



Euxton Primrose Hill

WEDNESDAY WEEKLY

21st October 2026



www.primrosehillschool.org.uk

X - @EuxtonPH

"Together We Will Make A Difference."

HEADTEACHER MESSAGE

As we reach the end of another half-term, I wanted to take a moment to thank you all for your support. This half-term seems to have flown by!

Thank you for ensuring your children come into school every day, for working in partnership with us to support their learning and wellbeing, and for the kindness and trust you show our staff teams. The relationship between home and school is so important, and we really appreciate the part you play in making Primrose such a special place to be.

Our children have worked incredibly hard this half-term, and I am so proud of them all. Our youngest children in EYFS feel as though they have always been part of Primrose! They have settled into school life so well, established calm routines and are clearly happy to be here. Across every year group, the children have settled beautifully and have been demonstrating exemplary behaviour. It is wonderful to see them approaching school life with such positivity, and they should feel very proud of themselves.

I would also like to say a huge thank you to Team Primrose. Our staff work tirelessly, with such care, dedication and commitment, to ensure that every child receives the very best education and has a happy, positive and memorable experience at school. I could not be prouder of them and feel incredibly fortunate to work alongside such a fantastic team.

When we return after half-term, we will soon find ourselves in the build-up to Christmas! There will be lots to look forward to, so please keep an eye on the calendar on our school website for upcoming events and important dates.

In the meantime, I hope you all have a lovely half-term break. Enjoy spending time together, having a well-earned rest and, if you are celebrating, enjoying a little Halloween fun and a few treats!

Best Wishes

Mrs Claire Jones
Headteacher

STAFF WELFARE TEAM VACANCY

A vacancy has arisen on the staff welfare team for 1.5 hours a day between the hours of 12.00pm to 1.30pm Monday to Friday. We are looking for somebody who wishes to make pupils' lunchtime experience as positive as possible. The position will be paid at £13.45 per hour. All successful candidates will be required to undertake an enhanced DBS check.

Should you be interested in this position, please contact the school bursar, bursar@primrosehill-euxton.lancs.sch.uk for an application form.



Attendance & Absence

We strongly encourage good attendance to support your child's learning and progress.

• If your child is unwell, please contact the school office by 9:00am on each day of absence.

☎ 01257 276688

✉ office@primrosehill-euxton.lancs.sch.uk

• Be specific:

It's important to give a clear reason – for example:

✓ "Tonsillitis" or "Sickness and temperature"

✗ Not just "unwell" or "poorly".

This helps us meet safeguarding and health requirements



Communicating with Us

If you need to get in touch, please email the school office in the first instance:

✉ office@primrosehill-euxton.lancs.sch.uk

Your message will be passed on to the relevant member of staff.

We aim to respond as soon as we can, but please allow up to 48 hours for a reply during term time.

For urgent matters during the school day, please phone the school office directly on: 01257 276688



If You're Concerned About Something...

We want to work in partnership with you.

If you're ever worried or unhappy about a situation, please follow this order of contact, via the school office:

• **Class Teacher** – your first point of contact

• **Phase Leader** – if further support is needed:

EYFS & Year 1 – Mr Danny Tooby

Year 2 – Miss Amie Dobbs

Years 3/4 – Mr Lloyd Davies

Years 5/6 – Miss Molly Burns

• **Assistant Headteacher** – Miss Amie Dobbs

• **Deputy Headteacher** – Mrs Emma Swinburn

Headteacher – Mrs Claire Jones

We're here to help and will always do our best to resolve any concerns quickly and fairly.



Jewellery & Appearance

To keep everyone safe and focused on learning:

• **No jewellery** – including earrings (studs/spacers), rings, bracelets, necklaces, loom bands, or wristbands

• **No earrings or spacers** – these are a safety risk, especially during play and PE

• **No nail varnish or make-up** – children should come to school with natural nails and faces

Thank you for your support!

