

# NEWSLETTER

FRIDAY 30TH JANUARY 2026



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## YEAR 5 INDUSTRIAL MUSEUM

Year 5 had a fantastic time visiting the Industrial museum for their Victorian history topic. They explored the museum and got a feel for what it would have been like to work as children in the woolen mills in Bradford. The highlight was the Victorian classroom experience where the children were all in role and experienced what it would have been like being a child in a Victorian school.





# NATIONAL WALK YOUR DOG MONTH

January is walk your dog month, here at Swain House Primary we are lucky because we have our own Dog Mentor—Leo!

The children enjoy getting out and walking Leo around our lovely school grounds during their Leo Leaders time.





# EARLY YEARS BISCUITS AND BOOKS!

The children in Early Years enjoyed a biscuits and books session with their grown ups this week. They shared lots of stories and enjoyed a biscuit and some juice! They shared the first session of the year with Mrs. Ahmed our EYFS School Governor.



# PARENTS COURSE

Please join us for a parents course about supporting your child in the digital world—see information below. If you will be attending please let a member of the office staff know—thank you.



Please join us for a parent course

## Supporting your Child in the Digital World

In this interactive workshop, you will:

- Understand the opportunities and risks of **mobile phones and social media** for children
- Learn practical strategies for setting healthy boundaries
- Build a personalised 'digital family agreement'

**Tuesday 10th February**  
**8.45am - 10.00am**

Refreshments will be provided





# POP AND GLOW DISCO

Friends of Swain House Primary School



Thursday 29<sup>th</sup> January 2026

Dear Parent/Carers

## **Pop and Glow Disco Thursday 5<sup>th</sup> February 2026**

**NEW DISCO TIME: 4:30pm – 6.00pm**

Children who attend our school are invited to a Pop and Glow disco on Thursday 5<sup>th</sup> February 2026 from 4:30pm to 6.00pm. Parents of Nursery and Reception children must attend the disco with their child; all other children will be supervised by volunteers of Friends of Swain House and school staff.

**Please note our school disco will be ticket only to reduce the registration time**  
**Please purchase tickets in advance**

Tickets will be available to purchase on Parent Pay from Thursday 29<sup>th</sup> January at 3:00pm at the cost of £2.00 per ticket. If you have any issues with Parent Pay, please speak to staff at the main office. **Tickets will be available until 3.00pm on Wednesday 4<sup>th</sup> February. Please be aware that tickets will not be available to purchase after this time.** Once paid, physical tickets will be given to your child, prior to the disco. Tickets must be brought to the disco on the night. Children will still need to be signed in at the start of the disco.

### **Entrance procedures**

In order to reduce congestion at the main entrance, we will be asking parents/carers to bring their children into the piazza area and children will be registered for the disco in the small hall. This is when parents of children in Years 1-6 must leave. As we do not use the cloakrooms, please take your child's coat home with you when you leave.

At the end of the disco, at **6.00pm**, please enter school through the main entrance then go to the main hall where the children will be waiting. Once you have collected your child, please leave via the piazza as this avoids congestion. In the interest of safety, all children must be collected by an adult. If you need to collect your child before 6.00pm please inform a member of staff when you arrive so arrangements can be made. **Our mobile phone policy states that pupils are not allowed to have mobile phones on them during the school day; this has now been implemented at school discos. Parents that are in attendance must only take photos of their own children.**

Juice, crisps and sweets will be on sale. Tattoos and face painting will also be available. Please see the prices below.

