

NEWSLETTER

FRIDAY 9TH JANUARY 2026



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ASPIRE

BELIEVE

PERSEVERE

ACHIEVE

HAPPY NEW YEAR!

We would like to wish all of our children and families a Happy New Year! We hope you had a wonderful Christmas holiday and are looking forward to being back at school and seeing what the new year brings!



SPRING 1 LEARNING LAUNCH!

On Monday, Mrs Pugh held an exciting assembly all about what the children in school will be learning about this half term. Soon, your child's class teacher will be sending out their curriculum letter highlighting all of the things your child will be learning in school. In the meantime, here is a look at the titles.

Can you guess what your child will be learning about?



Welcome to our
Spring 1 Learning
Launch assembly

Little Acorns/Great Oak Nursery—Fairytale

Reception - Heroes that are Super!

Year 1 - Continents and Castles

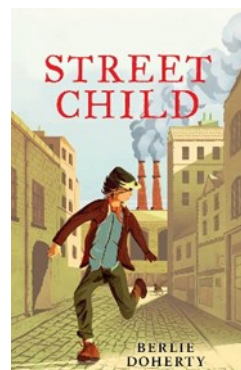
Year 2 - Poles Apart

Year 3 - How did Early People go from Surviving to Thriving?

Year 4 - Invaders and Settlers

Year 5 - I'm a Victorian Child...Get me out of here!

Year 6 - Did a Volcano change the course of history?



Helen Keller Class	Paul Whittaker class
<p>Scientists Humans including other animals.</p>	<p>Scientists The Human Species</p>
	
<p>PE - Football!</p>	<p>PE Streetdance</p>
<p>PSHE— Keeping Myself Safe</p>	<p>PSHE— Keeping Myself Safe</p>
<p>STAY SAFE!</p>	<p>STAY SAFE!</p>

SWAIN HOUSE HAS GOT TALENT!

Children in Key Stage 2 finally got the chance to perform to the rest of the school in our annual Swain House has got Talent show. There were a variety of performances including singing, gymnastics and dancing. They all did an amazing job and we are very proud of them!



HANDWASHING TEAM!

Children in Year 1 had a great visit from the handwashing team earlier this week. They listened to a special story about a princess who did not like washing her hands. They put some magic soap on their hands and high fived one another to spread the glitter. Finally, they put their hands under a UV light to see how quickly the germs spread.



APPLYING FOR A RECEPTION PLACE

If your child attends nursery it is time to apply for a Reception place for September 2026. Please ensure you have applied by the 15th January. If you need any support please speak to a member of Great Oak Nursery or the pastoral team.

Applying for Primary School



HAVE YOU APPLIED FOR YOUR CHILD'S SCHOOL PLACE?

September 2026

A step-by-step guide for parents
of children starting primary school
in September 2026

This booklet is for parents of children born
between 1 September 2021 and 31 August 2022.

This booklet provides a summary of how to apply
for a primary school place for September 2026.
Full details of the admission arrangements for all
our schools and academies can be found on the
Bradford Council website www.bradford.gov.uk/admissions

Save time –
apply
online!



www.bradford.gov.uk/admissions

Its quick

Register your details
and make your
application.

It's available

Seven days a week
from 17 November 2025
until the closing date on
15 January 2026.

and.....

- you will receive an email confirming receipt of your application when you apply online
- you can log back on at any time to make changes up to the closing date
- you will get an email on 16 April 2026 to tell you which school your child has been offered.

Application checklist

- ✓ Use the Bradford online system to apply if you live in the Bradford area.
- ✓ List up to five schools, within or outside the Bradford area. Do not include private schools.
- ✓ Fill in and return supplementary information forms (SIF) to schools that require them, for example, faith (Catholic and Church of England) schools and Dixons Music Academy.
- ✓ If applying for priority due to medical or social reasons, ensure you do so at the time of application and ensure you provide supporting evidence from relevant professionals (see page 3).
- ✓ If you have moved recently or intend to do so, check the rules and what evidence we require as this will affect your application (page 4).
- ✓ Have you checked the latest school travel policy? For further details go to www.bradford.gov.uk/schooltravelpolicy.
- ✓ Apply by the closing date, 15 January 2026.

Do you need more information? Contact details for the Admissions Team are shown below.

Admissions Team, Department of Children's Services,
Britannia House, Hall Ings, Bradford, BD1 1HX

Email: primaryadmissions@bradford.gov.uk Tel: 01274 439200

 **City of
BRADFORD**
METROPOLITAN DISTRICT COUNCIL
Department of Children's Services

Apply online by 15 January 2026 www.bradford.gov.uk/admissions

WINTER CLOTHING!



