



# PARKLANDS BULLETIN

## Week 1

### 21st - 25th April 2025



## Headteacher's Message

Dear parents and carers,

It has been lovely to welcome the staff and children back to school this week after the Easter break, ready for another busy half term. Year 11 have hit the ground running; the first exams took place this week for our GCSE French students, who completed their speaking exams on Wednesday. Next week the Photography and Art exams take place. Year 11 also had their final Progress Evening last night, and this morning they received letters from parents, carers, and staff in school. These letters tell them how proud we all are of them, and hopefully give them some extra motivation as they enter their exam period.

Next week we are holding an Open Day event for anyone who is interested in becoming a Teaching or Learning Support Assistant. This event will provide you with information and some insight into a career in Support in Primary and Secondary Schools. If you are interested, please come along to this event, which takes place at Parklands from 10am on Tuesday 29th April. Please feel free to share this information with family and friends if you think they may be interested. Further details are available later in the bulletin.

Tomorrow some of our pupils and staff will be taking part in the practice walk for their Bronze Duke of Edinburgh Award. They will be heading up to Rivington to practise their map reading skills; hopefully the weather will remain sunny and they will not need their waterproofs!

Mrs. Batson  
Headteacher



# Whole School Messages

## Key Dates - April

- **Tuesday 29th April:** Year 10 Tracker reports and reviews

## Key Dates - May

- **Thursday 1st May:** Year 9 Tracker reports and reviews/ Year 7 & 8 BfL reports home
- **Friday 2nd May:** Duke of Edinburgh practice weekend
- **Monday 5th May:** Bank Holiday
- **Thursday 15th May:** Year 7 Progress Evening in school
- **Friday 23rd May:** Last day of term

## Key Dates - June

- **Monday 2nd June:** School reopens

## Year 11

Good luck to the pupils sitting their Photography and Art exams next week!

The **revision timetable** carries on as normal. It is a week 2.

Week 2	Subject
Monday	Religious Studies
Tuesday	Option C
Wednesday	
Thursday	Maths

Core Subjects	Option A	Option B	Option C
English Maths Science RS	French Geography History Art Dance Health and Social Music Photography GCSE PE	Computer Science French Geography History Art Drama Engineering Food and Nutrition Business Studies Health and Social	Computer Science Geography History Creative Media Triple Science Design Technology Engineering Food and Nutrition Music Tech Connect

## Year 7

Next Thursday, 1st May, all Year 7 pupils will receive their next Behaviour for Learning report.

## Year 8

Next Thursday, 1st May, all Year 8 pupils will receive their next Behaviour for Learning report.

## Year 9

Next Thursday, 1st May, all Year 9 pupils will receive their next tracker report and have their individual review with their HAL. You will be able to view the reports on EDULINK the following day, but pupils will bring home a paper copy on Thursday.

## Year 10

Next Tuesday, 29th April, all Year 10 pupils will receive their next tracker report and have their individual review with their HAL.

You will be able to view the reports on EDULINK the following day, but pupils will bring home a paper copy on Thursday.

# Whole School Messages

## Year 8 Immunisations

Please be advised that the Immunisation team will be in school on Monday 28th April for the Y8 HPV immunisations.

Please make sure your child has had breakfast and wears a short sleeved shirt where possible.

If you have any questions regarding this day, please contact Intrahealth on tel: [03333 583397 option 2](tel:03333583397) or email [team.lancashire@intrahealth.co.uk](mailto:team.lancashire@intrahealth.co.uk)

## Y9 and Y11 same day detentions

Please be aware that if your child should receive a **BfL 1 or 0** they will be required to serve a same day detention after school from 3pm until 3.30pm. We hope this sanction may lead to an improved focus and better behaviour in lessons.

We will endeavour to notify you by text message should your child need to attend the detention however please be aware this may not always be possible depending on the time of day. For example, if your child receives a 1 or 0 during their P5 lesson we may not be able to notify you ahead of picking your child up at the end of the day.

You can also monitor your child's BFL on the EduLink app under the 'Attendance' section.

