

NEWSLETTER

FRIDAY 22ND NOVEMBER 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

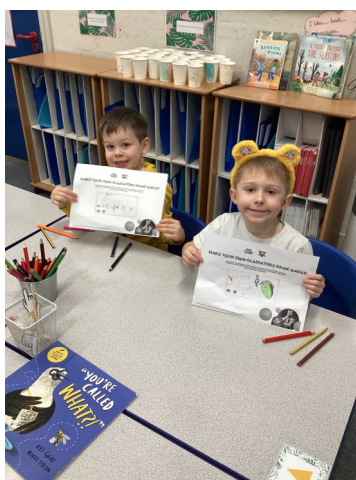
CHILDREN IN NEED!



BBC
Children
in Need



Last week, we celebrated and raised money for Children in Need. With your 50p donations and contributions towards our bun sale, we are pleased to announce that we raised a total of **£365.50** We are so pleased that we could all come together to raise money for Children in Need.





BBC
Children
in Need



YEAR 5 RESIDENTIAL



Year 5 have had a great time on their residential to Malham. We are sure they will sleep well this weekend!

Come back next week to find out more about what they got up to!

SPOTLIGHT ON LEARNING

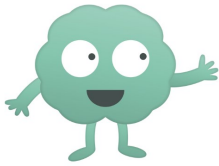
During a life skills sessions the RP children were studying the dangers of winter and how they can mitigate them. To complete the sessions they had a funny competition to see who could dress the fastest in the appropriate clothing and feed themselves!

The children really enjoyed these sessions and spotted many dangers and found sensible solutions for them. This lesson also linked to the road safety sessions from the previous week.



MYHAPPYMIND

The Happiness Heroes had a meeting on Friday to discuss lots of exciting ideas of how they would like to lead myHappymind within school. The children came up with some great suggestions like running a lunchtime club, making posters to promote 'Happy Breathing' and leading some sessions with parents.



SCHOOL COUNCILORS

The School Councillors held a meeting this week to welcome the new children to the group and discuss the pupil questionnaires which will be handed out in class over the coming days



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.

Animal Engineers—Charlotte Guillain

I really enjoyed reading this book because it has good photos and it is really interesting. I learnt lots of facts about how animals build their homes and how clever they can be! You should definitely read this book if you love animals.

Leila—Year 3



SHARING YOUR NEWS!



Cooper in Year 4 has received two trophies from his rugby club this week! One is a Squad Award given to the whole team, while the other one has been presented to Cooper for Most Improved Player. You are doing so well Cooper! Well done!

Neo in Year 4 has been awarded a 'Squad Award' from his rugby club this week. He has also been commended on his good passing skills. Well done Neo!



CONGRATULATIONS!

We would like to say a huge congratulations to Miss Brow on the safe arrival of her son Theodore, who was born on 31st October. Mum and baby are doing absolutely fantastic and everyone at school can't wait to meet him!

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!**



CHRISTMAS AT SWAIN HOUSE 2024!



Friday 22 nd November	Non Uniform for a bottle
Wednesday 4 th December	Non Uniform for chocolates and sweets
Wednesday 4 th December	Jack and the Beanstalk Panto
Friday 6 th December	Christmas Fair
Thursday 12 th December	Christmas Lunch
Thursday 12 th December	Christmas Jumper Day
Friday 13 th December	Christmas Toy Raffle
Monday 16 th December	Christmas Parties – all year groups
Tuesday 17 th December 10am and 2pm	EYS Nativity/Christmas Performance for parents
Wednesday 18 th December	10.00 am LKS2 Carol Concert
Wednesday 18 th December	2.00 pm UKS2 Carol Concert
Thurs 19 th December 5pm – 6.30pm	Glitz n Glam Disco
Thurs 19 th December 10am and 2pm	KS1 Nativity for Parents
Friday 20 th December	Swain House has Got Talent
Friday 20 th December	Non-Uniform day



CHRISTMAS CRAFTS 2024!



