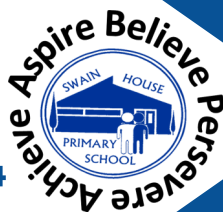


# NEWSLETTER

THURSDAY 24TH OCTOBER 2024



TEL: 01274 639049

WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

## HARVEST DAY!

On Friday of last week, all of the children in school enjoyed celebrating 'Harvest Day'. They came to school in autumnal colours and spent the day learning about harvest and completed lots of harvest related activities. In the afternoon family members came to join in with the harvest fun!





# HARVEST THANKS!

We would like to say a huge thank you to everyone who contributed to our Harvest food bank donations.

A Big

# THANK YOU



## Swain House Primary School

For donating 248.4KG of food which provide 373 meals!  
Harvest 2024

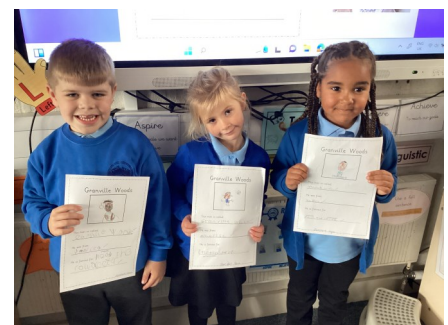
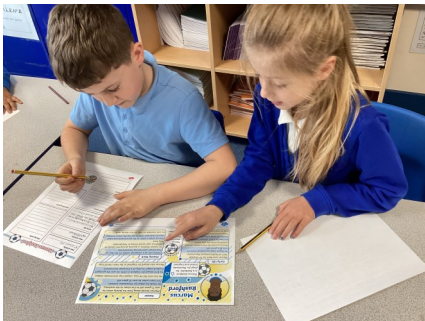
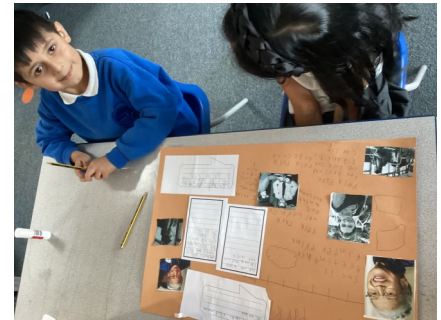
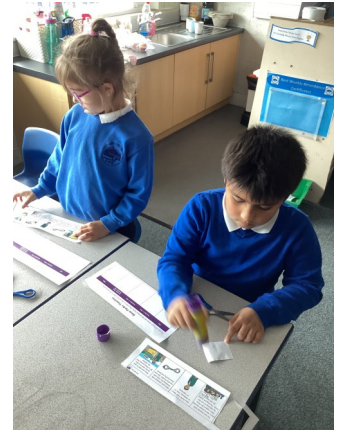
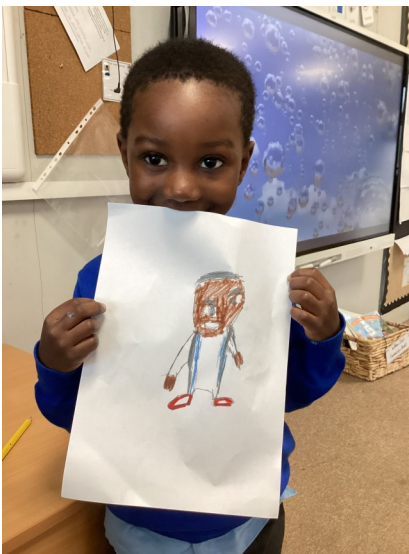


Registered Charity Number: 1182348 | Registered in England and Wales



# BLACK HISTORY MONTH

On Monday all the children spent the day learning about an important person in black history. Take a look at our learning below!



# PE IN ACTION!

Year 6 have been learning the skills and the rules of ultimate frisbee in PE this half term. We have learnt the different styles of throws and catches as well as the special tactics of the game. To finish our learning, we competed at a Sports UK ultimate frisbee competition against other local schools. Our children showed amazing teamwork, sportsmanship and determination at the tournament - they really made us feel proud!