Thank you for your ongoing support.

## Polite reminder - Uniform and Standards

A big thank you to those pupils and parents who are supporting us to uphold our uniform standards. However, we still have a minority of our pupils who are still not getting it right. Please see below some of the areas which are causing us the most issues;

Pupils' hair colour should be of a natural colour - blue and pink are not natural!

Socks should be black or navy and should not be sports socks.

False nails/nail varnish of any description are not permitted.

Makeup is not allowed nor are false eyelashes. Year 11s may wear discreet makeup.

The only jewellery that is permitted is a watch. All other jewellery will be confiscated until the end of the week.

School will be the final arbiter with regards to uniform and standards. Should any pupil continue to disregard our school policy then further sanctions will be applied.

Thank you.

# Attendance

## Weekly Attendance Update

As part of our ongoing commitment to fostering a positive and successful learning environment at Parklands, we would like to provide you with an update on the overall attendance across the school. Regular attendance is essential for student success, and we want to share important information regarding current trends, key attendance goals and ways we can work together to support all of our students.

We currently have 93 students who have 100% attendance so far this year. If your child is one of these students please congratulate them and continue to encourage their attendance, it is a great achievement.

House	Attendance % last week	Attendance % this year so far
Australasia	92.1%	92.9%
Asia	96.6%	94.8%
Europe	92%	94.7%
South America	93%	94.3%
Africa	94.1%	94%
Whole School	93.2%	93.5%

Students are expected to be in the school building at 8:25am, heading to form at 8:30am and be in form by 8:35am. If they are arriving between 8:35am and 9:15am for any reason they need to enter through the pupil entrance and be signed in at the Top Office.

# Whole School Messages

## Perfect 3s

Excellent Behaviour for Learning goes hand in hand with achievement. It is an excellent indicator of how your child is performing in lessons. Who's had the Perfect 3 since we've been back?

Year 7: 54 pupils to date

Year 8: 51 pupils to date

Year 9: 43 pupils to date

Year 10: 47 students to date

Year 11: 40 students to date

All: 235 students

## How many had the perfect 3 in the previous week?

Year 7: 174 pupils

Year 8: 156 pupils

Year 9: 136 pupils

Year 10: 148 students

Year 11: 141 students

All: 755 students

Please congratulate your child if they have the Perfect 3. All BfL scores can be seen in the Edulink app.

## How many pupils have a BfL score of 2.99 - 3?

Year 7: 147 pupils

Year 8: 118 pupils

Year 9: 93 pupils

Year 10: 124 students

Year 11: 97 students

All: 579 students

**Students**, please click the link to see what clubs, trips and activities are happening in school [Parklands Bulletin](#)

**Weekly Learning Support Board** - please click [here](#)



**Learning Support Board**  
Week Commencing  
**28th April 2025**

*"Difficult roads often lead to beautiful destinations."*  
Zig Ziglar



**Special Educational Needs and Disabilities Local Offer in Lancashire**

**Have You Heard the News?**  
The busy summer term is in full flow. GCSE Photography exams are on Monday/Tuesday followed by GCSE Art on Thursday/Friday. Our Year 10s have their latest Review Day on Tuesday with the Year 9s following on Thursday. Finally, the Duke of Edinburgh Bronze Award practice weekend begins on Friday. You can still find the Learning Support department in N19 and online.  
[Learningsupport@parklandsacademy.co.uk](mailto:Learningsupport@parklandsacademy.co.uk)



**Here are the King and Queen of which country?**  
Last time's answer: 7 tons



**Joke of the Week**  
My calculator stopped working halfway through the Maths exam!  
*I can't count on it anymore.*

**TRUST YOURSELF**  
You know more than you think you do!



**Follow us on Instagram:**  
**[p\\_h\\_s\\_learningsupport](#)**

**Useful Links**

- ADDitude Magazine
- Autism Eye
- Autism Parenting Magazine
- British Dyslexia Association
- The Communication Trust
- FIND Newsletter
- GOV.UK Covid-19 Information
- Headspace (Meditation & Sleep)
- KOOTH Mental Health Support
- Local Offer
- NHS Urgent Mental Health Helpline
- Witherslack Group

# Whole School Messages

## PE Update week beginning 22nd April 2025

A great start to the summer term with glorious weather too! Remember to check out the new summer extra curricular timetable which includes athletics, rounders, cricket, flag football and tennis! Lessons outside will continue unless it is unsafe to do so. Remember, there is no need to sign up just look at the extra curricular timetable, choose an activity, bring a kit and attend!



