

20TH DECEMBER 2024

ISSUE 13

PRIORY SCHOOL NEWS

Contents

- 2 - Headteacher's News
- 3 - Attendance
- 4 - General information
- 5 - Nursery
- 6 - Reception
- 7 - Year 1
- 8 - Year 2
- 9 - Year 3
- 10 - Year 4
- 11 - Year 5
- 12-13 - PE news
- 14 - Orchard

Headteacher's News

As we close this long term, I want to take a moment to reflect on all we have achieved together. From the vibrant Diwali celebrations to the heartwarming Christmas Fair, which raised an impressive £2,000, our community spirit has shone brightly. Our pupils have enjoyed enriching experiences, from choir performances at St. Peter's Church to visits with local care home residents and memorable Christmas performances.

Academically, the term has been a triumph. Early reading and phonics teaching continues to excel, and subject monitoring visits have highlighted high-quality lessons across the school. Behaviour for learning walks reflect the calm, organised environments staff have worked hard to create. Our SEND provision remains a cornerstone of our school, with interventions, nurture support, and inclusive practices ensuring every child thrives.

We were thrilled with the overwhelmingly positive feedback from our Ofsted inspection, which recognised our inclusive ethos, strong teaching, and commitment to pupil success. This is a testament to the dedication and passion of our staff.

Thank you for your continued support, and I wish you all a restful and joyful Christmas and a happy new year. We look forward to welcoming everyone back for another exciting term in January!
Merry Christmas,

Mrs. Foster

Attendance

Weekly attendance percentages - W/C 16th Decemeber

Whole School - 88.2%

Year 1 - 92.9%

Year 2 - 93.8%

Year 3 - 93.7%

Year 4 - 93.5%

Year 5 - 94.0%

Year 6 - 94.8%

Congratulations to Plum with 95.8% the highest attendance this week!

Important dates:

[Click here](#) to link to the school calendar

[Click here](#) to see term dates for 2024-2025

Leaflets and letters:

Please [click here](#) to go to our leaflets page on the website and choose external providers

Sign of the week:

Merry Christmas and Happy
New Year

<https://youtu.be/dFTp8jYRB6U>

Peek at the Week

Nursery – 20th December 2024

Learning

Personal, Social & Emotional Development

This week we have been talking about friendships and what it means to be a good friend. We spoke about the different ways we could ask someone if they wanted to play.



Communication & Language Development

We had great fun joining Scruff the dog on his tail-wagging adventures filled with magical puppetry, hilarious characters and lots of giggles! We showed fantastic listening and attention skills as we watched the Christmas puppet show.



Physical Development

We have been doing lots mark making and name writing as part of our Christmas crafts.



We wish you and your families a very Happy Christmas and a peaceful New Year.

We look forward to welcoming you back on **Thursday 9th January 2025**



We have had a busy and exciting 'Christmassy week' in Nursery.



Autumn Term Significant Achievement Awards: **Jan and Luna**

Nursery rhyme of the week:

We wish you a Merry Christmas

<https://www.youtube.com/watch?v=0qewOvtXo1A>



Next Week's Word of the Week: Sparkly

Contact us: nursery@priorschool.com

01628 600300



Peek at the Week–Reception

20.12.24

What a lovely last week of term in Reception! Thank you to everyone who came along to our Christmas Performance, the children had a fantastic time showcasing the songs they've been working so hard to learn. It was lovely for the Reception team to see so many smiling faces back in the classrooms after the performance.

On Tuesday, we watched a special performance by the Little Angel Theatre–“Scruff's Christmas Adventure”. This puppet show told the heart warming tale of a dog's mission to find the perfect gift for his family. It was a wonderfully imaginative show, and it was great to see all the Reception children participating.



We have no homework or reading books coming home over the holidays, the children have worked so hard this term and have earned a well deserved rest! We would encourage you to read stories over the break and make some lovely festive memories which your child can share when they return to us in January.

We had lots of fun at our Christmas lunch on Wednesday!