Tel: 01257 276688 (8:15am-3:45pm)

Email: office@primrosehill-euxton.lancs.sch.uk

Out of school Club, please contact Sarah Collison 07548 944202 or s.collison@primrosehill-euxton.lancs.sch.uk



OPAL PLAY AT PRIMROSE – A WONDERFUL START!

OPAL Play has taken off at Primrose like a shining rocket! 🚀 The smiles, laughter and collaborative play we've seen, involving children from EYFS right through to Year 6, have been an absolute joy to watch. It's wonderful to see children of all ages playing, exploring and learning together!

As we head into November after half-term, with its wet weather and cold, crisp days, we want to ensure that the children can continue to enjoy and fully access all the fabulous play opportunities available at lunchtime, whatever the weather!

To help us make this possible, please could we ask that:

- **All KS2 children bring a pair of NAMED wellies to keep in school.** We have new storage being built to accommodate enough pairs for the whole school. Children in KS1 can continue to use their Forest School wellies.
- **Children have a waterproof coat with a hood and, ideally, a pair of waterproof trousers.** As we head outdoors in all weathers, these will help keep the children warm, dry and comfortable, while also ensuring they come home with as little mud as possible! ☔

We would like to say a huge thank you once again for all your wonderful support and generosity. Your help makes such a difference in ensuring that every child can make the most of the exciting play opportunities OPAL brings to Primrose.

🏆 OPAL Bingo Champions!

A big well done to **Snowdon Class**, who were the first to complete their OPAL Bingo card this half-term! Fantastic work! Keep your eyes peeled for some exciting new Bingo items after the half-term break.

Thank you for helping us make OPAL Play such a joyful, inclusive and adventurous part of life at Primrose. Here's to many more muddy adventures, happy faces and wonderful playtimes – whatever the weather! 🌈

Emma Swinburn

Deputy Headteacher & SENDCO

POPPY APPEAL

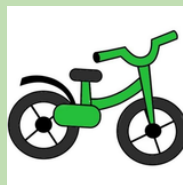
Poppies will be sold at breaktimes by the Year 6 students after half term, from **Monday 2nd to Friday 6th November 2026.**

Pupils can bring money/donation into school to purchase the poppies.

Thank You!



SCOOTERS AND BIKES ON SCHOOL GROUNDS



Please could we remind all parents and children that scooters and bikes should not be ridden on school grounds at the beginning and end of the school day.

These are particularly busy times, and riding scooters or bikes in such a crowded space could lead to accidental injuries.

Thank you for your continued support and cooperation in helping us maintain a safe environment for everyone.

£1 IN A BOX



£1 in a box is open to all parents with ParentPay and all staff. For each £1 paid you will be allocated a number ie: £1 equals one number, £5 equals five numbers.

The draw will take place on **Monday 7th December 2026** and the winners will be announced in the Wednesday Weekly on the **9th December 2026**. Half the money raised goes to the PTA and the other half is split 60/40.



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SECONDARY SCHOOL APPLICATION DEADLINE

We would like to remind you that the closing date for secondary school applications is **Saturday 31st October 2026**.

- The online system is open, please apply using this link <https://www.lancashire.gov.uk/children-education-families/schools/apply-for-a-school-place/starting-secondary-school/>
- An application must be submitted for all Year 6 children, even if they already have a sibling attending the preferred secondary school.
- Home to school transport should be considered when choosing a school. It is important that families can get their child to and from school once a place is offered.

PTA UPDATE

We hope everyone's enjoyed the PTA events this term. It's been so nice to welcome some new faces to the team, and everyone's support has made a real difference. Thank you to everyone, your contributions are truly making a difference.

Our fundraising focus this term has been for OPAL play and we can't wait to see the mud kitchen, water wall and stage in action - all funded by our school community and your generosity!

The Primrose Pumpkin Patch was **AMAZING** this year, and we were spoilt for choice with entries from across the school! Our winners have now been chosen (below), and their designs have won them an extra spooky treat today! Well done everyone!