Christmas Craft Sessions

<u>Year Group</u>	<u>Date</u>	<u>Times</u>
Little Acorns Nursery	Thursday 5 th December 2024	10.00 – 10.45 2.00 – 2.45
Great Oak Nursery	Thursday 5 th December 2024	10.00 – 10.45 2.00 – 2.45
Reception	Thursday 5 th December 2024	9.00 – 9.45 2.00 – 2.45
Year 1	Wednesday 11 th December 2024	2.00 – 2.45
Year 2	Tuesday 10 th December 2024	2.00 – 2.45
Year 3	Monday 2 nd December 2024	2.00 – 2.45
Year 4	Monday 2 nd December 2024	2.00 – 2.45
Year 5	Monday 9 th December 2024	2.00 – 2.45
Year 6	Friday 13 th December 2024	2.00 – 2.45

MYHAPPYMIND

OUR CONVERSATION CARD OF THE WEEK



Enjoy a conversation!

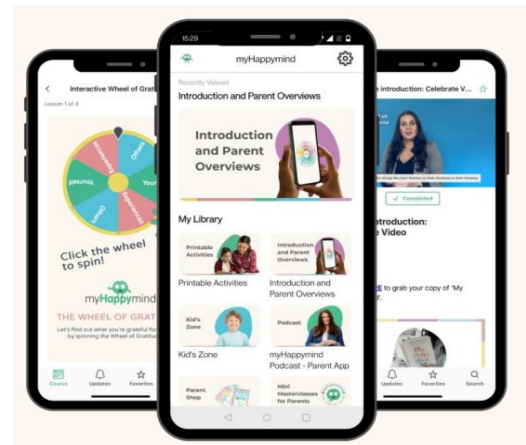
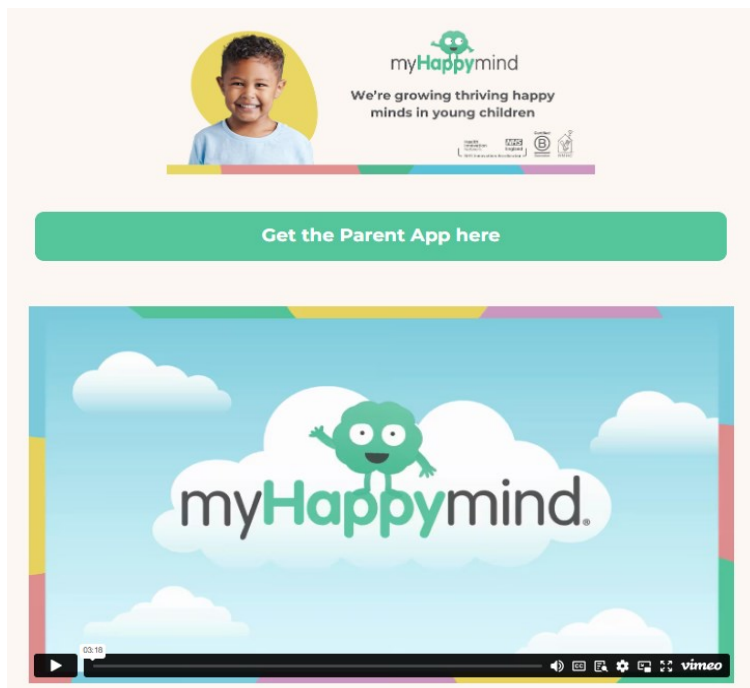
Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



MYHAPPYMIND PARENT APP

myHappyMind Parent App

Download the Parent App to learn all about the Science of Happiness and also access a range of games, songs, Happy Breathing resources and much more at home!



Scan the QR code to access information about the Parent App.



Once on the webpage click on the 'Get the Parent app here' tab.

Complete your details, then you will be sent access details via email.