### Finland Country of the week



Capital - Helsinki  
Population - 5.648 million  
Main religion - Christianity  
Leader - Petteri Orpo  
Official language - Finnish  
Land mass - 338,145km<sup>2</sup>  
Currency - Euro

Finland is a Nordic nation located in north Europe. It borders Norway to the north, Sweden to the west and Russia to the east. Finland is the happiest country in the world and also aims to be carbon neutral by the year 2035. Finland is known for its kindness, allyship and skiing. It has the longest coastline on the Baltic sea

### KS3 RS Learning Update & Discussion Questions

This week, KS3 classes have been consolidating their learning on one of the Abrahamic religions. Here are some questions you can discuss at home with your child this week...

#### Year 7:

- What have you learned from this unit on **Judaism**?
- How has learning about Judaism helped you understand different cultures and beliefs?



They will soon begin a new topic on **Wealth and Poverty**.

Encourage them to consider: **Who is responsible for helping the poor - and why do you think that?**

#### Year 8:

- What have you learned about the **history of Christianity**?
- How has studying Christianity helped you understand historical events and different beliefs?

Next, they'll move on to a unit exploring **Life After Death**.

Encourage them to consider: **Is death the end—or do you think there's more?**



#### Year 9:

- What have you learned from this unit on **Islam**?
- How does learning about Islam help you understand different cultures and beliefs?

They are about to start their first GCSE topic, **Religion and Life**. This will include:

- The Origins and Value of the Universe and Human Life
- The Use and Abuse of the Environment and Animals
- Abortion, Euthanasia, and the Afterlife

Encourage them to consider:

- **What are you most looking forward to learning?**
- **Do you already know anything about these topics?**



# Peru Crew Sponsored Walk

Join the Peru Crew on Sat 28th June for a walk on a local route with woods, water and a small hill.

**£5 PER PERSON, PLEASE PAY ON  
SCOPAY. FOR MORE INFO, SEE MR  
JOHNSTON IN THE LIBRARY**



## PROM - Incentive (half termly)



- BfL average 2.95 and over - 1 point
- Attendance 94% and over - 1 point
- No social strikes - 1 point
- No lates - 1 point
- A suspension will clear all points for the half term.

From today until exams finish.

You will need **18 points** to be eligible for prom.

There will be opportunities for you to gain extra points by attending revision sessions, Easter School and using Class Chart points.  
Extra points available for 100% attendance and perfect '3' BfL.

# Careers

Click [here](#) for career news.

**INVESTIN**  
**Work Experience This Summer**

Work experience at industry landmarks around London

Gain hands-on experience at some of the most exciting industry locations across London and discover what your future workplace might look like. We are now more than 85% full for our 2025 summer schools and have already started closing registration for our most popular programmes.

**Programme Highlights Include**

- Experience sports psychology at a Premier League football club
- Trade the London stock market live in the financial district
- Board a Boeing 747 jet and collaborate with aerospace engineers
- Argue a human rights case in the Supreme Court
- Enter a mock parliamentary debate in the Houses of Parliament