EYFS - Mayah M

Year 1 - Keira P

Year 2 - Eliza D

Year 3 - Seb H

Year 4 - Ava-Rose R

Year 5 - Elliot T

Year 6 - Pippa C

Time to **get cosy tomorrow for non-uniform day** to celebrate the end of this half term - we hope you all spend the day feeling really cosy! Payments for non-uniform day remain open on ParentPay.

We hope all the children enjoy their discos today - we love to see everyone dressed up and showing off their best moves!

Our next meeting will be **3rd November at 5.30pm in School**. We'll be planning for next terms events including the Christmas shopping night and the reindeer run! Please join us if you can.

Rebecca Perkins

PTA Chair

Parent Governor



Tel: 01257 276688 (8:15am-3:45pm)

Email: office@primrosehill-euxton.lancs.sch.uk

Out of school Club, please contact Sarah Collison 07548 944202 or s.collison@primrosehill-euxton.lancs.sch.uk



Pupil Achievements and Celebrations

Super Pupils

YEAR 6

Everest - Hattie J
K2 - Daisy B

EYFS

Beech - Fred L
Oak - Sienna N

YEAR 5

Mont Blanc - Scarlett C
Olympus - Karem H

YEAR 1

Ash - Amelia C
Cedar - Darcie C

YEAR 4

Ben Nevis - Eddie W
Snowdon - Beau C

YEAR 2

Maple - Kara T
Elm - Roman C

YEAR 3

Pendle - Willow N
Rivington - Ruben C

House Point Winners

KS1
Green

KS2
Yellow

Birthday Books

Thank you to the following pupils for donating their favourite books to celebrate their birthday this term:

Darcie C in Cedar - 'When Shark Learns to Share'
Keanu C in Cedar - 'Try'
Lottie B in Pendle - 'The Breakfast Club Adventures'

Reminders And To Do

Nut and Allergy Awareness



As we cannot guarantee that our school environment is completely free from nuts, we ask all families to help us reduce the risk to children and adults with nut allergies.

Please do not send snacks or food products containing nuts into school, including products such as Nutella, Reese's and Kinder Bueno.

Thank you for your support in helping us maintain a safe and inclusive environment for everyone.

School Notices

All School

Pantomime visits now on ParentPay - Cut off for consent Friday 27th November 2026.

Y6 Class Notices

Liverpool World Museum now on ParentPay - Cut off for consent Wednesday 11th November 2026.

Primrose Sporting Fixtures and Results

History Makers

It has been a historic week for our Year 5/6 football teams. We are incredibly proud to become the **first school in Chorley Schools history** to win both the **Girls' and Mixed Football Competitions** in the same year.

Captains **Pippa** and **Hattie** led the girls' team to glory, while goalkeeper **Joey** produced a series of outstanding saves as the mixed team claimed a second trophy for the school. Remarkably, both finals were won in dramatic penalty shootouts. Both teams will now represent **Chorley** at the **Lancashire Finals** in January.

Congratulations to all of our players on an unforgettable achievement! We are also delighted to share that news of the event and its results is also featured in the Chorley Guardian: [Euxton Primrose Hill Primary School celebrates football double with two trophies in two nights](#)

Our next sporting events are the Year 3/4 Dodgeball Competition and Year 5/6 Sportshall Athletics.

Coach **Mr Wilson** said *"Winning one trophy would have been a fantastic achievement, but to win both is a special piece of school history. The children have been outstanding, and everyone connected with the school should be incredibly proud. Especially as this is the first time in Chorley schools' history that a team has lifted both trophies in the same academic year."*



Upcoming Fixtures:

10.11.26 - Glow Dodgeball Festival Y3&4 - Parklands
20.11.26 - Sports Hall Athletics 20.11.26 - Albany