We managed to win three games and draw two more, which really demonstrated how far we have come - well done to all that competed



# MRS PUGH'S AFTERNOON TEA

This year we have introduced a new reward at the end of each half term!

A child in each class was invited to a special afternoon tea with Mrs Pugh on Wednesday. Each child had been chosen by their class teacher for having a fantastic first half term in their new class. There were lots of reasons why the children were chosen such as fantastic attendance, great behaviour or being kind and helpful. Mrs Pugh is looking forward to her next afternoon tea at the end of Autumn 2!



# MYHAPPYMIND

## OUR CONVERSATION CARD OF THE WEEK



### Enjoy a conversation!

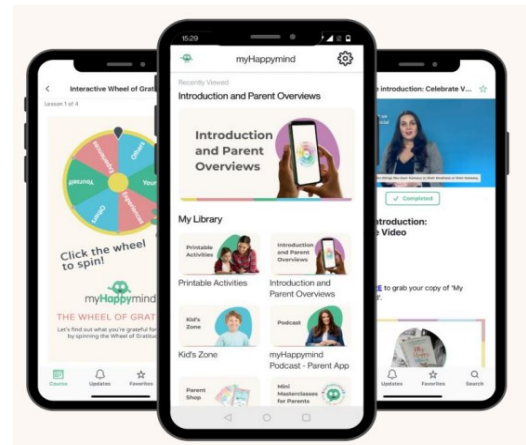
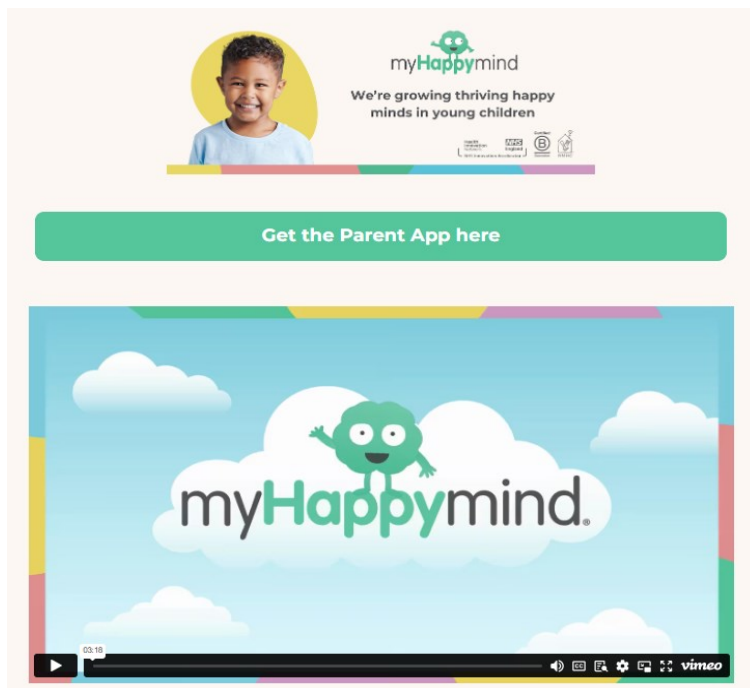
Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



# 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.

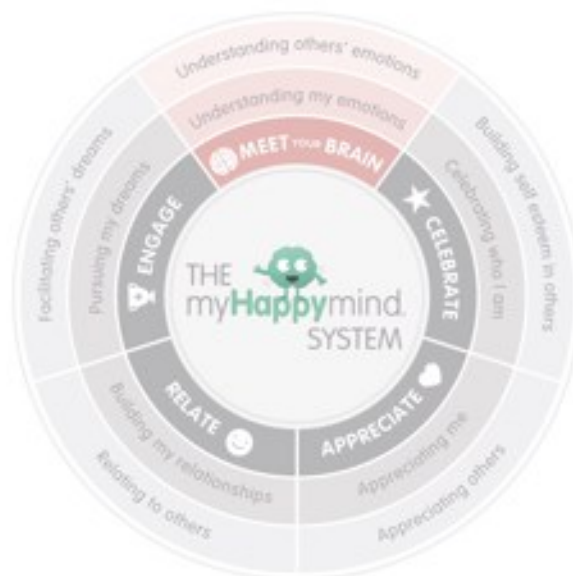
Our school Authentication Code is **107220**



