Brading CE (Controlled) Primary School

We are a Team that Trust each other to unlock potential.

Tel: 01983 407217

News from Brading CE Primary School

Headteacher: Mrs. B Gilbert

Friday 25th April 2025

Our Christian Values: Trust

Truth, Respect, Unity, Sincerity, Tolerance

This week our focus has been on TRUTH.

Dear Parents/Carers,

Welcome back – it is nice to start the term knowing that we do not have to have to think about place planning and fighting to keep the school open but we can get on with what I love doing – making every aspect of the school better for everyone that walks through the doors on a daily basis.

Summer terms are always manic. We have year 6 frantically getting ready for SATs which start on 12th May and Year 5 working towards their Multiplication Tables Check in June. MRS Rackett has agreed to come back on a weekly basis this term to support with this. Year 1 and Year 2 are continuing to work on their phonics screen which will be taken in June. All the children where necessary will be undertaking additional catch up and boosters to support them. Please see class teachers if you would like to help at home with extra work and support.

As it is a new term, I thought I would just remind everyone in regards to being a TEAM that TRUST each other. Everyone that is working within school undertakes the role to support everyone in the best way they can. To enable us to undertake this, I would like to say my expectation is that everyone, in every form of communication, is treated with the utmost respect. This includes face-to-face meetings, letters, emails and phone calls. I really don't want to mention to anyone in regards to inappropriate behaviour or language towards staff but, if I need to, I will report any incidents to the local authority. My door is always open and as I have always done, in 21 years of Headship, wanted to work closely with everyone to support the needs of your fabulous children. Please come and talk to me if you have any concerns. I am not always available straight away but Mr Barnes and Mrs Wenman will make an appointment for you.

In addition, we are also working on TRUST with the children. We are continuing our work on developing both learning and behaviour strategies and will be celebrating these weekly. This week we have focussed on TRUTH where the learning skills are 'I can understand' and 'I don't understand' and the behaviour skills are 'I am kind' and 'I can say how I am feeling'.

Well done everyone for a fabulous first week back and enjoy the weekend.

Mrs Gilbert
Headteacher

Collective Worship this Week

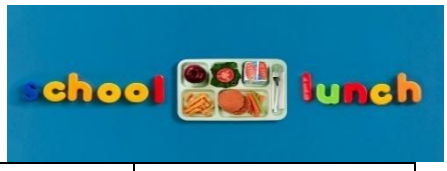
We have been continuing to focus on truthfulness.

Bible Reflection

Jesus said to him, "I am the way, and the truth, and the life. No one comes to the Father except through me.
John 14:6

SCHOOL MENU WEEK COMMENCING 28th April 2025:

We also offer tomato pasta as well as jacket potatoes and sandwiches with selection of fillings each day.



Monday	Tuesday	Wednesday	Thursday	Friday
Macaroni Cheese Apple and Golden Syrup Cake	BBQ Chicken Pizza with Potato Wedges Strawberry Jelly	Roast Gammon Flapjack with Fruit	Beef Bolognaise Chocolate Orange Drizzle Cake	Southern Fried Chicken Lemon Cake

School Nurse Sessions

There will be the opportunity to meet with Joanna Norman, our school nurse to talk about the following:

- Sleep
- Constipation / soiling / toileting concerns
- Day and night time wetting
- Hearing or vision concerns
- Dietary advice, weight management and body image
- Development or puberty advice
- Personal hygiene and oral health
- Emotional wellbeing

The next date will be Thursday 20th May between 9.00 and 12.00 and will be half termly. Please email jo.willshire@bradingcepri.iow.sch.uk if you would like to attend with a brief overview of what you would like to discuss so the nurse can be prepared for the session

Dates for your diary:

April	From 23rd – Y5 Seaview Sailing 30th – YR, 1 and 2 Weekly Carnival sessions
May	2nd – St Lucia to Butterfly World 12th – 15th May – Y6 SATs 20th – School Nurse Session
June	10th – Y5/6 Sea Safe Sessions 12th – KS1 Nettlecombe Farm Visit 20th – Group and Leavers' Photos 30th – Y1 to Y6 LSO Concert at Ryde Academy Theatre
July	4th – PEACH Games for Year 4 8th – Y6 Transition Day 9th – Y6 Leavers' Service in Portsmouth Cathedral