Reception song of the week:

The Snowman - Walking in the Air



Reception Stars of the Week:

R Rupert: Poppy

R Paddington: Yusufali

Contact us: reception@prioryschool.com

01628 600300

Peek at the Week

Year 1 – 20th December 2024



Important Dates / Reminders

- Please can all book bags be brought in on a Thursday so library books and reading books can be changed.
- Please log in to Numbots.



Homework

- Please read with your child for at least 15 minutes a day and record it in their reading diary.
- Focus core math skill: recognising different 3D shapes.
- Packs of tricky words have been sent home this week for you the children to practice over the Christmas holidays.

Thank you so much to all the parents who attended our Christmas Performance. If you did take any nice photos afterwards we would love to see them! Please email them into: Year1@priorschool.com



Our Learning

This Week:

In Math this week, we finished our unit on shapes. The children sorted 3D shapes by their properties and practiced answering simple reasoning questions. They also had lots of fun completing Christmassy math activities, such as coloring by numbers and cutting out shapes to create Christmas pictures.

In English, the children wrote their own silly stories about the innkeeper from our class text. They drew and wrote about characters who made the innkeeper angry by knocking on his door.

We've had lots of fun during busy learning this week. The children had the opportunity to make paper chains and decorate a Christmas tree with colorful baubles. They also enjoyed using the stage and the small-world tuff tray to retell the nativity story. We have been really impressed with how well the children have learned the story and how creatively they have interpreted it.

After the Christmas holidays:

In Math, we will be starting our new unit on place value within 20.

In English, we will be starting our brand new text: *Lost and found* by Oliver Jeffers.

Star of the week

1Donaldson: Maya

1Jeffers: Esha



Words of the Week: could should would house mouse water

Contact us: year1@priorschool.com

01628 600300



Peek at the Week

Year 2 – 20th December 2024

Important Dates / Reminders

20.12.24 Last day of term – finish at 1:30pm.

06.01.25 INSET Day

07.01.25 Spring term starts



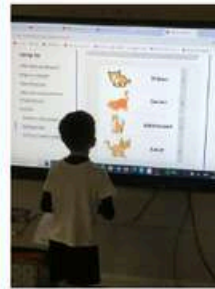
Please read with and to your child every day and discuss what you are reading. Once the children have used their phonics to decode the words in the book, please re-read the book several times over the week to help them build up their pace and fluency.

Spellings are sent home on Fridays with a spelling quiz the following Friday. Please practice writing these spellings daily if possible. Please also login in to NumBots and Times Table Rockstars to practise both number bonds and timetables.

Please send your child in the correct PE uniform on **Wednesdays**. Please also send your child in with a coat daily.

Our Learning

This week, the children have enjoyed our DT lessons around designing, making and evaluating our own firefighter glove puppets. The children did a great job of sewing the two pieces of felt together and chose different materials to create and stick on to make the firefighters uniform and equipment.



We have been looking at the human life cycle in science and what we can or can't do at the different stages. Also, we have looked at the life cycle of other animals such as: frogs, butterflies and chickens and seen how some animals

undergo big changes through their life cycle whilst others have offspring that look similar to them but smaller.



We have also all enjoyed taking part in lots of Christmas linked activities in continuous provision, as well as the Christmas lunch on Wednesday and our class parties on Thursday!

We wish you all a wonderful holiday and look forward to seeing the children in the New Year where we will be looking at 'Growth and Plants' in science, continuing with subtraction in maths and exploring a new text in English called 'The Secret Sky Garden.'



The children enjoyed reciting a poem called 'Caterpillar Garden' and illustrating it beautifully.



Child of the Week

2Newton: Avleen

2Franklin: Ava



Contact us: year2@priorschool.com

01628 600300



Peek at the Week

Year 3– 20th December 2024

Important Dates / Reminders

06.01.25 INSET Day 07.01.25 Spring term starts
 09.01.25 3 Jenner swimming lesson 17.01.25 World Religion Day
HOMEWORK Please read with your child for at least 15 minutes every day and record this in their reading record. Ideas for reading at home can include reading a library book, a book from school or home, reading a bedtime story or following a recipe among other opportunities! Books can also be read online at <https://www.collinshub.co.uk/login/> Please practise number bonds and multiplication tables with your child. Times Tables Rockstars: <https://ttrockstars.com/>

Don't forget that your child needs to wear the correct PE uniform to school each Monday.