Winter Clothing

PLEASE SEND YOUR CHILD TO SCHOOL WITH APPROPRIATE CLOTHING FOR THE WEATHER.

THE CHILDREN WILL PLAY OUTSIDE IN ALL WEATHER CONDITIONS, WHERE IT IS SAFE TO DO SO.

WITH THIS IN MIND, PLEASE SEND THEM EACH DAY WITH HATS, SCARVES, GLOVES & WARM WATERPROOF COATS.



DONATIONS: WE ARE ALWAYS GRATEFUL TO RECEIVE DONATIONS OF GOOD CONDITION WINTER CLOTHING THAT YOUR CHILD NO LONGER NEEDS (GLOVES IN PARTICULAR). PLEASE BRING ANY DONATIONS TO THE SCHOOL OFFICE.

SHARING YOUR NEWS!



Tienna in Year 6 very bravely auditioned for a part in the dance troupe for the Cinderella pantomime at Bradford Playhouse and she was successful in being chosen!

Tienna worked really hard when practising and performing at each of her shows. Here at school we are really impressed with your talent and dedication. Well done Tienna!

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!**



RECEPTION OPEN DAYS



SWAIN HOUSE
PRIMARY SCHOOL

RECEPTION 2026 OPEN DAYS



TUESDAY 11TH NOVEMBER - 9.00AM
FRIDAY 14TH NOVEMBER - 3.30PM
THURSDAY 20TH NOVEMBER - 4.30PM

THURSDAY 4TH DECEMBER - 4.00PM
MONDAY 8TH DECEMBER - 5.00PM

TUESDAY 6TH JANUARY - 9.00AM
THURSDAY 8TH JANUARY - 3.30PM
TUESDAY 13TH JANUARY - 9.15AM
THURSDAY 15TH JANUARY - 9.30AM
THURSDAY 15TH JANUARY - 4.30PM



01274 639049



www.swainhouse.co.uk



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 **09.01.26**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	98.6%	0
Willow	99.0%	1
Kandinsky	90.0%	1
Matisse	90.0%	3
Lowry	97.5%	2
Van Gogh	97.0%	0

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	91.7%	0
Roald Dahl	97.3%	2
JK Rowling	96.3%	2
Michael Morpurgo	88.1%	1
Elgar	94.5%	0
Mozart	95.6%	1
Beethoven	94.5%	0
Vivaldi	88.3%	2

Congratulations to **Willow Class** and **Roald Dahl Class** for having the **best attendance** this week.

Congratulations to **Elm Class**, **Van Gogh Class**, **Anne Fine Class**, **Elgar Class** and **Beethoven Class** for having **no lates!**

Our whole school attendance this week:

94.3%

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 'Essential Online Safety'.
LETTERS:	05.01.26 - Attendance & Punctuality 08.01.26 - Matisse Class Chinese New Year Assembly
MESSAGES VIA PARENTAPPS:	08.01.26 - Milk

COMMUNITY NEWS



**BOYS
DEVELOPMENT
SESSIONS**

**Goals
Bradford**

SCAN



TUESDAYS

AGES 6-9

5-6PM

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 APP

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



The advertisement features the myHappymind logo at the top, which includes a green cartoon character. Below the logo, the text "Download your FREE myHappymind Parent App" is prominently displayed. Three smartphones are shown, each displaying a different screen of the app: a colorful wheel of activities, a "My Library" section with various resources, and a video introduction. To the right of the phones, a QR code is provided for easy access. Below the phones, there are three colored boxes: a green box for "myHappymind for Parents" (exclusive for parents at myHappymind schools), a red box showing a smartphone screen, and a purple box for "myHappymind Parent App" (to learn about school learning). At the bottom, a dashed line indicates where to enter an authentication code, with the code "107220" printed above it.

myHappymind

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

myHappymind Parent App

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
WEDNESDAY	28.01.26	3.10PM - 6.15PM	PARENTS EVENING
THURSDAY	12.02.26		NON UNIFORM & TOY DAY

COMING UP IN SPRING TERM

SPRING TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	15.01.26	2.20pm	Matisse Class Chinese New Year Assembly
Thursday	22.01.26	2.20pm	Van Gogh Class Assembly
Thursday	29.01.26	2.20pm	Michael Morpurgo Class Assembly
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 12/01/26

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)

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

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

Butterfly Buns
(Individual decorated
Sponge-based Dessert)