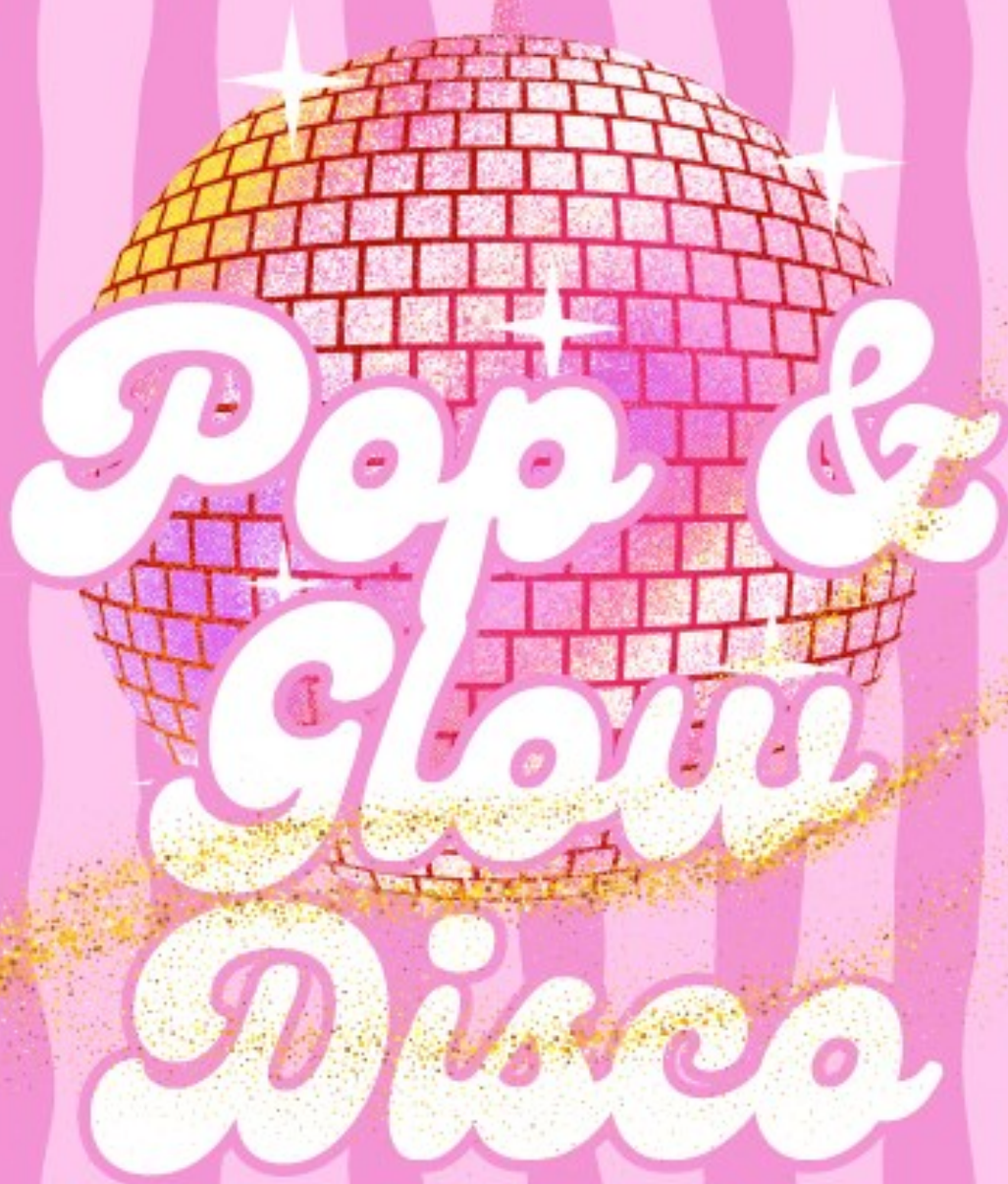
- |                       |  |
|-----------------------|--|
| ➤ Pop - 50p           | ➤ Face Paint – £1  |
| ➤ Crisps – 50p        | ➤ Tattoos – one for 30p two for 50p                        |
| ➤ Bag of Sweets – 50p | ➤ Glow in the dark/light up/flashy items ranging from £1-3 |

If you will be using a car to drop off or collect your child from the school disco, please be considerate of our local residents. Please do not block driveways or park anywhere dangerous.

Yours sincerely  
Friends of Swain House

# POP AND GLOW DISCO

£2 PER TICKET - PURCHASE VIA PARENT PAY



THURSDAY 5<sup>TH</sup> FEBRUARY 2026

4:30-6PM



# CHILDREN'S MENTAL HEALTH WEEK



Swain House Primary School  
Radcliffe Avenue, Bradford BD2 1JL  
Headteacher: Mrs Clare Pugh  
Tel: 01274 639049  
E-mail: [office@swainhouse.bradford.sch.uk](mailto:office@swainhouse.bradford.sch.uk)  
Website: [www.swainhouse.co.uk](http://www.swainhouse.co.uk)

Tuesday 27<sup>th</sup> January 2026

Dear Parent/Guardian

## Children's Mental Health Week

Children's Mental Health Week 2026 will take place from 9<sup>th</sup> – 15<sup>th</sup> February, the theme this year is 'This is my Place'. On **Monday 9<sup>th</sup> February 2026** children can come to school in non-uniform wearing an outfit that expresses themselves, whether it's their favourite outfit, a splash of colour, traditional clothes that celebrates their culture, or an outfit that showcases their favourite sport or a club they belong to.