# MYHAPPYMIND



## MEET YOUR BRAIN PARENT NEWSLETTER



# END OF MODULE—MEET THE BRAIN

## Meet Your Brain

We have just come to the end of the first module - 'Meet Your Brain' in the myHappyMind programme. The children learned so much through this module including:

- The different parts of our brain and how they help us.
- How to use Happy Breathing to help us when we feel sad, stressed or worried.
- What happens in our brain when we learn something new and how we can look after our brain.

**Why not ask your children to tell you what they have learnt. Here's some questions to help you:**

- Who is Team H-A-P? Can you tell me about the Team in your brain?
- Why does Happy Breathing help you and when could you use it?
- Can you tell me what Neuroplasticity means? When has your brain grown?

**Support your child at home:**

**Log onto the parent app for more information about the Meet Your Brain module and how you can support your child at home.**

**There are lots of activities you can do together at home including Happy Breathing and making a glitter jar, listening to the story and song, plus much more.**

To access these materials just go to <https://myhappy mind.org/parent-resources> and enter your name, email, and authentication code.

**Your authentication code is 107220**

Want to learn more? Check out our founder Laura Earnshaw's best selling book on [Amazon](#).



# END OF MODULE—MEET THE BRAIN

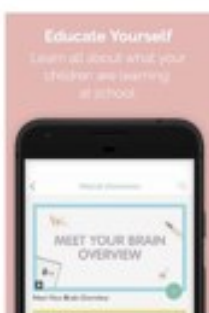
## What's up next?

The next module is called Celebrate. Here we will be learning all about how to celebrate our character and who we are.



You can sign up with the app here by <https://myhappymind.org/parent-resources>.

Our schools URN is \_\_ 107220



# ZARACH CHARITY

## Zarach's Mission:

To end child bed poverty in England, giving children the opportunity to engage at school and a chance to break the cycle of poverty.

*"Are their school-age children unable to gain a good night's sleep in your home due to not having the appropriate beds, no beds, broken beds, or multiple children sharing a bed? Did you know that Zarach is a charity that exists in your area to provide brand new beds, pyjamas, and bedding for children where families can no longer afford to buy them? If you are one of these families, please see your pastoral team in your son/daughters school and they can submit a referral to Zarach - please see the attached visual aid of our process."*



zzzarach  
The Children's Bed Charity

**Dream BIG for Christmas**  
... a bed today, a future of dreams

**Zarach's Christmas Appeal is coming...**

**Zzz**

Referrals open Monday 11th November.

Watch this space...

## Zarach Referral Process

For Schools to share the journey with parents.



To view the charity's website click [here](#)



# SHARING YOUR NEWS!



Dale in Year 4 has been awarded a trophy from his football club for super defending during a match and for much improved dribbling skills. Well done Dale!

Myla in Year 3 was Star of the Week at her dance class—she got to take home Nancy, a very special bear. Well done Myla we are proud of you!



## AND FINALLY...

# WE WISH YOU ALL A HAPPY HALF TERM HOLIDAY.

School reopens on **Monday 4th November 2024**

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!**



# 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**.

## 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**.

<b>WEBSITE UPDATES:</b>	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'Digital Lives'.
<b>LETTERS:</b>	23.10.24 - MyHappyMind Leaflet 24.10.24 - Remembrance Day
<b>MESSAGES VIA PARENTAPPS:</b>	24.10.24 - Diwali

# MYHAPPYMIND APP

The myHappyMind app has been updated and now includes some new features—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**

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# 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.





# CHRISTMAS FAIR



★ *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](mailto:friends@swainhouse.bradford.sch.uk)



Entrance

50p



# COMMUNITY NEWS



Come and find out why your children's oral hygiene is important!