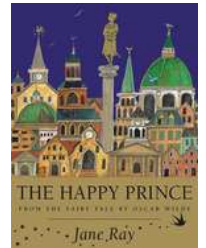
Our Learning

This week, we have been learning about the Christmas story in RE. In DT, we completed the sewing of our Christmas decorations. It was a tricky challenge but they final decorations looked amazing hanging on our class Christmas trees.

Everybody enjoyed coming together to celebrate the season with a festive lunch, class party and our significant achievement award assembly.

After the holidays, Year 3 will begin to learn about Ancient Egypt in our history lessons and great rivers of the world in geography.

In English, we will be reading a version of 'The Happy Prince' by Jane Ray. In Maths, we will continue to focus on multiplication and division.



Here are some of the decorations we designed and then made hanging on 3 Nightingale's class tree.

Word of the Week: curiosity Follow this link to find more super daily activities:

www.morningchallenge.co.uk/

Contact us: year3@prioryschool.com

01628 600300



Year 4 Peek at the Week

Friday 20th December 2024

Important Dates /Reminders

Wednesdays: wear the correct PE uniform to school. Please bring in a water bottle.

Fridays: Spelling test. Please remember to read at least three times a week and record it in the reading record. Your child also need to be practising their times tables as much as possible.

Christmas Lunch



Our Learning

This week, we have been learning about Christmas as part of our Christianity unit and we have been thinking about how symbolism is used throughout the story. They have all followed instructions carefully to make a Christingle.

In English, we have been so proud of the children writing their stories based on the film Feast. The children showed how they can use adverbs, adjectives and short sentences effectively. The children should be very proud of their writing this week.

After the holidays, we will be starting to learn formal methods for multiplication and continuing to practise times tables. Please practise times tables with your children at home.

In English, we are going to be studying 'Beowulf', the children are going to be making predictions and looking at the author Michael Morpurgo.

We also have something very exciting happening in the Spring Term which we will be telling the children about in the first week back.

Enjoy your holidays and we hope the children have a good rest in preparation for a busy, fun filled Spring term.

Child of the week:

We will continue child of the week in January.



Remember to read 3 times a week and practise your timetables on Rockstar Maths.

Contact us: year4@priorschool.com 01628 600300



Year 5 Peek at the Week

20th December 2024

Important Dates / Reminders

Back in school: Tuesday 7th Jan 2025

Science Museum trip: 20th March 2025

Our Learning

This week, we finished off our Christmas stockings whilst also learning all about the Christmas Story. In RE, we used our detective skills to unpick various versions of this story.

In maths, continued to focus on fractions. Here, we consolidated learning this half term.

In English, we edited our work based on the picture book Azzi to ensure that our speeches were as powerful and emotive as possible.

Next term, in PSHRE, we will be looking at Dreams and Goals. Here we will focus on the values of hope and trust.

Next term, we will also start our new topic - Exploration, Environments & Empires, by exploring the planets in our solar system and create our very own celestial body to write about.

In maths, we will start our new top of multiplication, where we will be exploring new strategies to multiply 4 digits by 1 digit and 2 digits by 2 digits.

In English, after Christmas, we will be focusing on space-themed non-chronological reports in which the children will create their own planets and write about them. We will also be watching One Small Step - a story about a girl called Luna - and will retell this narrative in our own words.



In DT we challenged ourselves, by using our sewing skills to create our own Christmas stockings.

Significant Achievement Award

5Dawe: **Ethan** 5Maple: **Laila** 5Ofili: **Lucy**

Word of the Week: **introduced in January**

Remember to read 3 times a week and practise your timetables on Rockstar Maths.

Contact us: year5@priorschool.com

01628 600300

Year 6 Dance

Our year 6 students have been engaging in dance lessons with Create Academy.