Our school Authentication Code is **107220**

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 **22/11/24**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	96.0%	6
Willow	93.8%	1
Kandinsky	96.1%	5
Matisse	94.2%	2
Lowry	97.0%	2
Van Gogh	90.3%	1

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	98.6%	4
Roald Dahl	95.2%	5
JK Rowling	92.1%	1
Michael Morpurgo	88.3%	2
Elgar	96.0%	1
Mozart	98.1%	1
Beethoven	96.5%	3
Vivaldi	97.6%	0

Congratulations to **Lowry Class** and **Anne Fine Class** for having the **best attendance** this week.

Well done to **Vivaldi Class** for having **no lates!**

Our whole school attendance this week:

94.8%

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 'Group Chats'.
LETTERS:	19.11.24 - Life Caravan Week 20.11.24 - Jack and the Beanstalk Panto 21.11.24 - Year 5 Residential Assembly 21.11.24 - Christmas Fair
MESSAGES VIA PARENTAPPS:	

HELP GREAT OAK NURSERY

GET EXTRA RESOURCES FOR YOUR CHILD



DID YOU KNOW

We can claim £300 of additional funding for every eligible 3 or 4 year old in our care.

This money helps us provide activities and new equipment to benefit your child.

HOW CAN YOU HELP?

If you receive one of the benefits listed, we will be able to access this Early Years Pupil Premium funding for your child.

To check if your child is eligible, **scan the QR code** with your phones camera and complete the form or call the office on **01274 639049**



DO YOU RECEIVE ANY OF THE FOLLOWING BENEFITS:

- Income Support
- Income-based Job Seekers Allowance
- Guaranteed Element of State Pension Credit
- Universal Credit, and household income is less than £7,400 a year after tax, not including benefit payments
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of less than £16,190)
- Working Tax Credit run on paid for 4 weeks after you stop qualifying for Working Tax Credit.
- Support under Part Vi of the Immigration and Asylum Act 1999 or if your child has been looked after by the Local Authority for at least one day, adopted from care, left care through special guardianship or subject to a child arrangement order.



COMMUNITY NEWS

Footsteps Theatre School MERRY XMAS

December 7th+8th

Christmas Showcase

Come and see our amazing students classwork showcase.

TICKETS £6

JUNIORS SATURDAY 1PM +3PM ,SUNDAY 1PM
SENIORS SUNDAY 3+5PM



INTER PERFORMANCE FOOTBALL DEVELOPMENT CENTRE



KEY INFORMATION

AGES

5-12 YEAR OLDS

VENUE

GOALS BRADFORD
282 KING'S RD, BRADFORD BD2 1JP

ABILITIES

ALL ABILITIES ARE WELCOME

COST:

£29 A MONTH DIRECT DEBIT

DAYS/DATES

FRIDAYS **7:30-8:30** WEEK 1
22TH NOVEMBER

OFFERS

SMALL GROUP SESSIONS
1-1 SESSIONS

HOW TO BOOK

Email book your child's place or scan the QR Code
Admin@interperformance.org

IMMANUEL COLLEGE

CHRISTMAS FAYRE

- SATURDAY 23RD NOVEMBER, 11 AM - 2 PM -

JOIN US FOR

RAFFLES REFRESHMENTS TOMBOLAS

VARIOUS STALLS

ALL PROCEEDS TOWARDS OUR PTFA
(PARENTS, TEACHERS AND FRIENDS ASSOCIATION)

COMMUNITY NEWS



CHRISTMAS AT BRADLEY WOOD

CHRISTMAS STALLS
FESTIVE FOOD & DRINK
VISIT SANTA
CHRISTMAS CRAFTS
ZIP WIRE, CAVE BUS, TOMAHAWKS AND MORE!