**Stay in UCL Halls of Residence!**

**Find Out More**

**APPRENTICESHIP**

SCHOOL STUDIES PROFESSION SKILLS PERFORMANCE CAREER MOTIVATION GOALS

- Level 2 Apprentice Engineer  
BID Group Ltd, Warrington, Bolton VAC1000311630
- Level 2 Apprentice Chef  
War Horse, Chorley VAC1000316141
- Level 2 Accounts Assistant Apprentice  
Indevor Bonds & Guinestens Ltd, Chorley VAC1000316040
- Level 2 Apprentice Early Years Practitioner  
Clayton Brook Childcare Ltd, Clayton Brook VAC1000314825
- Level 2 Apprentice Print Production Operative  
CCA Occasions Ltd, Leyland
- Level 2 Apprentice Trainee Chef  
Cherry Tree, Bolton
- Level 2 Apprentice Warehouse Assistant  
The Glovehouse Ltd, Leyland
- Level 2 Early Years Apprentice  
Little Explorers Nursery and Pre-School, Chorley
- Level 3 Accounting Apprentice  
Lancashire and South Cumbria NHS Foundation Trust
- Level 3 Digital Support Technician Apprentice  
Lancashire and South Cumbria NHS Foundation Trust
- Level 3 Apprentice Fitter  
GAP Group Limited, Bamber Bridge, Preston
- Level 3 Fabricator/Welder Apprentice  
Moredock Ltd, Bamber Bridge, Preston

**PARKLANDS**  
LEARN • RESPECT • ASPIRE • ACHIEVE

**Apprenticeship, Adult Education & Employer Opportunities Showcase**  
**Wednesday 7th May**  
4:30-7:00 pm at our Leyland Campus

**Don't miss the Apprenticeship, Employer & Adult Education Showcase at Runshaw College on Wednesday 7th May, 4:30 - 7:00pm.**

**Wigan & Leigh College**  
**OPEN EVENING**  
4.30PM - 7.00PM  
PARSONS WALK CAMPUS, WIGAN  
MONDAY 28 APRIL 2025

**CAREER News**  
2025  
Year weekly guide to careers information, advice and news from Parklands High School

**Have a great weekend**

**Career News**

Lots of great opportunities in this week's Career News: open events, virtual work experience, advice and guidance, free courses, apprenticeship vacancies and much more.

The apprenticeship vacancy page has returned - these are all Level 2 or Level 3 vacancies available within five miles of the school. Set up an account (following the guidance in Career News) and then type in the VAC number to be taken directly to the vacancy. You will need a CV - see Miss Berry if you need any help with creating a CV or setting up an account.

As mentioned in Career News, I have been offered a number of work experience placements for students. If you are struggling to find a placement, see me as soon as possible and it may be that one of the offers suits you.

The Army (MPCT) week will be going ahead and will probably have space for 10 students - see Miss Berry for more details. The NHS programme will hopefully also run - I am just waiting for final confirmation.

Please return all completed WEX booklets as soon as possible.



# OPEN EVENING

**4.30PM - 7.00PM**  
**PARSONS WALK CAMPUS, WIGAN**  
**MONDAY 28 APRIL 2025**



Last open event of this academic year at Wigan & Leigh College. This is a final chance for Year 11 students to explore their post-16 options and an ideal opportunity for Year 10 students to start considering their next steps. Scan the QR code or follow the link in Career News to register.

Booking link: <https://www.wigan-leigh.ac.uk/event/open-evening-5/>

Year 10 will visit both Wigan & Leigh and Runshaw Colleges in the latter part of the summer term, just before Work Experience Week (14th - 18th July 2025).

There are various documents on the school website regarding work experience. Don't forget the deadline for returning completed booklets is 2nd June. A number of employers tell me they have filled out booklets, but these have not made it back to me in school yet. Please remind Year 10s to bring these in as soon as possible so that all details can be checked and approved.

<https://www.parklandsacademy.co.uk/parents/work-experience>



RESPECT | EMPOWERMENT | COLLABORATION

Aspirational Futures Multi Academy Trust  
Chorley Business & Technology Centre |  
Building N2 | Room 9 | Euxton Lane |  
Chorley | PR7 6TE  
Email: [admin@aspirationalfutures.co.uk](mailto:admin@aspirationalfutures.co.uk)  
[www.aspirationalfutures.co.uk](http://www.aspirationalfutures.co.uk)

**Are you interested in a career working with children in a primary or high school?**



Could you be our next

**TEACHING ASSISTANT /  
LEARNING SUPPORT ASSISTANT?**



### Qualifications

You may need basic literacy and numeracy skills (usually grade 4/C at GCSE) in English and maths as a minimum. We will provide you with ongoing training and development.