WHAT WE HAVE BEEN LEARNING ABOUT THIS WEEK

CUBA	In Cuba class this week we have started exploring our spring topic. We enjoyed exploring baby animals in a tray of oats and using our new bricks to build towers. This half term we are exploring the Mardi Gras, we enjoyed learning some dances and exploring the costumes this week.
HAWAII	We started our topic about painting in art this half term. We used different colours to create shades and tints by adding black or white. The children also looked at the art by Roy Lichtenstein to inspire their future work.
ANTIGUA	This week we have been looking at jack and the beanstalk and how things grow! We have explored the soil sensory tray, made our own flowers and created a number line beanstalk! We have also had a spaghetti fine motor skills activity out as well as a nature table! So much fun!
ST LUCIA	This week in St Lucia, we have started our topic of minibeasts. We have been using magnifying glasses and discovery packs to go on bug hunts, we have been painting and labelling minibeast, making minibeasts from playdough and junk modelling and working really hard making a minibeast house. The children loved creating their very own 'superminibeasts' after reading Superworm and reading Mad About Minibeasts creating their favourite minibeast. We can't wait to see all the minibeasts in real life on our trip to Butterfly World next week!
NEW ZEALAND	We have had a super exciting first week back! We are very lucky to be working with the anew Carnival company each week to design our own costumes. We started this week looking at costumes and drawing how we would like our own ones to look. We then started looking at materials and thinking about what kinds of materials we could use.
GALAPAGOS	What a great first week of the summer term! The children have come back with so much enthusiasm and are working so hard. This week we have started to explore diary writing, and have looked at a variety of writing techniques such as similes, metaphors and personification. We have started our new topic of ‘Somewhere to Settle’, looking at the features of cities, towns, villages and hamlets. In PE our topic is tennis, we are looking to develop our hand, eye coordination and accuracy. Finally, in Art we are focusing on painting, we have explored the work of Roy Lichtenstein, and had a go at adding black and white to paints to create tints and shades. Well Done Year 3/4!
ICELAND	We started this week in Iceland looking at sacred places and how they are celebrated within different religions. We focused on pilgrimage to Lourdes and the Hajj to Mecca. In Maths we have been looking at angles and how to measure them accurately. Our English work has focused on how the 3C's and 3S's of film help us to analyse our writing. On Wednesday we also had a fun afternoon sailing and can't wait to go again next week!
JAMAICA	This week in Jamaica class, we have been busy preparing for SATs week. We have completed a range of arithmetic tests and have worked through a range of problems. On Tuesday, we started our new PE topic: rounders. We split into 2 teams and learnt the skills for batting and fielding.

We have vacancies!

Now we have had the fantastic news that Brading Primary School is staying open, we are pleased to be able to offer places in our Early Years Provision starting after the Easter holidays. As an experienced 2 to 11 setting, we understand that the requirements of each child and each family are different and we offer a flexible early year's facility which has been designed to provide an individually tailored approach for you and your child's needs. Whether you are looking for childcare for a few sessions or for the whole week, we are committed to ensuring your children are cared for in an environment where they will feel safe, happy and nurtured.

There is a range of funding available for children from 2 years old, it is really easy to check your family's eligibility for early years funding by visiting www.childcare choices.gov.uk:

- 2-year-olds can get 15 hours of funding from the term after their 2nd birthday if you receive certain benefits (including Income support or Jobseeker's Allowance or if you receive Universal Credit, and your household income is £15,400 a year or less after tax).
- Working families can, subject to eligibility, get 15 hours of funding for 2-year-olds.
- All children are entitled to 15 hours of free early years education from the term after their 3rd birthday.
- Working families of 3-year-olds can, subject to eligibility, apply for an extra 15 hours of funding, giving them a total of up to 30 hours.

If your child's birthday is before 31st March they could start with us straight after the Easter holiday, or if their birthday is between 1st April to 31st August then they could start in September.

If you, or someone you know, are considering places for any child from 2 years old and upwards either call the office on 01983 407217 or visit the early years section on our website www.bradingcepri.iow.sch.uk/classes/brading-early-years .