SANTA VISIT - £12PP, PRE-BOOKING REQUIRED

EMAIL BOOKINGS@BRADLEYWOOD.ORG.UK

SATURDAY 7TH DECEMBER
1000-1700

BRADLEY WOOD SCOUT CAMPSITE,
SHEPHERDS THORN LANE,
BRIGHOUSE, HD6 3TT



**BOOKING IS REQUIRED
PLEASE EMAIL CITY HUB OR
BOOK ON EVENTBRITE**

Christmas Activity Days

16 DECEMBER	Christmas Craft time 12-4PM - FILM & CRAFT DAY OPEN TO ALL AGES, MUSIC, FILM AND CHRISTMAS DECORATION ACTIVITIES AS WELL AS DISCOUNTED HOT AND COLD FOOD AND DRINKS
17 DECEMBER	Teddy Bear Picnic & Santa Letter Writing 10-12 : COFFEE MORNING, COME AND ENJOY A HOT DRINK & GREAT ATMOSPHERE WITH CRAFTS AVAILABLE 12:30-4 - TEDDY BEAR PICNIC - BRING YOUR OWN OR TAKE HOME A BEAR.
18 DECEMBER	Biscuit Decorating 10-4PM OPEN TO ALL AGES, MUSIC, FILM AND CHRISTMAS CARD MAKING, BISCUIT DECORATING PLUS OTHER ACTIVITIES AS WELL AS SANTAS GIFT PICK
19 DECEMBER	Christmas Friendship Group 10-1PM - FRIENDSHIP CAFE WITH CHRISTMAS ACTIVITIES. ALL WELCOME AND DEMENTIA FRIENDLY Food Pantry & Coffee Afternoon 1:30-4PM - WINTER WARMER FOOD PACKAGES AVAILABLE & DISCOUNTED HOT & COLD FOOD & DRINK
21 DECEMBER	Grab a Gift from Santas Work shop 10-3pm COME AND MEET OUR ELVES AND BROWSE OUR WORKSHOP FOR CHRISTMAS GIFTS - ALL AVAILABLE FOR A SMALL DONATION. CHOOSE FROM OUR SURPRISE STALL FOR EXTRA CHRISTMAS CHEER
22 DECEMBER	Christmas Grotto 10-3pm COME SEE SANTA & HIS FRIENDS IN THE FOUNDATION GROTTTO AND ENJOY A FESTIVE FILM AND DISCOUNTED HOT & COLD DRINKS AND FOOD AVAILABLE

For more information please email :
cityhub@bcfccommunity.co.uk



BE WELL
Connected C.I.C.

LET'S EAT TOGETHER

Warm Space

'A space where people can gather for free in a safe, friendly place and enjoy some food and good company'

Bingo from 5pm **BINGO!**

The Bolton Woods Centre
Every Wednesday
4PM - 6PM

ASDA Foundation




STUDY SMART
Free Online Courses

Spire Education

ncfe | **cache** | **Education & Skills Funding Agency**

Fully Funded School Support Course



**Available
in Levels
1, 2 & 3**

**6 Week
Course
Mon - Fri
Daily sessions**

1st session 9:30 - 11:30am
2nd session 12:30 - 2pm

*Please go to our website for more detailed information.

www.studysmartuk.online

REMINDERS

BREAKFAST CLUB

Our Breakfast Club opens at 7.30am at a cost of £3.00 each per day or at 7.45am at the cost of £2.50 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.

AFTER SCHOOL CLUB

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 5.30pm 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
Wednesday	04.12.24		Non Uniform Day—Bring chocolates/sweets
Friday	06.12.24	4.00pm - 5.30pm	Swain House Christmas Fair
Thursday	12.12.24		Christmas Jumper Day
Friday	20.12.24		School Closes for Half Term
Monday	06.01.25		School Reopens

COMING UP IN AUTUMN TERM

AUTUMN TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	28.11.24	2.30pm	Year 5 Residential Assembly
Thursday	12.12.24	2.30pm	JK Rowling Hanukkah Assembly

DATES TO REMEMBER!