### Working hours

Teaching Assistants work during the school day, usually from 8.30am to 3pm (this may vary by school).

### Salary

Salaries are dependent on hours worked, experience and skills. For example, working 37 hours per week during term time you could earn at least £1,741 gross per month. Part-time hours may also be available.



### Skills

Reading, writing and numeracy skills  
A positive approach to working with children  
Flexibility and adaptability  
Patience and empathy  
An understanding of a range of children's needs  
Team working skills



### Want to know more?

For more information about working with our children, please come along to our information event at **Parklands High School** on **Tuesday, 29th April at 10am.**



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com). Trigger Warning: This guide contains mention of suicide, which may be distressing for some readers.

## 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 48% 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®

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](https://nationalcollege.com).

## What Parents & Educators Need to Know about SEARCH ENGINES

### WHAT ARE THE RISKS?

Search engines are an integral part of everyday life – with Google alone processing around 100,000 searches every second. Search engines use algorithms to predict which results will be useful to us, though this can expose children to inappropriate content, misinformation and even scams. This guide explains the risks associated with search engines and offers practical advice to help safeguard young users online.

### MANIPULATED SEARCH RESULTS

Although search engines take site reputation into account, trustworthiness isn't the main factor. Instead, they use algorithms that can be gamed via tactics like search engine optimisation (SEO), which is big business. As a result, users may encounter misleading content and low-quality commercial products that appear more credible than they actually are.

### MISINFORMATION AND DISINFORMATION

Search engines index billions of web pages – and not all of them are factual or safe. Children might stumble across false information or even deliberate disinformation, especially when searching for trending topics or controversial issues.

### ENGINES BEYOND GOOGLE

Even if Google's SafeSearch is enabled, children may use lesser-known search engines that don't have similar protections. Some of these alternatives are less effective at blocking unsavoury content – sometimes by design – making it easier for children to encounter harmful or explicit material. Parental controls may also struggle to detect and block these sites.

### FUNNY JOKES

### ILLEGAL CONTENT CAN SURFACE

Search engines are designed to retrieve content based on keywords – not to judge whether that content is lawful. As a result, even illegal or harmful material can appear in search results. Children might assume that anything found through search engines must be safe, just because they're so widely used. This misunderstanding can lead to accidental exposure to seriously inappropriate content.

### INAPPROPRIATE CONTENT EXPOSURE

Although parental controls like Google's SafeSearch exist, they aren't foolproof, and search engines may bypass them. Young users may still see inappropriate images or content, especially in image searches, even though they may not be able to click on the results. Some niche search engines lack even basic filtering, posing further risks.

### UNRELIABLE AI SUMMARIES

Some search engines now offer AI-generated answers at the top of results. While these can be helpful as webpage summaries, they're not always accurate. There have been instances where AI summaries have presented false or even dangerous information, reinforcing the need for critical thinking.

## Advice for Parents & Educators

### ACTIVATE PARENTAL CONTROLS

While no parental controls tool is perfect, this software can help reduce the likelihood of inappropriate content appearing in search results. Use tools like Google Family Link to set search restrictions and monitor your child's browsing activity.

### QUESTION AI-GENERATED CONTENT

While AI content is generated quickly and often appears legitimate, teach children that, just because an AI summary is well presented, it doesn't mean it's accurate. Encourage them to review the sources behind AI summaries and check the information with reputable sites or fact-checkers.

### IDENTIFY AND AVOID ADVERTS

One of the ways search engines generate revenue is by showing adverts to their users. Sponsored search results are labelled, but they're not always easy to spot and can sometimes be malicious. Show your child how to distinguish between paid ads and organic search results – explain why some ads might be misleading or unsafe.