Thank you to James for delivering such engaging lessons to our students each week.

Our students in year 6 have been learning a variety of different dances which included Street Dancing.

As you can see from the photos they were fantastic!



Football News

Game 1

5th December: After the disappointment of the postponed game a couple of weeks ago due to the weather, the boys Year 5 & 6 football team had a Slough league game away to Penn Wood.

It was a great occasion with Priory boys winning 6-2! They demonstrated an amazing energy and showcased excellent team skills.

Game 2

13th December: The boys team travelled over to Langley Academy with the PE team, we tried really hard, but couldn't quite do as well as we did in the previous match. The final score was 3-1 and we wish to congratulate Langley Academy on their win.

Well done to the boys involved a great achievement by the boys represented the team.

After Christmas, the PE team will be planning more matches for both boys and girls football and girls netball games.



A Message From The Orchard

Dear Parents / Carers

The Orchard are requesting any unwanted toys to be donated to our Orchard provision; please send in any kitchen role-play items such as teapots, cups, play food etc. We would also utilise dress-up clothes, dolls, action figures, Mr Potato Head, lego or duplo, small world toys such as trains, train tracks, toy garage, farm or jungle animals.

Thank you in advance!

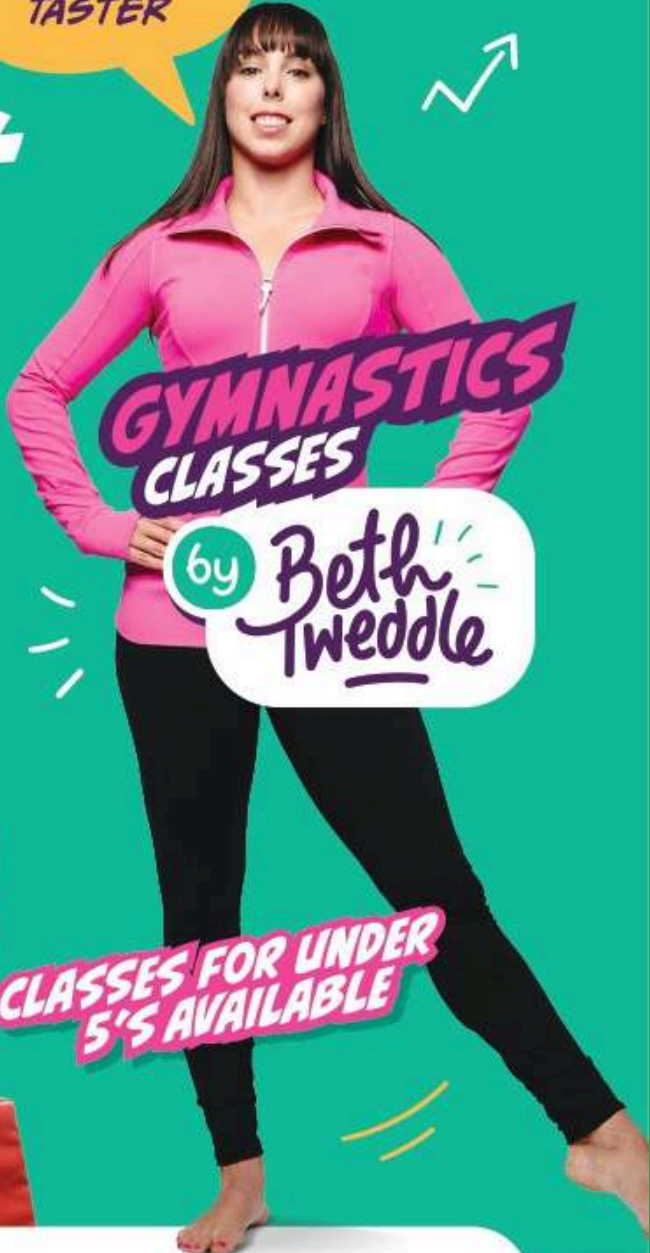
TRY US FOR FREE!