The week exists to empower, equip and give a voice to all children and young people in the UK.

We would like to ask parents and family members to support us by contributing **£1** towards Children's Mental Health Week. All contributions will be donated to Place2Be.

Yours sincerely

Mrs Clare Pugh  
Headteacher



# READING PLANET REVIEWS!

As part of our Key Stage 2 reading scheme, we would like to use our weekly newsletter to help promote and share some of your children's favourite stories that they have read. Each week, we will be sharing book reviews that have been written by your children. Hopefully these reviews will inspire our children to read one of the books when they choose their next one.



Mercury level—The pocket elf and great dog escape.

There's a little elf and he tries to help the girl and he finds treasure in her pencil case.

I like this book because it is interesting and funny and I have read the other book in the series.

Ayat – Year 3

If you have any news about your child's achievements that you would like to share in our newsletter, please speak to your child's class teacher!

**CLICK THE ICON TO SEE REGULAR UPDATES  
ON OUR FACEBOOK PAGE!**





# GREAT OAK NURSERY



## Great Oak Nursery

at

### Swain House Primary School

Now enrolling for our September, January and April intakes

## Is your child 3 or 4 years old?

*'My child started Great Oak Nursery in September. All of the teachers have been amazing and my child loves coming to his new school and is thriving*



***We have full & part time places available***

**With wrap around care 7.30am until 6.00pm**

**7.30am Breakfast Club - £2.40 a day**

**7.45am Breakfast Club - £1.90 a day**

**8.00am Breakfast Club - free**

**After School club 3.15pm until 4.00pm £2.50 a day**

**Extra Club 4.00pm until 6.00pm £4.50 a day**

**Please contact the school on  
01274 639049**



# LITTLE ACORNS NURSERY

## Little Acorns Nursery At Swain House Primary School Do you have a 2 year old?

September, January and April intake

Little Acorns Nursery is a warm, nurturing atmosphere where children learn through play in a safe and stimulating environment



We have full & part time places available

With wraparound care  
7.30am until 6.00pm

please contact the school on  
01274 639049



# WEEKLY UPDATES

## ATTENDANCE AND PUNCTUALITY

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending **30.01.26**.

### Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	95.2%	0
Willow	96.0%	1
Kandinsky	91.6%	1
Matisse	96.7%	0
Lowry	98.4%	4
Van Gogh	99.0%	2

### Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	96.6%	1
Roald Dahl	93.7%	5
JK Rowling	94.1%	4
Michael Morpurgo	95.5%	1
Elgar	90.6%	3
Mozart	95.3%	2
Beethoven	97.2%	5
Vivaldi	96.0%	1

Congratulations to **Van Gogh Class** and **Beethoven Class** for having the **best attendance** this week.

Congratulations to **Elm Class** and **Matisse Class** for having **no lates**!

Our whole school attendance this week:

**95.4%**

## COMMUNICATION SINCE THE LAST NEWSLETTER

These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

WEBSITE UPDATES:	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'Mental Health Misinformation online'.
LETTERS:	27.01.26 - Children's Mental Health Week 29.01.26 - Elgar Class Assembly 29.01.26 - Pop & Glow Disco
MESSAGES VIA PARENTAPPS:	30.01.26 - Year 5 Homework

# COMMUNITY NEWS



## Seedlings Speech and Language Therapy Groups

5 January at 14:00 · 🌐

Come and join us from 16th January onwards. Sign up below 😊



### CHAI & CHAT SPEECH THERAPY GROUPS

ARE YOU A PARENT/CARER WORRIED ABOUT YOUR PRE-SCHOOLER'S SPEECH? BRING THEM ALONG TO OUR FRIENDLY GROUPS RUN BY EXPERIENCED SPEECH THERAPISTS FOR PRACTICAL HELP IN A SUPPORTIVE ENVIRONMENT.

**THE ROCKWELL CENTRE, BD10**  
**FRI 16, 23, 30 JAN & FRI 6 & 13 FEB**  
**@ 10AM & 11AM**

Visit [tinyurl.com/yc7xm23s](https://tinyurl.com/yc7xm23s) or scan the QR Code to book. Alternatively message Mahum on 07453925805 to find out more.