## ORAL HEALTH SESSION

TUESDAY 5TH NOVEMBER  
9AM - 11AM

ADDRESS: Community Works - BD3 0DW  
CALL LUCY : 07974 894 126



**FREE EVENT**

Shingley  
Town Council

## Shingley Christmas Lights Switch-On

FESTIVE MARKET | LIVE MUSIC | CAROUSEL | CAROLS

**SAT 23 NOV** | 12 - 4.45pm  
SANTA, CRAFTING & FACE PAINTING

[www.shingleytowncouncil.gov.uk](http://www.shingleytowncouncil.gov.uk)



LIKE AND FOLLOW US @GOWILDOUTDOORS

**DATES**  
FROM 28TH OCTOBER UNTIL 1ST NOVEMBER  
CALVERLEY COFE PRIMARY SCHOOL 10-4PM

**GO WILD OUTDOORS**

OCTOBER HALF TERM 2024  
FOREST HOLIDAY CAMP

**OUR FUN ACTIVITIES INCLUDE**

- OUTDOOR PLAY
- DEN BUILDING
- WOODLAND CRAFTS
- SURVIVAL SKILLS
- WHITTLING
- SOFT AXE THROWING
- CAMPFIRE TREATS
- SOFT ARCHERY

+ MANY MORE !

ALL CHILDREN 4+ IN RECEPTION (24/25) ACROSS THE DISTRICT ARE WELCOME TO JOIN (NOT SUITABLE FOR NURSERY AGES)

WRAPAROUND CARE + INDOOR FACILITIES AVAILABLE

**£25 PER CHILD +**

**MULTIPLE DISCOUNT DAYS**

BOOK YOUR CHILD'S PLACES VIA -  
[WWW.GOWILDOUTDOORS.CO.UK](http://WWW.GOWILDOUTDOORS.CO.UK)

FSA Forest School Provider



## MINDFULNESS & WELLBEING

**VENUE**  
Active Minds CIC  
Thornbury Centre  
79 Leeds Old Rd  
Bradford BD3 8Jx

**Do you want to .....**

- Improve your health & wellbeing
- Make new friends
- Build confidence & self esteem
- Learn new skills
- Improve healthy eating
- Join in fun activities: walking, swimming, zumba, arts & craft.....& much more

**LADIES ONLY**  
Every Tuesday 10am

For Further Information & registration contact Ashi  
T: 07900176070  
E: [activeminds@gmx.co.uk](mailto:activeminds@gmx.co.uk)

**ACTIVE MINDS**

CP5 Community Partnership | Bradford District and Craven Health and Care Partnership | ACTasONE

# COMMUNITY NEWS



BRADFORD CITY FOOTBALL CLUB COMMUNITY FOUNDATION

BRADFORD CITY FOOTBALL CLUB FOOTBALL CLUB FOUNDATION

## OCTOBER FOOTBALL CAMPS!

ALL ABILITIES AGES 5-14, 10AM-3PM

Venue	Dates	Cost
Marley Stadium	28th - 30th October	£20 per day
Crashaw Academy	31st Oct - 1st Nov	£20 per day

[BRADFORDCITYCF.ORG.UK/CAMPS](http://BRADFORDCITYCF.ORG.UK/CAMPS)



# 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
Monday	04.11.24		School Reopens
Friday	08.11.24		Remembrance Day
Friday	15.11.24		Children in Need
Friday	06.12.24	4.00pm - 5.30pm	Swain House Christmas Fair
Thursday	12.12.24		Christmas Jumper Day

# COMING UP IN AUTUMN TERM

## AUTUMN TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	14.11.24	2.30pm	Vivaldi Class Assembly
Thursday	21.11.24	2.30pm	Beethoven Class Assembly
Thursday	28.11.24	2.30pm	Year 5 Residential Assembly
Thursday	12.12.24	2.30pm	JK Rowling Hanukkah Assembly

## DATES TO REMEMBER!



A guide for parents about admission arrangements for

# Secondary Schools

**2025-26** Closing date 31 October 2024



DEPARTMENT OF CHILDREN'S SERVICES

Apply online at [www.bradford.gov.uk/admissions](http://www.bradford.gov.uk/admissions)

Click [here](#) to access the information about applying for a Secondary School place.