A festive poster for the Swain House Primary School Christmas Fair. The background is dark green with white and gold snowflake decorations. At the top left is a cartoon Santa Claus. At the top center is the school logo, a circular emblem with the text 'SWAIN HOUSE PRIMARY SCHOOL' and the motto 'Achieve Aspire Believe Persevere'. To the right is a red Christmas bauble. The main text reads 'Join us at SWAIN HOUSE PRIMARY SCHOOL CHRISTMAS FAIR'. Below this, it lists 'TOMBOLAS.GAMES.RAFFLES.MUSIC.STALLS AND DELICIOUS TREATS!' and the date 'FRIDAY 6TH DECEMBER • 4.00PM - 5.30PM'. At the bottom, it says 'If you would like to have a stall at our fair please email your interest to friends@swainhouse.bradford.sch.uk'. A large red star at the bottom center contains the text 'Entrance 50p'. To the right of the star are illustrations of a red Christmas sweater, a candy cane, and several wrapped gifts.

Swain House Primary School
Achieve Aspire Believe Persevere

Join us at
**SWAIN HOUSE
PRIMARY SCHOOL
CHRISTMAS
FAIR**

TOMBOLAS.GAMES.RAFFLES.MUSIC.STALLS
AND DELICIOUS TREATS!

FRIDAY 6TH DECEMBER • 4.00PM - 5.30PM

If you would like to have a stall at our
fair please email your interest to
friends@swainhouse.bradford.sch.uk

Entrance
50p

MENU 25/11/24

Homemade bread, selection of seasonal vegetables or fresh salad served daily

Swain House Primary School

Wk 1 - 4th Nov, 25th Nov, 18th Dec, 8th Jan, 27th Jan, 10th Mar, 31st Mar
 Wk 2 - 11th Nov, 2nd Dec, 13th Jan, 3rd Feb, 24th Feb, 17th Mar
 Wk 3 - 18th Nov, 9th Dec, 20th Jan, 10th Feb, 3rd Mar, 24th Mar



WEEK 1

MON	TUES	WED	THUR	FRI
<ul style="list-style-type: none"> Vegetarian Chilli & Nachos (Served with Garlic Bread or Rice & Salad) Halal Beef Bolognaise (Served with Pasta, Garlic Bread & Salad) Spaghetti Marinara (Served with Garlic Bread & Salad) Assorted Jackets / Sandwiches 	<ul style="list-style-type: none"> Minced Beef & Onion Pie (Served with New Potatoes & Seasonal Vegetables) Cheese & Potato Flan (Served with New Potatoes, Seasonal Vegetables or Salad) Assorted Jackets / Sandwiches 	<ul style="list-style-type: none"> Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Vegetarian Cottage Pie (Served with Yorkshire Pudding, Seasonal Vegetables & Gravy) Halal Roast Chicken (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Assorted Baguettes 	<ul style="list-style-type: none"> Cheese & Tomato Pizza with Chipped Potatoes (Served with Chipped Potatoes, Baked Beans or Salad) Quorn Sausage (Served with Chipped Potatoes & Salad) Assorted Jackets / Sandwiches 	<ul style="list-style-type: none"> Chicken Goujons (Served with Jacket Wedges, Coleslaw or Salad) MSC Battered Fish (Served with Jacket Wedges and Seasonal Vegetables or Salad) Vegetable Pakoras (Served with Jacket Wedges, Riata & Salad) Assorted Sandwiches
<ul style="list-style-type: none"> Jam Sponge (Served with Custard) Freshly Prepared Fruit 	<ul style="list-style-type: none"> Fruit Jelly Freshly Prepared Fruit 	<ul style="list-style-type: none"> Sprinkle Cake (Vanilla Sponge topped with water icing and sprinkles) Freshly Prepared Fruit 	<ul style="list-style-type: none"> Chocolate Sponge (With Chocolate Sauce) Freshly Prepared Fruit 	<ul style="list-style-type: none"> Butterfly Buns Freshly Prepared Fruit