# COMMUNITY NEWS



**Nuffield  
Health**  
SHIPLEY

**OPEN  
WEEKEND!**

**FRIDAY 30<sup>th</sup> - SUNDAY 1<sup>st</sup>**

**TRY US FOR FREE!**



**GYM**



**POOL & SPA**



**CLASSES**

Terms & conditions apply. 18+ ID required.

# COMMUNITY NEWS



## BOOK YOUR **FREE** MUSIC LESSON

Lessons available for all ages:

VOCALS | DRUMS | UKULELE | BASS  
PIANO | GUITAR | BRASS | SHOW CHOIR

An advertisement for North Bradford Juniors FC. The background is a dark, stylized image of a football pitch with white and blue lines. In the top left corner, there is a circular logo with the text "NORTH BRADFORD" at the top, a stylized white fox head in the center, and "JUNIORS FC" and "Est: 2022" at the bottom. To the right of the logo, the text "PLAYERS WE WANT YOU!" is written in a large, white, sans-serif font. Below the pitch, the text "U7'S" is written in a large, white, sans-serif font. At the bottom, there is a paragraph of text: "We welcome unattached players into our grassroots club. We are actively seeking players from this school year 2. To join our U7 team for the 2025/26 season. Please contact the club via our Facebook page or northbradfordjuniors@gmail.com". At the very bottom, the website "www.northbradford.co.uk" is listed.

**PLAYERS WE WANT YOU!**

**U7'S**

We welcome unattached players into our grassroots club.

We are actively seeking players from this school year 2. To join our U7 team for the 2025/26 season.

Please contact the club via our Facebook page or [northbradfordjuniors@gmail.com](mailto:northbradfordjuniors@gmail.com)

[www.northbradford.co.uk](http://www.northbradford.co.uk)



## OUR CONVERSATION CARD OF THE WEEK



### Enjoy a conversation!

Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



# MYHAPPYMIND APP

The myHappyMind app includes lots of fantastic features such as—kids zone, myHappyMind games and mini master classes for parents .



## Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



### myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

107220



# REMINDERS

## BREAKFAST CLUB AFTER SCHOOL CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.40 each per day or at 7.45am at the cost of £1.90 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

We have a free Breakfast Club 8.00am—8.30am

If you would like to book this please use ParentApps

Our After School Club is available until 4pm at a cost of £2.50 each per day.

If you would like to book your child into After School Club, please use ParentPay.

## EXTRA CLUB

We also offer an Extra Club service that runs until 6.00pm at a cost of £4.50 per day.

If you would like to book your child into Extra Club, please use ParentPay.

**Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.**

**If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.**

## DIARY DATES

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
THURSDAY	12.02.26		NON UNIFORM & TOY DAY
THURSDAY	12.02.26		SCHOOL CLOSES

# COMING UP IN SPRING TERM

## SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	05.02.26	2.20pm	Elgar Class Assembly
Thursday	12.02.26	2.20pm	Lowry Class Assembly
Thursday	26.02.26	2.20pm	JK Rowling Class Assembly
Thursday	12.03.26	2.20pm	Kandinsky Class Holi Assembly
Thursday	19.03.26	2.20pm	Roald Dahl Class Passover Assembly
Tuesday	24.03.26	2.20pm	Mozart Class Easter Assembly

## DATES TO REMEMBER!



Toy Day and non-uniform—Thursday 12th  
February 2026





# MENU 02/02/26

Homemade bread,  
selection of seasonal  
vegetables / fresh salad  
and fresh fruits served  
daily

## Swain House Primary School

Wk 1 - 3rd Nov, 24th Nov,  
15th Dec, 5th Jan, 16th  
Jan, 9th Mar  
Wk 2 - 10th Nov, 1st Dec,  
22nd Dec, 12th Jan, 2nd  
Feb, 23rd Feb, 16th Mar  
Wk 3 - 17th Nov, 8th Dec,  
29th Dec, 19th Jan, 9th  
Feb, 2nd Mar, 23rd Mar

### MON TUES WED THUR FRI

#### WEEK 1

**Halal Rich & Creamy  
Meat Lasagne**  
(Red Tractor Accredited HMC Beef  
Mince in a rich Tomato Sauce with  
Herbs & Garlic layered with Pasta  
Sheets and a Creamy Cheese  
Sauce, served with Garlic Bread)