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

Assorted Jacket Potatoes /
Hot Sub Roll

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

**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

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

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

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

**Southern Fried Chicken
Goujons & 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

Assorted Jacket Potatoes /
Hot Sub Roll

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

WEEK 2

**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)

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

Assorted Jacket Potatoes /
Hot Sub Roll

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

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)

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

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

**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

Assorted Jacket Potatoes /
Selection of Sandwiches

Gallydale Biscuits
(Homemade, Charming,
Catty Biscuits)

**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

Assorted Jacket Potatoes /
Hot Sub Roll

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

WEEK 3

**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

Assorted Jacket Potatoes /
Hot Sub Roll

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

Assorted Jacket Potatoes /
Hot Sub Roll

Assorted Jacket Potatoes /
Hot Sub Roll

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

**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

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)

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

Assorted Jacket Potatoes /
Selection of Sandwiches

Assorted Jacket Potatoes /
Selection of Sandwiches

Assorted Jacket Potatoes /
Hot Sub Roll

**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)

**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

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 'Essential Online Safety'.

10 Top Tips for Parents and Educators ESSENTIAL ONLINE SAFETY

Children and young people use the internet every day to learn, play, and connect, but the online world is not always safe. For adults, it can be hard to keep up with the risks, including harmful content, cyberbullying and scams. These 10 tips provide clear and practical advice to support safer and healthier digital habits, helping young people to make informed, secure choices when using technology.

1 START EARLY CONVERSATIONS

Begin talking about online behaviour from the moment children start using devices. Use age-appropriate language and revisit topics regularly, making it clear they can speak to you about anything that upsets or confuses them. Keeping these chats open helps build trust, so children are more likely to come to you when needed.

2 PROMOTE SAFER SHARING

Children can overshare without understanding the risks. Remind them that photos, locations, or messages can be copied or shared beyond their intended audience. Explain how even private messages or group chats can be saved and/or misused. Talk about what is appropriate to post, message, and who it's safe to share with.

3 ENCOURAGE DIGITAL BALANCE

Many apps and games are designed to keep users engaged through rewards, likes, or constant updates. These features can make it hard for children to switch off. Talk openly about how these systems work and help children recognise when it's time to take a break. Building in tech-free routines supports a healthier balance and awareness of their screen time.

4 CREATE A SAFE SPACE FOR CONCERNS

When children come to you with a concern, respond with interest and care, rather than with alarm. Keeping your reaction measured helps them feel safe and supported. This doesn't mean ignoring serious issues; it means showing that you're there to help. When children trust that they can speak openly, they're more likely to feel supported through unpleasant online experiences, and to ask for help in future.

5 STAY INFORMED AND CURRENT

With emerging technologies like AI moving and changing so quickly, it's important to stay updated on how children are using new platforms, apps and games. Ask them to show you what they use and let them take the lead as you explore together. This opens up valuable conversations and helps you stay ahead of emerging risks and trends.

6 TEACH CRITICAL THINKING

Talk to children about how to recognise unreliable information or scams online. With AI-generated videos, photos, and stories becoming harder to spot, help children question what they see and encourage them to look for evidence, check sources, and ask questions. These skills will help them avoid risks, make smart choices, and develop healthy habits for the future.

7 SET CLEAR BOUNDARIES

Involve children in conversations about device usage so they feel included. Agree on digital rules such as screen-time limits, age-appropriate apps, and no devices in bedrooms overnight. Use parental controls to block or filter harmful content and explain that rules are there to protect and support them, not to spoil their fun.

8 LEAD BY EXAMPLE

Children often copy the behaviour of adults around them. Show them what balanced, respectful, and mindful use of technology looks like, such as avoiding scrolling during family time and speaking kindly in messages. If you expect certain behaviour from them online, make sure your own habits reflect the same standards.

9 EXPLORE PRIVACY SETTINGS TOGETHER

Show children how to use privacy tools on apps, games, and websites. Teach them to use strong passwords, block or report others in response to problems, and avoid sharing personal details. Explore settings together so they feel confident and in control, and explain that these features are there to help them stay safe online.

10 KNOW WHERE TO GET HELP

Familiarise yourself with tools and organisations that support online safety. The National College offers online safety guides and webinars which provide tips on staying safe. Websites like Report Harmful Content and CEOP can be used to report when something goes wrong. Show children how to report or block users, and where to go if they feel unsafe. Make sure they know that asking for help is always the right thing to do, and be prepared to support them.

Meet Our Expert

Home to the world's largest CPD library for educators, The National College has transformed the way education establishments go about developing their workforces and managing compliance. Our three memberships help all phases and types of setting raise standards, save time, reduce risk, and build a culture of improvement.

See full reference list on our website

#WakeUpWednesday

The National College