### PROMOTE DIGITAL LITERACY

Encourage children to question the motivation behind online content and develop critical thinking, as not all sites can be trusted. Some deliberately misinform users in order to sell products or promote misinformation. Developing a critical mindset is one of the best defences against these tactics.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, The Guardian and The New Statesman.



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## What Parents & Educators Need to Know about

# ZEPETO

AGE RESTRICTION  
**14+**

ZEPETO is a fast-growing app blending social networking with a virtual world experience – attracting around 20 million monthly users, with 15% from Europe. Players create 3D avatars to explore immersive environments, play games and interact with others; however, with minimal safety controls, anonymous chat and monetised content, ZEPETO poses a number of online safety concerns that parents and educators should be aware of.

### WHAT ARE THE RISKS?

#### NO PARENTAL CONTROLS

Although ZEPETO is intended for users aged 14 and up, it lacks built-in parental controls or age verification, instead relying on safety features on the device it's played on. This lack of a parental controls feature raises concerns about whom children may be interacting with on the platform.

#### INAPPROPRIATE CONTENT

As a mix between a virtual world and a social media platform, ZEPETO features a wide range of user-generated content. Some areas may reference mature themes, such as TV series aimed at adults, or include inappropriate material created by other users – all of which children may stumble across without warning.

#### STRANGER DANGER

By default, users can message and interact with anyone else. This open communication creates an environment where predatory individuals can pose as peers to gain trust, potentially leading to grooming, scams, and exploitation, such as blackmail.

#### CYBERBULLYING RISKS

As with many social platforms, children can be targeted for bullying, harassment or exclusion by both strangers and their peers. Unfiltered chat and avatar-based interaction can allow bullying and other forms of harassment to continue, impacting children's wellbeing and mental health.

#### ADDICTIVE GAMEPLAY

Daily log-in rewards, such as coins, and in-game incentives can encourage compulsive behaviour, with some users feeling pressure to check in constantly to avoid missing out. This can lead to excessive screen time and conflict with schoolwork or offline hobbies or commitments.

#### SPENDING REAL MONEY

While the game is free to play, ZEPETO includes a store offering virtual clothing and accessories for avatars. These items are bought with 'ZEMs' – a paid currency – and the appeal of exclusive items or branded collaborations can make it easy for children to overspend.

## Advice for Parents & Educators

#### ENABLE PRIVACY SETTINGS

Visit the child's profile settings to restrict who can send messages – options include Everyone, Followers Only, or No-one. Encourage children to avoid sharing any personal information on their profile, as this is visible even on private accounts.

#### LIMIT IN-APP TIME

Use parental controls on Android (Google Family Link) or iOS (Screen Time) to restrict app usage by setting hours or daily limits. Encouraging breaks can help children develop healthier habits and reduce app dependency.

#### CONTROL SPENDING

To prevent accidental purchases, set up purchase approval systems such as Apple's Ask to Buy or Google's Purchase Approvals. Alternatively, consider removing payment methods or using pre-paid cards with set budgets.

#### HAVE REGULAR CONVERSATIONS

Talk openly with children about whom they interact with online and the kinds of things they see or experience. Encourage them to speak up if someone makes them uncomfortable or if they come across inappropriate content. Teach them how to recognise red-flag behaviours such as asking for secrets, giving gifts, or requesting personal information.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



#WakeUpWednesday

The National College

X @wake\_up\_weds

f /www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 16.04.2025



## **Parklands Preloved uniform**

Pass it on, don't throw away,  
A uniform's here to save the day!  
Keep it going, let it flow,  
Helping pupils as they grow.

Please send any preloved uniform into school  
to Mrs.K O'Reilly.

Thank you.

Do you know  
about...



# Free school meals



If your child qualifies for free school meals,  
they will have a **free meal** every school day

It's easy to find out if you qualify –

### Lancashire

Website: <https://lancashire.gov.uk/children-education-families/schools/free-school-meals/>

### Pupil Premium

Is **additional funding** for our school to  
ensure we can support pupils  
to **achieve their full potential**