# MENU 4/11/24

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

## Swain House Primary School

Wk 1 - 4th Nov, 25th Nov, 16th Dec, 6th 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"> <li>Vegetarian Chilli &amp; Nachos (Served with Garlic Bread or Rice &amp; Salad)</li> <li>Halal Beef Bolognaise (Served with Pasta, Garlic Bread &amp; Salad)</li> <li>Spaghetti Marinara (Served with Garlic Bread &amp; Salad)</li> <li>Assorted Jackets / Sandwiches</li> <li>Jam Sponge (Served with Custard)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Minced Beef &amp; Onion Pie (Served with New Potatoes &amp; Seasonal Vegetables)</li> <li>Cheese &amp; Potato Flan (Served with New Potatoes, Seasonal Vegetables or Salad)</li> <li>Assorted Jackets / Sandwiches</li> <li>Fruit Jelly</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Vegetarian Cottage Pie (Served with Yorkshire Pudding, Seasonal Vegetables &amp; Gravy)</li> <li>Halal Roast Chicken (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Assorted Baguettes</li> <li>Sprinkle Cake (Vanilla Sponge topped with water icing and sprinkles)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Tomato Pizza with Chipped Potatoes (Served with Chipped Potatoes, Baked Beans or Salad)</li> <li>Quorn Sausage (Served with Chipped Potatoes &amp; Salad)</li> <li>Assorted Jackets / Sandwiches</li> <li>Chocolate Sponge (With Chocolate Sauce)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Chicken Goujons (Served with Jacket Wedges, Coleslaw or Salad)</li> <li>MSC Battered Fish (Served with Jacket Wedges and Seasonal Vegetables or Salad)</li> <li>Vegetable Pakoras (Served with Jacket Wedges, Riata &amp; Salad)</li> <li>Assorted Sandwiches</li> <li>Butterfly Buns</li> <li>Freshly Prepared Fruit</li> </ul>	

WEEK 2

<ul style="list-style-type: none"> <li>Spicy Vegetable Spring Roll (Served with Riata, Jacket Wedges, Salad or Sweetcorn)</li> <li>Halal Meat Lasagne (Served with Garlic Bread &amp; Salad)</li> <li>Vegetarian Lasagne (Served with Garlic Bread &amp; Salad)</li> <li>Assorted Baguettes</li> <li>Flapjack</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Meat Chilli (Served with Rice &amp; Salad)</li> <li>Halal Chicken Jalfrezi (Served with Pilau Rice &amp; Salad)</li> <li>Pomodoro Pasta (Served with Fusilli Pasta, Crusty Bread &amp; Salad)</li> <li>Assorted Jackets</li> <li>Honey Cake (Sponge Cake topped with Honey, served with Custard)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Roast Meat (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Cheese Roll (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Quorn Roast Dinner (Served with Yorkshire Pudding, Roast Potatoes, Seasonal Vegetables &amp; Gravy)</li> <li>Assorted Baguettes</li> <li>Lemon Shortcake (Served with Custard)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>Cheese &amp; Tomato Pizza with Wedges (Served with Jacket Wedges, Coleslaw &amp; Salad)</li> <li>Loaded Vegetable Pizza (Served with Jacket Wedges, Coleslaw &amp; Salad)</li> <li>Assorted Jackets / Sandwiches</li> <li>Chocolate Sponge (With Chocolate Sauce)</li> <li>Freshly Prepared Fruit</li> </ul>	<ul style="list-style-type: none"> <li>All Day Brunch (Sausage, Scrambled Egg, Baked Beans, Chips or Hash Brown &amp; Bread and Butter)</li> <li>MSC Fish Fingers (Served with Chipped Potatoes &amp; Baked Beans or Salad)</li> <li>All Day Vegetarian Brunch (Quorn Sausage, Scrambled Egg, Baked Beans, Chips &amp; Bread and Butter)</li> <li>Assorted Sandwiches</li> <li>Volcano Buns (Cookies with a Jam / Lemon filled middle)</li> <li>Freshly Prepared Fruit</li> </ul>
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WEEK 3