WEEK 2

<ul style="list-style-type: none"> Spicy Vegetable Spring Roll (Served with Riata, Jacket Wedges, Salad or Sweetcorn) Halal Meat Lasagne (Served with Garlic Bread & Salad) Vegetarian Lasagne (Served with Garlic Bread & Salad) Assorted Baguettes 	<ul style="list-style-type: none"> Meat Chilli (Served with Rice & Salad) Halal Chicken Jalfrezi (Served with Pilau Rice & Salad) Pomodoro Pasta (Served with Fusilli Pasta, Crusty Bread & Salad) Assorted Jackets 	<ul style="list-style-type: none"> Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Cheese Roll (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Quorn Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Assorted Baguettes 	<ul style="list-style-type: none"> Cheese & Tomato Pizza with Wedges (Served with Jacket Wedges, Coleslaw & Salad) Loaded Vegetable Pizza (Served with Jacket Wedges, Coleslaw & Salad) Assorted Jackets / Sandwiches 	<ul style="list-style-type: none"> All Day Brunch (Sausage, Scrambled Egg, Baked Beans, Chips or Hash Brown & Bread and Butter) MSC Fish Fingers (Served with Chipped Potatoes & Baked Beans or Salad) All Day Vegetarian Brunch (Quorn Sausage, Scrambled Egg, Baked Beans, Chips & Bread and Butter) Assorted Sandwiches
<ul style="list-style-type: none"> Flapjack Freshly Prepared Fruit 	<ul style="list-style-type: none"> Honey Cake (Sponge Cake topped with Honey, served with Custard) Freshly Prepared Fruit 	<ul style="list-style-type: none"> Lemon Shortcake (Served with Custard) Freshly Prepared Fruit 	<ul style="list-style-type: none"> Chocolate Sponge (With Chocolate Sauce) Freshly Prepared Fruit 	<ul style="list-style-type: none"> Volcano Buns (Cookies with a Jam / Lemon filled middle) Freshly Prepared Fruit

WEEK 3

<ul style="list-style-type: none"> Pork Meatballs in Tomato Sauce (Served with Spaghetti, Garlic Bread & Salad) Halal Chicken Biryani (Served with Flat Bread & Salad) Arrabiata Pasta (Served with Garlic Bread & Salad) Assorted Baguettes 	<ul style="list-style-type: none"> Savoury Roll (Served with Jacket Wedges & Salad or Sweetcorn) Homemade Cheese & Onion Pasty (Served with Jacket Wedges & Salad or Sweetcorn) Assorted Jackets 	<ul style="list-style-type: none"> Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Halal Roast Chicken (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables & Gravy) Vegetarian Toad in the Hole (Served with Roast Potatoes, Seasonal Vegetables & Gravy) Assorted Baguettes 	<ul style="list-style-type: none"> Chicken Burrito (Served with Tortilla Chips, Coleslaw or Salad) Cheese & Tomato Pizza with Tortilla Chips (Served with Tortilla Chips, Coleslaw & Salad) Mexican Burrito (Served with Tortilla Chips, Coleslaw or Salad) Assorted Jackets 	<ul style="list-style-type: none"> MSC Fishcake (Served with Ketchup, Chipped Potatoes, Baked Beans or Salad) Vegetable Dippers (Served with Ketchup, Chipped Potatoes, Baked Beans or Salad) MSC Salmon & Sweet Potato Fishcake (Served with Ketchup, Potato Wedges, Baked Beans or Salad) Assorted Sandwiches
<ul style="list-style-type: none"> Ice Cream Tubs Freshly Prepared Fruit 	<ul style="list-style-type: none"> Rice Pudding Freshly Prepared Fruit 	<ul style="list-style-type: none"> Paris Sandwich (Served with Custard) Freshly Prepared Fruit 	<ul style="list-style-type: none"> Marble Sponge (With Chocolate Sauce) Freshly Prepared Fruit 	<ul style="list-style-type: none"> Oat Cookie Freshly Prepared Fruit



FM SERVICES



For full allergen & nutritional information head to <https://schoolmeals.bradford.gov.uk>



NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'Group Chats'.