FROM ONLY
£7.99
FOR A LIMITED TIME*

FOR ALL ABILITIES

BOOK A
FREE TASTER

COMING TO
**SLOUGH &
WINDSOR**



GYMNASTICS CLASSES

by **Beth Tweddle**

NO CONTRACT

NINJA CLASSES



LEARN NEW SKILLS

CLASSES FOR UNDER 5'S AVAILABLE

Gymfinity Kids
CLUBS

To find out more, visit:
gymfinitykids.com

Community **CLUB**

We offer...

Gymnastics classes for kids

Our mission is to **make gymnastics as accessible as possible** to as many children as possible, and we are excited to be bringing the magic of our gymnastics Community Clubs to Slough and Windsor!

Working closely alongside Olympic Gymnast, **Beth Tweddle**, our Community Clubs are designed to introduce children to the basics of gymnastics and get them excited about movement. **We also offer Ninja** which challenges children to move in fun and exciting ways.

We have a **highly skilled team of coaches** ready to teach the children new skills in the heart of your community - it's time for your child to discover their capabilities!

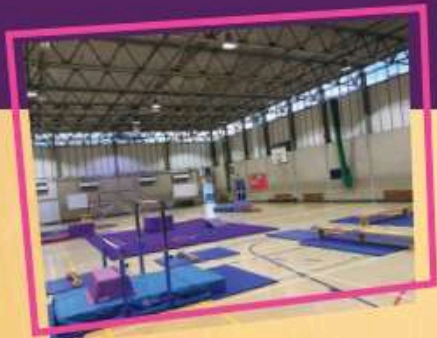
BOOK A
FREE
TASTER



**GYMNASTICS
CLASSES** by **Beth Tweddle**

**OLYMPIC MEDALLIST &
3X WORLD CHAMPION
BETH TWEDDLE**

**DEVELOP YOUR
TECHNIQUE**



NEW NINJA CLASSES FOR KIDS



FROM ONLY
£7.99
FOR A LIMITED TIME*

Ninja classes focus on movement skills needed to navigate various obstacles. This includes **climbing, swinging, jumping, flipping, and balancing** on challenging surfaces.

We also offer progression through an **in-house award program** that's formulated to inspire and motivate children to help them be the best they can be.

GYMNASTICS PRESCHOOL CLASSES

INTERACTIVE CLASSES FOR UNDER 5'S

YOU CAN DO IT!

MAKE FRIENDS

AMAZING!



HOW TO *FIND US*



Gymfinity Kids has two types of clubs:

Our Community Clubs are in the heart of the community, hosted in spaces such as school sports halls, leisure centres and community halls. They're designed to make gymnastics and ninja more accessible to children across Berkshire.

Our larger clubs are purpose-built venues offering gymnastics and ninja classes for children of all ages. We also offer birthday parties and holiday camps in our state-of-the-art venues.

Gymfinity Kids Community Club

- 1** **Slough**
Herschel Grammar School, Whitby Rd,
Slough SL1 3BW
- 2** **Windsor**
Windsor Girls School, Imperial Rd,
Windsor SL4 3RT

T: 01908 032 050

E: info@gymfinitykids.com



**Scan here to book
your **FREE** taster**

Gymfinity Kids Clubs

- 3** **Bracknell**
Gymfinity Kids, 65 Princess Square (next
to Pure Gym), Bracknell, RG12 1LS
- 4** **Farnborough**
First Floor, The Meads Shopping Centre,
Farnborough, GU14 7GL
- 5** **Reading**
Gillette Way, Reading, RG2 0BS
- 6** **Walton on Thames**
Gymfinity Kids, Unit 52 (Formally
Debenhams), The Heart, New Zealand
Avenue, Walton -on-Thames, KT12 1GH

Visit our website to find all our larger clubs:
www.gymfinitykids.com/find-a-club

* Selling price of all classes are subject to change upon club official opening. T&Cs apply. See website for details.

Gymfinity Kids
CLUBS

To find out more, visit:
gymfinitykids.com



Beth Tweddle

GYMNASTICS

BY GYMFINITY KIDS



National Curriculum

We work with schools to improve the provision of gymnastics and ensure the sport is embedded for future generations.