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

For full allergen & nutritional information head to

<https://schoolmeals.bradford.gov.uk>

FM SERVICES



City of BRADFORD METROPOLITAN DISTRICT COUNCIL



# NATIONAL ONLINE SAFETY

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

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is an entirely familiar and commonplace part of life for today's children and young people, far more so than for previous generations. There are many positives to children being able to access online materials, so it's important not to demonise the internet, games and apps, and limit the benefit of their positive aspects. At the same time, we do have a responsibility to educate children about the hazards they may encounter online (just as we would about real-world dangers) so it's essential that we don't shy away from talking to them about the complex – and often sensitive – subject of what they do and what they see when they're online.

Here are some suggestions for kicking off conversations with your child about their digital life ...

### MAKE YOUR INTEREST CLEAR

Showing enthusiasm when you broach the subject signals to your child that you're keen to learn about the positives of their online world. Most children enjoy educating adults and will happily chat about what they use the internet for, or what games and apps they're into and how these work. Asking to see their favourite games and apps in action could help you spot any aspects that may need your attention – such as chat functions which might require a settings adjustment to limit contact with strangers. Keep listening even if your child pauses for a long time: they could be considering how to phrase something specific, or they may be gauging your reaction.

### DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL

Here, you could give examples from your own digital life of the online world versus reality – for example, those Instagram posts which show the perfect house: spotlessly clean, never messy and immaculately decorated. Explain to your child that there are many other aspects of the online world which are also deliberately presented in an unrealistic way for affect – such as someone's relationship, their body, having perfect skin and so on.

### BE OPEN AND HONEST, APPROPRIATE TO THEIR AGE

At various stages, children and young people become curious about puberty and how their body changes; about relationships; about how babies are made; and about sexual health. If your child knows that they can discuss these sensitive subjects with you, they tend to be less likely to go looking online for answers – which can often provide them with misleading information and, in some cases, lead to them consuming harmful content. Don't worry if you don't immediately know the answers to their questions – just find out for yourself and go back to them once you have the facts.

### TRY TO REMAIN CALM

As much as possible, try to stay calm even if your child tells you about an online experience that makes you feel angry or fearful. Our immediate emotions frequently influence the way we talk, so it's possible that your initial reaction as a parent or carer could deter a child from speaking openly about what they've seen. Give yourself time to consider the right approach, and perhaps speak with other family members or school staff while you are considering your next steps.

### REMIND YOUR CHILD THEY CAN ALWAYS TALK TO YOU

In my role I work with many children and young people who admit being reluctant to tell a trusted adult about harmful content they've viewed online, in case it leads to having their devices confiscated. Emphasise to your child that you're always there to listen and help; reassure them that if they do view harmful content, then they are not to blame – but talking about it openly will help. Children shouldn't be expected to be resilient against abuse or feel that it's their job to prevent it.

### CREATE A 'FAMILY AGREEMENT'

Involving your whole household in coming up with a family agreement about device use can be immensely beneficial. You could discuss when (and for how long) it's OK to use phones, tablets, consoles and so on at home; what parental controls are for and why they're important; and why it's good to talk to each other about things we've seen or experienced online (both good and bad). Explaining your reasoning will help children to understand that, as trusted adults, we want to make sure they are well informed and kept safe. Allowing children to have their say when coming up with your family agreement also makes them far more likely to stick to it in the long term.

### KEEP TALKING!

The most valuable advice we can give is to keep talking with your child about their digital lives. You could try using everyday situations to ask questions about their online experiences.

### Meet Our Expert

Rebecca Jennings of RAISE (Raising Awareness in Sex Education) has almost 20 years' experience delivering relationships and sex education and training to schools, colleges and other education providers. A published author on the subject, she also advises the Department of Education on the staff-training element of the RASEL curriculum.



**NOS** National Online Safety®  
#WakeUpWednesday

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