**Rich & Creamy  
Meat Lasagne**  
(Red Tractor Accredited Beef Mince  
in a rich Tomato Sauce with Herbs &  
Garlic layered with Pasta Sheets and  
a Creamy Cheese Sauce, served with  
Garlic Bread)

**Spaghetti Marinara**  
(A Tomato and mildly spiced  
Sauce combined into cooked  
Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Chocolate Sponge  
& Chocolate Sauce**  
(Homemade, light  
Chocolate Sponge, served  
with Chocolate Sauce)

**Beef & Red Lentil  
Bolognese & Garlic Bread**  
(Red Tractor Accredited Beef Mince &  
Lentils in a Tomato Sauce served with  
Pasta & Garlic Bread)

**Halal Keema Biryani**  
(Red Tractor Accredited HMC  
Beef Mince & Peas in a Spicy  
Pilau Rice)

**Pomodoro Pasta**  
(A simple, delicious rich Tomato  
Sauce with Beans, served with  
Garlic Bread)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Decorated  
Fruit Jelly**  
(Jelly with Fruit, topped  
with Fresh Cream)

**Creamy Chicken Pasta  
& Crusty Bread**  
(Red Tractor Accredited diced Chicken  
in a homemade Creamy Sauce with  
Garlic, served with Penne Pasta)

**Halal Chicken Bhuna**  
(Red Tractor Accredited HMC  
Chicken stir fried and slow cooked  
in a spicy Shama Masala)

**BBQ Quorn Pasta**  
(Quorn Pieces in a Barbecue  
Flavoured Tomato Sauce, served  
with Wholemeal Pasta)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Apple Crumble  
& Custard**  
(Sliced Apples topped with  
Oat Crumble, served with  
Custard)

**Chicken Tikka Masala with  
Pilau Rice / Naan Bread**  
(Red Tractor Accredited diced Chicken  
& Chickpeas in a mild Curry Sauce  
with Pilau Rice or Naan Bread)

**Creamy Mac  
& Cheese**  
(A Macaroni Pasta dish, coated  
in a Creamy Mature Cheddar  
Sauce, served with Crusty Bread)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Butterfly Buns**  
(Individual decorated  
Sponge-based Dessert)

**Traditional Chicken Pie**  
(Red Tractor Accredited diced Chicken  
Pieces in a rich Gravy with Vegetables,  
topped with a Golden Pasty Lid served  
with Potatoes)

**Golden Cheese Whirl**  
(Cheese, Potato & Onion encase  
in Puff Pastry, served with baked  
Jacket Wedges)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Vanilla Sponge**  
(Homemade, light Vanilla  
Sponge with a hint of  
Vanilla, served with Custard)

**Loaded Wedges with a  
Mild Mexican Chilli &  
topping**  
(Red Tractor Accredited Beef Mince in  
a mild, homemade Chilli Sauce, served  
on Baked Jacket Wedges)

**Loaded Wedges with  
a mild Mexican Veg  
Chilli**  
(Vegan Mince in a mild,  
homemade Chilli Sauce, served  
on Baked Jacket Wedges with  
toppings)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Peaches & Ice  
Cream with Syrup**  
(Vanilla Ice Cream with  
Thinly Sliced Peaches with a  
Chocolate Flavoured Syrup)

**Roast Meat Dinner**  
(Red Tractor Accredited Meat (either  
Gammon, Turkey or Pork Loin) served  
with Yorkshire Pudding, Roasties &  
Gravy)

**Halal Roast  
Chicken Breast**  
(Red Tractor Accredited HMC  
Chicken Breast, served with  
Yorkshire Pudding, Roast  
Potatoes & Vegan Gravy)

**Toad in the Hole**  
(Quorn Sausage Baked in a  
light Batter, served with Roast  
Potatoes)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Fruity Flapjack**  
(A sweet Bar made with  
Oats, Golden Syrup &  
Butter with Fruit)

**Roast Meat Dinner**  
(Red Tractor Accredited Meat (either  
Gammon, Turkey or Pork Loin) served  
with Yorkshire Pudding, Roasties &  
Gravy)

**Halal Roast  
Chicken Breast**  
(Red Tractor Accredited HMC  
Chicken Breast, served with  
Yorkshire Pudding, Roast  
Potatoes & Vegan Gravy)