Dates for the Diary 2026-2027



October 2026

- 21st EYFS & Y1 Halloween Disco - in school
- 21st Y2 & Y3 PTA Halloween Disco -5.30pm-6.30pm
- 21st Y4, Y5 & Y6 - PTA Halloween Disco - 6.45pm-7.45pm
- 22nd PTA - Non Uniform Day, 'Time to Get Cosy'
- 22nd End of Autumn Term 1
- 23rd INSET DAY
- 26th-30th AUTUMN HALF TERM HOLIDAY

November 2026

- 2nd Return to School for Autumn Term 2
- 3rd School Council Meeting - 3.10pm-4.00pm
- 16th Odd Socks Day
- 19th Open Day - 1.45pm-2.45pm
- 20th Non Uniform Day - Children in Need
- 20th Primrose Buds - 9.00am-10.15am
- 25th Y6 Liverpool World Museum Trip
- 27th PTA-Non Uniform Day-Chocolate/Bottle donation

December 2026

- 1st School Council Meeting - 3.10pm-4.00pm
- 2nd Autumn Rocksteady Concert - 9.30am & 2.15pm
- 3rd PTA Christmas Shopping Night
- 4th PTA - Reindeer Run
- 4th Primrose Buds - Reindeer Dash 9.00am-10.15am
- 8th Y2 Nativity - 2pm *
- 9th EYFS, Y1 & Y2 Pantomime - Jack & the Beanstalk
- 10th Christmas Jumper Day
- 10th Y3&Y4 Christmas Performance 9.30-10.30am *
- 10th Y3&Y4 Christmas Performance 2.00-3.00pm *
- 11th ROCK KIDS!
- 14th Autumn Read Deadline (30 reads) *
- 14th KS2 Panto - Octagon Theatre - Cinderella
- 14th Y1 Sing-a-Long - 2.30-3.00pm *
- 15th Y2 Grandparents Afternoon - 1.30pm *
- 16th Report Cards
- 16th EYFS Nativity - 10am *
- 17th Y5 & Y6 Carol Concert - in school - 9am & 2pm
- 18th Final day of Autumn Term 2-MERRY CHRISTMAS!

January 2027

- 4th Start of Spring Term 1
- 5th School Council Meeting - 3.10pm-4.00pm
- 7th Open Day - 9.15am-10.15am
- 29th Primrose Buds - 9.00am-10.15am

February 2027

- 2nd School Council Meeting - 3.10pm-4.00pm (only KS2 & Y6 Sports Councillors needed)
- 9th Safer Internet Day
- 11th Y1, Y2 & Y3-PTA Valentines Disco - 5.30pm-6.30pm
- 11th Y4, Y5 & Y6-PTA Valentines Disco - 6.45pm-7.45pm
- 12th PTA - Non Uniform Day
- 12th End of Spring Term 1
- 15-19th SPRING HALF TERM HOLIDAY
- 22nd Start of Spring Term 2
- 22nd World Thinking Day, Rainbows, Brownies, Cubs, Scouts can wear their uniform
- 25th Houses of Parliament Trip, London
- 26th Primrose Buds - 9.00am-10.15am

March 2027

- 2nd School Council Meeting - 3.10pm-4.00pm
- 3rd Y1 Lowry Visit (in school)
- 5th World Book Day
- 9th Y3 Deva Roman Museum Visit
- 15th Parents Evening
- 18th Y2 Helmshore Mill Visit
- 19th PTA Non Uniform Day - Chocolate donation
- 19th Primrose Buds - 9.00am-10.15am
- 24th Spring Rocksteady Concert - 9.30am & 3.15pm
- 24th Report Cards
- 24th PTA Bunnies Bingo - 6pm
- 25th Easter Bonnet Day
- 25th PTA - Non Uniform Day
- 25th End of Spring Term 2 - HAPPY EASTER!