Trusted by hundreds of schools nationwide, our National Curriculum programme has been successfully delivering gymnastics to thousands of children around the UK for the past 10 years, allowing children from all backgrounds and abilities to experience the joy of gymnastics in the comfort of their own school.

At Beth Tweddle Gymnastics by Gymfinity Kids, we offer opportunities for children to try gymnastics in a safe, welcoming, and supportive environment, which can help to raise the profile of PE and sport in your school community. We believe that offering pupils the chance to participate in school lessons, outside competitions and "Have a go" events is essential for broadening their experiences of a range of sports and physical activities.



What is the PE and Sports Premium?



The Primary PE and Sport Premium is designed to help children get an active start in life by improving the quality of PE and sports in primary schools.

Schools have an important role in supporting children to ensure that they have a positive experience of physical activity and participation in physical activity is established from a young age.

Schools can choose how best to spend this funding to make sustainable improvements, including on teacher training, offering more opportunities for pupils to take part in competition and widening the range of sports for both boys and girls, such as gymnastics.



Scan here for more information



Contact us: T: 0161 979 0611 | E: Samantha.scotland@btgymnastics.co.uk



AIRPORTBOWL
BAR · ARCADE · RESTAURANT

CHRISTMAS HOLIDAYS



2 GAME SPECIAL

KIDS £10 per person
ADULTS £12 per person

EXCLUDING BANK HOLIDAYS

VALID FROM 23RD DEC 2024 - 3RD JAN 2025, MONDAY - FRIDAY 10AM - 3PM ONLY.
EXCLUDING BANK HOLIDAYS. UP TO SIX PEOPLE PER VOUCHER. ONLY REDEEMABLE
WHEN TWO GAMES OF BOWLING PER PERSON ARE PURCHASED. T&C'S APPLY.

FAMILY SPECIAL

**ONE HOUR
FOR £32**

EXCLUDING BANK HOLIDAYS

VALID FROM 23RD DEC 2024 - 3RD JAN 2025, MONDAY - FRIDAY
10AM - 3PM ONLY. UP TO SIX PEOPLE PER VOUCHER. MINIMUM
OF ONE CHILD PER GROUP OF SIX. T&C'S APPLY.

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Airport Bowl, Bath Road, Harlington, Middlesex, UB3 5AL



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GEMS

Autism & ADHD Support Service
East Berkshire

Bear cubs



Ages 5 to 10

First and third Monday of the
month - 4pm to 5pm

6th January 2025 - Make a bookmark and read a story! - Online

20th January - Talent Show- Bracknell

3rd February - Big on Bouncing - Slough- Small Fee Applicable

17th February - Disney Quiz - Online

3rd March - Sensory Bus - Windsor

17th March - Park Play - Maidenhead

**Please note activities may be subject to change*

Registration:

Gems.4Health@nhs.net
0800 999 1342

Criteria:

Children with or likely to have
ADHD and/or autism and
living in East Berkshire



For more information: Call 0800 999 1342 or visit www.Gems4Health.com

10 Top Tips for Parents and Educators

SAFETY OVER THE FESTIVE SEASON

The holiday season, marked by Christmas and New Year, brings joy and togetherness but also presents unique safety challenges for children, families and educators. From busy holiday shopping, traveling and family gatherings to managing digital activity during school breaks, staying safe during this period requires heightened awareness. This guide offers practical tips to help families and educators maintain a more secure and fulfilling festive period.

1 MONITOR DIGITAL ACTIVITY

Children spend more time online during school holidays, increasing exposure to potential dangers such as cyberbullying, inappropriate content and online predators. Balancing screen time, avoiding harmful websites and ensuring children engage positively online can be difficult without proper monitoring tools. Set clear boundaries, encourage open discussions about online safety and use parental controls to manage content exposure and screen time effectively. Regular check-ins and positive reinforcement around digital habits encourage safe online behaviour.

