap on the message, tap on 'Delete' and then confirm they want to delete it.

### CHECK THE FACTS

You can now fact-check messages that have been forwarded to you. To do this, you should tap on the message, tap on 'Check Facts' and then follow the prompts.

**Meet Our Expert**  
Parvati Kaur is a social media expert and digital media consultant who is passionate about improving digital literacy for parents and children. She has extensive experience in the social media world and is the founder of Kids Clicks, a resource that helps parents and children thrive in a digital world.

**National Online Safety**  
WakeUpWednesday

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At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to have 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 [nationalonlinesafety.com](http://nationalonlinesafety.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'll be as easy as your 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 crucial to accessing your phone and personal information. You should never share your passcode with anyone, even if they're a friend or family member. If you do, you're putting your phone and all the information on it at risk. If you do, you're putting your phone and all the information on it at risk.

## ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. If it's not suitable for your age, don't download it. If it's not suitable for your age, don't download it.

## REMOVE TEMPTATION

A good night's sleep is so important for your health and wellbeing. Unwinding properly before going to bed – which means not staring at a screen late at night – can improve sleep quality. Put your phone on a charge overnight, but not in your room. This means you'll have a lot less temptation to check any 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 walking down the street. It's important to be mindful of other people, though. They might be in a hurry, or they might be in a queue, or they might be in a queue. They might be in a hurry, or they might be in a queue, or they might be in a queue.

## STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get distracted in other ways when it comes to our phones that we can be so focused on them that we're not paying attention to what's going on around us. People often walk with their heads down, focusing on their phone, and forget to check for pedestrians coming towards them, which is clearly dangerous.

## 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 with your phone use. Try setting a time limit on your phone use. Try setting a time limit on your phone use.

## IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal details or to click on a link which can make it difficult to take time away from the screen. It's important to set boundaries with your phone use. Try setting a time limit on your phone use.

## SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable location for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you're using an app or taking a photo. It's important to set boundaries with your phone use. Try setting a time limit on your phone use.

**Meet Our Expert**  
Dr. Catherine Fawcett is an online safety specialist, educational researcher and author of the award-winning book 'Digital Safety for Parents'. She has written various educational papers and research articles for the Association for Child and Adolescent Mental Health and is a frequent speaker at conferences for parents and teachers of children with SEND.

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# 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 doubted by the scale of the tech giants and their content which is entraining 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

Algorithmic content recommendation is a key feature of social media platforms. It's designed to show you content that you're likely to be interested in. However, it can also show you content that you're not interested in. It can also show you content that you're not interested in.

## 2. AVOID THE MAIN FEEDS

Using the default feeds on social media platforms limits the content of recommended content. It's designed to show you content that you're likely to be interested in. However, it can also show you content that you're not interested in. It can also show you content that you're not interested in.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of what they're interacting with. Don't assume that your child would recognise inappropriate material, or even that they would be able to tell you what they've seen. It's important to discuss what they've seen with them. It's important to discuss what they've seen with them.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across inappropriate content on social media, there's a chance they'll see it again. It's important to teach them how to hide content. It's important to teach them how to hide content.

## 5. SET DAILY LIMITS

Phones and most apps can track how much time you spend on them. It's important to set daily limits on your phone use. It's important to set daily limits on your phone use.

## 6. MONITOR THEIR ACTIVITY

Having a content-free phone can help your child's mental health. It's important to monitor their activity on social media. It's important to monitor their activity on social media.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound plays. Push notifications encourage people to spend time on their devices, and spending time on their devices can be addictive. It's important to turn off push notifications. It's important to turn off push notifications.

## 8. USE DEVICES TOGETHER

Using devices together can help your child's mental health. It's important to use devices together. It's important to use devices together.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, healthy sleep and a balanced diet. It's important to encourage other activities. It's important to encourage other activities.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted can see their posts or upload content. It's important to talk about peer pressure. It's important to talk about peer pressure.

**Meet Our Expert**  
Dr. Catherine Fawcett is an online safety specialist, educational researcher and author of the award-winning book 'Digital Safety for Parents'. She has written various educational papers and research articles for the Association for Child and Adolescent Mental Health and is a frequent speaker at conferences for parents and teachers of children with SEND.

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