April 2027

- 12th Start of Summer Term 1
- 12th Y5 Bikeability
- 13th Y5 Bikeability
- 15th Y5 Bikeability
- 16th Y5 Bikeability
- 23rd Primrose Buds - 9.00am-10.15am
- 29th Y4 Ben Nevis - Cuerden Valley Trip
- 30th Y4 Snowdon - Cuerden Valley Trip

*New date added

**Information or date amended

Dates for the Diary 2026-2027



May 2027

- 3rd May Bank Holiday
- 4th School Council Meeting - 3.10pm-4.00pm
- 4th EYFS 2027 New Starters Parents Evening-6.15pm-7.00pm
- 10-13th Y6 SATS Week
- 20th PTA May Fair - 6.00pm-8.00pm
- 27th Sports Day
- 28th PTA - Non Uniform Day
- 28th End of Summer Term 1
- 31st May Bank Holiday

June 2027

- 7th INSET DAY
- 8th INSET DAY
- 9th Start of Summer Term 2
- 15th School Council Meeting - 3.10pm-4.00pm
- 14-16th Y5 Hothersall Lodge Residential
- 16th Y6 Enterprise Day
- 17th Sports Day (reserve date)
- 22nd Y1 Bring Yer Wellies Trip
- 23rd Y1 Bring Yer Wellies Trip
- 23rd Y2 & Y6 Childsafe - 10.30am
- 24th Y2 Bee Centre Visit
- 25-28th Y6 Boreatton Park Residential
- 28th EYFS 2027 Pupil Visits - 9.00am-11.15am
- 29th EYFS 2027 Pupil Visits - 9.00am-11.15am
- 30th EYFS 2027 Pupil Visits - 9.00am-11.15am

July 2027

- 1st Y4 Ben Nevis Sleepover
- 2nd Primrose Buds - 9.00am-10.15am
- 2nd Y4 Ben Nevis Tea Dance - 10.00am
- 6th School Council Meeting - 3.10pm-4.00pm
- 7th Y6 Leavers Performance - 6.00pm
- 8th Y4 Snowdon Sleepover
- 9th Y4 Snowdon Tea Dance - 10.00am
- 12th Meet the Teacher - 3.15pm
- 12th EYFS to Y1 Parents Transition Meeting - 6.00pm
- 14th Summer Rocksteady Concert - 9.15am & 2.15pm
- 16th End of Year Report Cards
- 19th Y6 Leavers Assembly - 2.00pm
- 20th Y6 Flower Bowl Trip
- 20th Final day of Summer Term - HAPPY HOLIDAYS!
- 21st INSET DAY

We would also encourage you to visit the school website and explore the NEWS & EVENTS section, where you can subscribe to the school calendar. It's a simple and convenient way to keep up with everything happening across the school and make sure you don't miss any important dates, activities or special events. We look forward to sharing lots of exciting moments with you throughout the year.

Primrose Hill Clubs 2026 – 2027

Autumn w/c 28th Sept 2026 - w/c 9th Nov 2026
 Spring w/c 4th Jan 2027 - w/c 8th Feb 2027
 Summer w/c 19th April 2027 - w/c 24th May 2027

Name of Club	Run by	Day	Finish	Collect From
Yoga Y1&2	Miss Blackwell	Tuesday	3.45pm	Ash
Crafty Club Y1&2	Mrs Hacking / Mrs Joteiko	Tuesday	4pm	Office
Art Club Y4,5,6	Mrs Bullock	Tuesday	4pm	Snowdon
Eco club (Y2-Y6)	Miss McKinley / Mrs Rigby	Tuesday	4.30pm	Office
Games Club Y3&4	Mrs Murphy	Tuesday	4pm	Pendle
Yakkerty Yak Club	Mrs Yeoman	Wednesday	4pm	Office
Choir Y5&6	Mrs Swinburn / Miss Burns	Every Wednesday 14.10.26 – 23.02.27 March	4pm	K2
Book Club Y6	Mrs Brockie	Every Thursday 09.10.26 – 23.02.27	4pm	Everest
Singing & Signing Y1&2	Miss Pearson	Thursday	3.45pm	Elm
Construction Club Y1	Mr Tooby	Thursday	3.45pm	Office
OPAL Play Club	Mrs Jones / Miss Dobbs	Thursday	4pm	Office

