

Sunday 27th April 2025 Edition 25

Welcome back, we hope you all had a restful Easter. We had on average 110 children at the

holiday Club during the break. A great job by Mr Taylor and the team. During the holidays Oscar and his team shampooed every carpet in the school and made sure that everything was clean and tidy for the children's return, Thank you to them. One thing we didn't see happening was another roof issue. This time on the North. We have builders coming in over the weekend to ensure that it is structurally safe. We are working with the Local Authority to get the roofs repaired on both sites, but for the moment temporary fixes have ensured that both are safe.

Yesterday Ms Khan and Mr Redding took a group of the schools runners to compete in the children's mini marathon. This has become an annual

event, but only because of the efforts of Ms Khan. No school is guaranteed any places and she applies every year. It was a nice dry day for a run, well done to all of those that took part.

### Summer term clubs

These are now live on the app.
Unfortunately, there will be
limited free clubs this term. We
have always subsidised clubs to

try and offer a range for all ages and on both sites. This is not something that we can do going forwards. With some of the clubs if we do not get a high take up, then we will not be able to offer them from September onwards. Please make sure you check on the app. If you have entered your child's name and class then you have a space. If you can not enter any information it means the club is full. Any queries speak to the office or Mr Darling. The clubs will start the week beginning the 28th April.

### Goodbye

Unfortunately, in the Easter break Ms Aquela resigned from her post as a teaching assistant. Thank you to Ms Aquela for all that she has done over the years and we all wish her the very best. Ms Meryem welcomed a daughter just before we broke up. Both are doing well.

Katie Jennings





The annual **Spelling Bee** is back!

The children should have brought home the words to learn for the heats. They are also on the app and website.

Please ensure that your child is practicing

## PARENT COUNCIL MEETING

Tuesday 29th April 9am North site

If you are not sure who your class representative is on the parent council either ask in the whatsapp groups or come along anyway.

So far this year we have looked at UNICEF Rights & Respecting schools, reviewed how the code of conduct is working, Al and mobile phones.

This meeting we will be discussing wellbeing linked to work we do with Youth Sport Trust, sustainability and a review of the Rights & Respecting work.

### SPECIAL DATES

Well done to the children who attended the tennis festival.







29th PARENT COUNCIL—Well being, Sustainability & UNICEF up

date

KS1 tennis tournament

Buzzard camping @Lambourne End

30th Kingfisher @ Chingford Assembly hall

Kestrel @ Chingford Assembly hall

Blackbird & Barn Owl Camping @Lambourne End

May

Book Fair South—7th £7-10 per book 1st

2nd Swan & Woodpecker Assemblies

BANK HOLIDAY-No SCHOOL 5th

8th VE Day celebrations—please book in advance. You will be

turned away if you turn up on the day without booking

YEAR 6 SATS week 12th

Mental Health week

Governors meeting



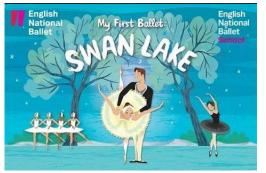
The world is full of kind If you can't find one, people. be one.

Help us create a safe and happy environment for everyone. Think before you shout or get angry with staff. RESPECT YOURSELF, RESPECT OTHERS!

Shouting & swearing will not be tolerated anywhere in school.

Only 36 children ended up going to the ballet, but what a wonderful experience those children had. With a narrator to help follow the story, a shortened version of Tchaikovsky's wonderful music, beautiful dancing by students from English National Ballet School, and all the elegant costumes you could wish for, *My First Ballet: Swan Lake* was the perfect introduction to the joy of live ballet for Mission Grove children.

The magician Rothbart has turned the princess Odette into a swan: only at night can she return to human form. Will Prince Siegfried be able to save her, or will he fall for Rothbart's sorcery?











# What Parents & Educators Need to Know about

**WHAT ARE** THE RISKS?

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.



PERSONAL SAFETY

placing a child in serious danger. From harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

### **PSYCHOLOGICAL** DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

### LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or beliets about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause

### **ONLINE GROOMING THREATS**

Predators can use games, chat apps or social media platforms to build relationships social media plantorms to oblid relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

### **EXPOSURE TO** INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged to 17 had seen content online that made them

### PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they do not specific the such as the such a they'd only spoken to online.

## 26 FRIENDS ONLINE NOW

Advice for Parents & Educators

### TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically abwhat they share – and whom they're talking to.

### **KEEP CONVERSATIONS OPEN**

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A

### **ENCOURAGE REAL-WORLD CONNECTIONS**

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

### **USE PARENTAL CONTROLS**

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

### Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



The **National** College®

**%** @wake\_up\_weds



**f** /wuw.thenationalcollege



(O) @wake.up.wednesday



@wake.up.weds