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.

What Parents & Educators Need to Know about GROUP CHATS

On messaging apps, social media and online games, group chats are among the most popular ways that young people engage with their peers online. Involving three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they can be great for connecting with others, there are several risks posed by these tools.

WHAT ARE THE RISKS?

BULLYING

Teens are often trying to find their place in their social group. Unfortunately, group chats can sometimes lend themselves to unkind comments being shared freely, putting people down to make their peers laugh – often creating a vicious circle that encourages others to join in. Being bullied so publicly – in front of friends and acquaintances – can also amplify the hurt, embarrassment and anxiety that the victim feels.

SHARING GROUP CONTENT

Group chats can feel more private and protected, allowing children to share inside jokes and video calls with a smaller group of friends. It's important to remember that while the chat's content is private between those in the group, individual users can easily share material with others outside of the group, or screenshot what's been posted. The risk of something a child intended as private becoming public is higher if there are strangers in the chat.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways; for instance, starting a new group, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one person doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss events that exclude them – for example, sharing photos from a day out that they didn't attend.

UNKNOWN MEMBERS

Within larger group chats, it's more likely for children to communicate with people they don't know. These strangers may be friends of the host, but not necessarily friendly towards everyone present. It's wise for young people to avoid sharing personal details and remember that they have no control over what others do with the material they send into the chat.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by a child if they are part of that group, whether they actively engage in it or not. Some apps have features that cause messages to disappear after they're viewed, so children may be unable to report something they've seen, as it can only be viewed once or for a short time.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications they tend to generate. Every time someone sends a message, each member's device will be 'pinged' with an alert. This could result in hundreds of notifications a day. This is often highly distracting, and young people's fear of missing out (FOMO) can cause increased screen time as they try to keep up with the conversation.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats can become an arena for young people to compete for social status. This could cause them to do or say things on impulse which could upset others. Help children consider how people might feel if they behave in this way. If the child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.

GIVE SUPPORT, NOT JUDGEMENT

Group chats are an excellent way for children to connect and feel like they belong. However, remind them that they can confide in you if they feel bullied or excluded, instead of responding to the person who's upset them. Validate their feelings and empower them by discussing how they'd like to handle the situation. You can also encourage children to speak up if they witness others being picked on.

BLOCK, REPORT AND LEAVE

If a child is in a chat where inappropriate content is being shared, advise them to block whoever sent the material, report that person to the host app or platform and exit the group. If any of this content could put a minor at risk, contact the police. Emphasise that it's OK for children to simply leave any group chat that makes them feel uncomfortable.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Ensure children understand the importance of not revealing identifiable details like their address, their school, or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain where it might end up and how it might be used.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their identity to gain a child's trust and serve their own ends – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure the child understands why they shouldn't add people they don't know to a group chat – and why they should never accept a group chat invitation from a stranger.

SILENCE NOTIFICATIONS

Having a device bombarded with notifications from a group chat can be an irritating distraction – especially if it's happening late in the evening. Explain to children that they can still be part of the group chat while disabling notifications – and that it would be healthier for them to do so, avoiding a situation where they could feel pressured to respond.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday
The National College

[Sources: https://www.thenationalcollege.com/uk/parents/carers/keeping-children-safe/online-safety/social-media/chat-apps/](https://www.thenationalcollege.com/uk/parents/carers/keeping-children-safe/online-safety/social-media/chat-apps/)

[@wake_up_weds](https://www.instagram.com/wake_up_weds) [@wake.up.wednesday](https://www.facebook.com/wake.up.wednesday) [@wake.up.weds](https://www.youtube.com/channel/UC...)

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