2 PRACTICE FIRE SAFETY PROTOCOLS

The incidence of house fires increases during Christmas due to greater use of candles, cookers and electrical decorations. Open flames, electrical overloads and the need for quick response plans can make fire safety challenging. Ensure smoke detectors are operational, keep fire extinguishers on hand and teach children how to respond in case of a fire emergency. Avoid leaving cooking unattended and use fire-safe candles to prevent mishaps.

3 CREATE TRAVEL SAFETY PLANS

More families tend to travel during the holidays, resulting in busier roads, increased traffic accidents and weather-related hazards. Weather conditions, road rage, fatigue and busy airports can all compromise travel safety. Pack emergency kits and adhere to seatbelt laws. Plan routes in advance and allow extra travel time to avoid rushing and mitigate risks on busy roads.

4 BEWARE OF ALLERGIES

Holiday meals often involve many foods that may contain allergens. Cross contamination, unclear labelling and lack of allergy-friendly options can lead to severe reactions. Communicate any allergy needs to hosts, provide safe food alternatives and carry necessary medications like antihistamines or EpiPens. Teaching children how to advocate for themselves and recognise dangerous foods also contributes to safer celebrations.

5 PREVENT THE SPREAD OF ILLNESS

Cold weather and seasonal socialising can increase the spread of viruses like flu and COVID-19. Crowded gatherings, schools out of session and frequent travel can lead to higher infection risks. Emphasise hygiene, encourage vaccination, disinfect surfaces and isolate symptomatic individuals. Communication with children about proper hygiene practices is essential to reduce the spread of illness.

6 STAY VIGILANT ON THE ROAD

Increased holiday traffic heightens the risk of accidents for both drivers and pedestrians. Distracted driving, pedestrian safety and inclement weather can complicate road safety. Encourage pedestrian safety practices, avoid distracted driving and never drive under the influence.

7 MAINTAIN SAFE DECORATIONS

Festive decorations such as Christmas lights and candles can pose electrical, fire and choking hazards if mishandled. Frayed wires, toppling Christmas trees, small ornaments and open flames can be difficult to control, especially in busy households with children. Inspect and maintain decorations, secure Christmas trees, place fragile or small items out of reach and ensure candles are never left unattended. Testing smoke alarms and using flame-retardant decorations can significantly reduce risks.

8 SET BOUNDARIES FOR GIFTS

Some toys and gadgets can present choking, sharp-edge or safety risks, particularly for young children. Ensuring that gifts meet safety standards and are age appropriate can be complex with so many options available. Inspect all toys carefully and ensure any tech devices have parental controls. Setting expectations around safe gift use and discarding packaging that poses a risk also helps to prevent accidents.

9 ADDRESS STRESS & FATIGUE

Holiday pressures can lead to burnout, which affects both physical and mental health. Overpacked schedules and a lack of downtime can cause stress and fatigue, leading to accidents or poor decision making. Incorporate rest, maintain regular routines and seek support to reduce stress. Encourage activities that promote relaxation to create a healthier, happier holiday experience for everyone.

10 DRINK RESPONSIBLY

Alcohol is commonly present at holiday events, raising concerns about safety and supervision. Excessive alcohol consumption can lead to accidents, impaired judgment and lack of supervision for children. Designate responsible adults, limit consumption and provide transportation alternatives for guests. Teaching moderation and modelling responsible behaviour in front of children ensures that celebrations remain positive and secure.

Meet Our Expert

James Whelan is a chartered health and safety consultant with 10 years of experience in promoting family and community safety. Specialising in risk assessment and preventative strategies, he has worked with educational institutions, public health agencies and community groups to deliver safety education and training.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/safety-over-the-festive-season>

This winter break

Would you rather your kids be doing this?



Or
this?

24 DEC
- 3 JAN

Ages
5-16

There is a huge variety of exciting activities available at the Slough HAF programme this winter, with something for everyone, free with a HAF code or pay to join in the fun! Visit: sloughhaf.org.uk



10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerning how common it is for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day when they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Inley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



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Source: See full reference list on guide page at: <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