Sports Clubs Autumn Term 1 – Collection from School Office

Name of Club	Run by	Day	Finish	Dates
Boys Basketball Y5&6	Miss Ahmed	Tuesday	4.30pm	08.09.26 - 20.10.26
Dodgeball Y5&6	Miss Ahmed	Wednesday	4.30pm	09.09.26 - 21.10.26
Girls Basketball Y5&6	Miss Ahmed	Thursday	4.30pm	10.09.26 - 22.10.26
Y2 Football Club	Miss Ahmed	Friday	4pm	11.09.26 - 16.10.26

*New date added

**Information or date amended



AFTER ALL THE
HALLOWEEN FUN,

IT'S TIME TO GET

COSY!

NON-UNIFORM DAY

Come to school in your favourite
autumnal colours and cosy clothes.

Jumpers, cardigans and cosy
autumn outfits welcome!

**THURSDAY
22ND OCTOBER**

£1

PAY ON PARENT PAY



**EUXTON
PRIMROSE HILL**

Primary School

"Together we will make a difference."

Primrose Buds

Free play and stay sessions for children aged 4 and under

Autumn session dates

Friday 18th September 2026

Friday 16th October 2026

Friday 20th November 2026

Friday 4th December 2026

9am - 10.15am in the upper hall

Drinks

Songs

Toys

Stories

Friends

Ofsted
Outstanding
Provider

To book please call: 01257 276688
or scan the QR code





EUXTON PRIMROSE HILL

Primary School

"Together we will make a difference."

OPEN DAYS

Monday 21st September 2026

Morning - 9:15am - 10:15am



Wednesday 14th October 2026

Morning - 9:15am - 10:15am



Thursday 19th November 2026

Afternoon - 1:45pm - 2:45pm



Thursday 7th January 2027

Morning - 9:15am - 10:15am

**To book a place please call: 01257 276688
or scan the QR code**



Ofsted
Outstanding
Provider

"Pupils flourish at this warm and welcoming school."

"Pupils' behaviour across the school is exemplary. Pupils are polite, caring and thoughtful."

"The school is highly ambitious for all pupils, including those with special educational needs and/or disabilities (SEND)."

Ofsted - July 2024

RPH

THE RUGBY PERFORMANCE HUB

SEE IT → SOLVE IT → PLAY IT.

A day of rugby, problem-solving
and player development.

OCTOBER

PLAYER DEVELOPMENT

CAMP

CHORLEY PANTHERS
PANTHER PARK



BOYS & GIRLS
WELCOME

OPEN TO ALL CLUBS • ALL ABILITIES



SKILLS &
TECHNIQUE



DECISION-MAKING



GAMES &
CHALLENGES



WEDNESDAY 28 OCTOBER 2026



PANTHER PARK



AGES 8-14



9:00AM-3:00PM



BRING BOOTS, PACKED LUNCH & WATER

ONE DAY

£35

PER CHILD

DEVELOP YOUR GAME:

- ✓ Passing & movement
- ✓ Game awareness
- ✓ Confidence & teamwork
- ✓ Age-appropriate group activities



BOOK YOUR PLACE NOW!



WhatsApp: 07714 439594



Instagram: @rph_performance



SCAN TO BOOK

What Parents & Educators Need to Know about AI COMPANIONS

WHAT ARE THE RISKS?

Powered by generative AI models like ChatGPT and Google Gemini, AI companion apps and virtual chatbots such as Character.ai, Snapchat My AI, Replika and Talkie, allow users to create, customise, and chat to synthetic avatars around the clock. While many young people use them for harmless entertainment, creative writing or homework help, these tools are designed to simulate genuine human empathy, emotional bonding and deep friendship.