**Hearty Shepherd's  
Pie**  
(Soya Mince, Veg and Gravy  
filling, topped with Mashed  
Potato)

**Sprinkle Cake**  
(Homemade Vanilla  
Sponge, lightly topped with  
Water long and Sprinkles)

**Sausage in Gravy with  
Yorkshire Pudding**  
(Red Tractor Accredited Sausage,  
served with Yorkshire Pudding)

**Halal Cottage Pie**  
(Red Tractor Accredited HMC  
Beef Mince in a Gravy with  
Onions, topped with Mashed  
Potatoes & Cheese served with  
Yorkshire Pudding & Gravy)

**Savoury Mince  
topped Tatties**  
(Soya Mince, Vegetables &  
Potatoes, served with a  
Yorkshire Pudding)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Cornflake Tart**  
(Pastry base with  
Cornflakes and Syrup,  
served with Custard)

**Classic Cheese &  
Tomato Pizza with  
Coleslaw & Salad**  
(Wholemeal 50/50 Base topped with  
a lightly spiced Sauce and topped  
with Mozzarella/Cheddar Cheese)

**Arrabiata Pasta**  
(Chili Tomato Sauce with  
Lentils and Peppers, served  
with Pasta & Crusty Bread)

Assorted Jacket Potatoes

**Creamy Rice  
Pudding with  
Strawberry Jam**  
(Creamy Milk pudding  
served with Jam)

**Classic Cheese &  
Tomato Pizza with  
Coleslaw & Salad**  
(Wholemeal 50/50 Base  
topped with a lightly spiced Sauce  
and topped with Mozzarella/  
Cheddar Cheese)

**Arrabiata Pasta**  
(Chili Tomato Sauce with  
Lentils and Peppers, served  
with Pasta & Crusty Bread)

Assorted Jacket Potatoes /  
Selection of Sandwiches

**Gallydale Biscuits**  
(Homemade, Charming,  
Catty Biscuits)

**Classic Cheese &  
Tomato Pizza with  
Coleslaw & Salad**  
(Wholemeal 50/50 Base  
topped with a lightly spiced Sauce  
and topped with Mozzarella/  
Cheddar Cheese)

**Spaghetti Marinara**  
(A Tomato and mildly spiced  
Sauce combined into cooked  
Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /  
Selection of Sandwiches

**Chocolate Sponge  
& Chocolate Sauce**  
(Homemade, light  
Chocolate Sponge, served  
with Chocolate Sauce)

**MSC Breaded Fish  
Fillet Fingers**  
(MSC Fish Fillet Fingers, served with  
Seasoned Potatoes)

**Southern Fried Chicken  
Gouljons & Garlic Mayo**  
(Red Tractor Accredited pre-fried  
Breaded Chicken, served with Garlic  
Mayonnaise & baked Jacket Wedges)

**Vegetable Samosa**  
(Vegetables with a light Spice  
encased in Pastry & Baked,  
served with Raita)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Strawberry Sponge  
& Custard**  
(Homemade, light Vanilla  
Sponge with a Strawberry Jam  
swirl, served with Custard)

**MSC Battered  
Fish Fillet**  
(MSC Battered Fillet of Fish,  
served with Baked Jacket Wedges)

**Vegetable Pakoras**  
(Mixed Vegetables & Onion  
coated in Tempura Batter,  
served with Baked Jacket  
Wedges & Raita)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Marble Sponge &  
Chocolate Sauce**  
(Homemade Sponge with  
Ribbons of both Vanilla &  
Chocolate Cakes, served  
with Chocolate Sauce)

**MSC Breaded Fish  
Fillet Fingers**  
(MSC Fish Fillet Fingers, served with  
Seasoned Potatoes)

**MSC Salmon &  
Sweet Potato Fishcake**  
(MSC Salmon & Sweet Potato, served  
with Seasoned Potatoes)

**American Style  
Quorn Hot Dog**  
(Quorn Sausage, served in a White  
Bun with Seasoned Potatoes)

Assorted Jacket Potatoes /  
Hot Sub Roll

**Chocolate  
Crispy Crunch**  
(A sweet Bar made from  
puffed Rice, Cocoa & Syrup)

food quarter

For full allergen  
& nutritional  
information  
head to our app



City of  
**BRADFORD**  
METROPOLITAN DISTRICT COUNCIL



# NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Mental Health Misinformation online'.

## What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### WHAT ARE THE RISKS?

#### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

#### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

#### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

#### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

#### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

#### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

### Advice for Parents & Educators

#### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

#### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

#### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

#### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.

**#WakeUpWednesday**

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