

**Friday 2nd May 2025**

## Principal's Messages:



## This week's awards

This week, I was amazed to find that I've had 10 nominations for Principal's Awards! This really does show me that the pupils in this school are unbelievable and they continue to blow us away with their hard work. I have put a stop on any further nominations for now so that I can spread the 10 out over the next couple of weeks!

**Class 5S were nominated for Principal's Award by their class teacher Mrs Smith for becoming published authors! The class worked hard to write their own short stories independently and they have been featured in this collection of stories entitled 'The Magical Map - World of Wonder'. What an achievement!**

**Well done to Riley-David Allen who was nominated for having a super week and trying hard to make good choices, Tristan Sargent was nominated for demonstrating true kindness and Roman McMurtry was nominated for trying hard in all subjects and being a talented artist.**

Congratulations to 2P and 3J for collecting the most tokens this week and winning the 'Stronger Together' awards. They have shown great examples of working hard and being kind.

## Sports' Day 2025

Please find below the anticipated dates for this year's Sports' Days. You are invited along to come and cheer your child on in their races. If the weather is bad on the planned day, we will inform you of our intention to postpone it on the morning of the event and endeavour to arrange a reserve date giving as much notice as possible.

Wednesday 11th June	Friday 13th June
Reception at 9.30am	Year 3 and 4 at 9.30am
Year 1 and 2 at 1.20pm	Year 5 and 6 at 1.20pm

Have a lovely weekend,

*Mrs Thompson*

**School will close for half term on Thursday 22nd May 2025 and reopen for the second half of the Summer term on Monday 2nd June 2025. School will also be closed to pupils on Friday 11th July 2025 due to an INSET Day.**



# What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

## WHAT ARE THE RISKS?

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

### ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

### EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

### PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

### COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

### PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

### LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

## Advice for Parents & Educators

### TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

### KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

### ENCOURAGE REAL-WORLD CONNECTIONS

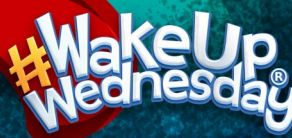
Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

### USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

### Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.






The National College®



## School Meals

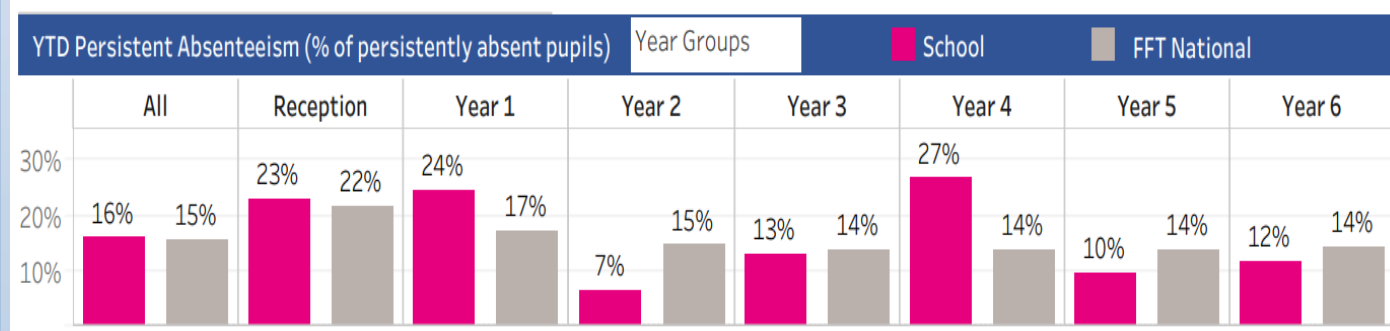
If your child is not entitled to a free school meal, please log onto their Arbor account to pay for their meal in advance of their order. School meals are £2.45 per day.

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Margherita Pizza with Baked Potato Wedges	Hot Dog with Baked Potato Wedges	 <p>Batman Bolognese or Spiderman Stirfry with quorn pieces</p> <p>followed by Superman sponge or Marvel muffins</p>	Chicken & Tomato Pasta Bake	All Day Breakfast 
VEGETARIAN MAIN DISH	Vegetable Stir Fry with Quorn Pieces	Vegetarian Hot Dog with Baked Potato Wedges		Cheese Pinwheels with Baked Potato Wedges	Quorn Nuggets with Chips
ACCOMPANIMENTS 	Green Beans Salad bar	Peas Salad bar		Carrots Salad bar	Sweetcorn Salad bar
DESSERTS	Chocolate Crunch	Lemon Muffin		Oaty Biscuit	Ice Cream
FRESH FRUIT OR YOGHURT	Fresh fruit or yoghurt	Fresh fruit or yoghurt		Fresh fruit or yoghurt	Fresh fruit or yoghurt
JACKET POTATO & SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



Wednesday is Superhero Day in the kitchen with a special menu as detailed above.

There will also be a competition for the children to take part in about their own heroes.



### Attendance Matters

This week I have chosen to share some different attendance data with you. The pink bars in the chart above show the percentage of pupils in each year group who are classed as 'persistently absent'. Pupils in this category have missed 10% or more of the school year and this equates to a minimum of 19 missed days of learning over the whole year. The bars in grey show the national comparison.

As a school, our rate of persistent absentees is 13.2% compared to 14.1% nationally. We are committed to tackling the factors causing children to miss school. Please support us by ensuring that your child is only absent when absolutely necessary.