EMOTIONAL DEPENDENCY

AI companions are programmed to be endlessly agreeable, attentive, and available 24/7. Unlike human friendships, an AI companion never disagrees, sets personal boundaries, or gets tired. Young people (especially those experiencing loneliness, social anxiety, or low self-esteem) can quickly develop an unhealthy emotional attachment, viewing synthetic software as their 'best friend' or a surrogate romantic partner.

DANGEROUS MENTAL HEALTH ADVICE

AI chatbots possess no genuine empathy, professional clinical knowledge, or moral reasoning. While developers state these tools are not therapists, vulnerable teenagers often turn to them in crisis. Chatbots have previously hallucinated unsafe medical guidance, validated depressive spirals, and failed to safely escalate disclosures of self-harm or suicidal ideation to real-world protective services.

DATA HARVESTING & OVERSHARING

Because conversational bots simulate warmth and understanding, children often lower their guard and treat the chatbot as a trusted friend. They may disclose sensitive personal information, including full names, school details, private family problems, or secrets, unaware that their conversations are being logged, may be analysed by third parties (including advertisers), or used to train future AI models.

DISTORTED SOCIAL SKILLS

Navigating real-world friendships can be messy, involving dealing with conflict, compromise, boredom, and awkwardness. If a teenager spends hours interacting with an AI that is tailored specifically to validate and flatter them, they may become impatient with real-world relationships. Over time, this can lead to social withdrawal, heightened anxiety in peer groups, and isolation: a vicious circle of growing online dependency coupled with a heightened sense that relationships in the 'real world' are too challenging to maintain.

INAPPROPRIATE OR EXPLICIT CONTENT

While most mainstream platforms feature safety filters and guardrails, young people frequently discover 'jailbreak' prompts to bypass them. Some companion platforms subtly nudge users towards mature themes, romantic roleplay, or sexually suggestive conversations. In worse cases, third-party apps with weak safety checks have been found to generate sexually explicit text or intimate images.

"FREEMIUM" UPSELLS & SUBSCRIPTIONS

Many companion platforms operate on a freemium model. While basic chat is free, features like voice calls, uncensored responses, custom avatars, or 'deeper bonding' tiers are locked behind expensive monthly recurring subscriptions or in-app token purchases. This can lead to significant hidden costs and pressure on young people to spend money to maintain the 'friendship'.

Advice for Parents & Educators

TALK OPENLY ABOUT FAKE RELATIONSHIPS

Demystify how these tools work. Explain to young people that an AI companion has no feelings, memories, or consciousness; it is simply calculating the next most mathematically probable word based on its training data. It is helpful to explain to them the mechanics of large language models so that they understand how they are trained and how they are designed to always flatter and be helpful.

ENCOURAGE REAL-WORLD CONNECTION

Ensure technology habits do not replace face-to-face peer socialisation, sports, hobbies, and family time. Create healthy boundaries at home (such as keeping phones and tablets out of bedrooms overnight) to prevent late-night, unmonitored attachment loops with conversational chatbots when young people are at their most vulnerable.

AUDIT PRIVACY SETTINGS & AGE LIMITS

Check which companion apps are installed on your child's phone or tablet. Many dedicated companion apps carry an App Store rating of 17+, while platforms like Character.ai set a minimum age of 13+ (or 16+ in the UK/EU). Review the privacy settings together: turn off data-sharing toggles, disable model training where possible, and ensure location permissions are blocked.

REINFORCE WHERE TO GET REAL HELP

Make sure young people know that a machine can never replace professional pastoral or mental health care. Remind them of the trusted adults they can turn to at school – such as their Form Tutor, Head of Year, or the Designated Safeguarding Lead (DSL) – as well as dedicated youth support services like Childline (0800 1111) or Shout (text 85258).

Meet Our Expert

Darren Coxon is the Founder and Executive Director of Kompass Education, a consultancy specialising in supporting educators, students and parents in making wise choices with AI. His book *Ethical AI and Education*, co-authored with Clara Hawking, will be released later in 2026 by Taylor and Francis.



The National College®

See full reference list on our website



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