If you would like any help in investigating the funding options available to you either go to www.childcare choices.gov.uk or pop in to talk to Mrs Stubbs who can assist you.

This week in Pictures:

butterfly

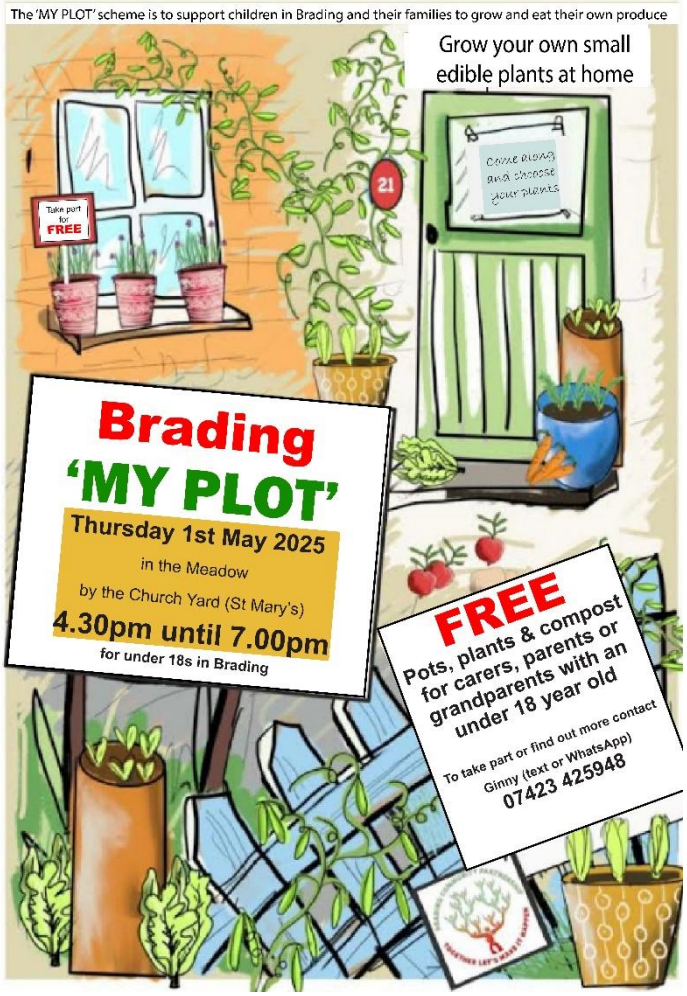
Foodbank Vouchers

Mrs Willshire is able to issue Foodbank Vouchers to anyone who may be struggling. Please email Mrs Willshire to request one if required. Jo.willshire@bradingcepri.iow.sch.uk

Attendance

Whole School Target: 95%

Class	Percentage Attendance last week
Antigua	87
St Lucia	93
Cuba	83
Hawaii	84
New Zealand	80
Galapagos	88
Iceland	87
Jamaica	81



ATTEND TODAY

ACHIEVE TOMORROW

Penalty Notice Fines for School Attendance are Changing.

As set down by the Department for Education, penalty notices can be issued for unauthorised absence. With the introduction of the new National Framework for Penalty Notices, the following changes will come into force for Penalty Notice Fines issued after 19th August 2024.

Per Parent, Per Child

Penalty Notice Fines will now be issued to each parent, for each child that was absent.

For example:
3 siblings absent for term time leave, would result in each parent receiving 3 separate fines.

5 consecutive days of term time leave

Penalty Notice Fines will be issued for Term Time Leave of 5 or more consecutive days. INSET training days are school days and can be included in the 5 or more consecutive days where there was intent to be absent for term time leave.

10 sessions of unauthorised absence in a 10-week period

Penalty Notice Fines will be considered when there has been 10 sessions of unauthorised absence in a 10 week period.

1 First Offence

The first time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be:

£160 per parent, per child paid within 28 days.

Reduced to £80 per parent, per child if paid within 21 days.

2 Second Offence

Within 3 years

The second time a Penalty Notice is issued for Term Time Leave or Irregular Attendance the amount will be: £160 per parent, per child paid within 28 days.

3 Third Offence

And Any Further Offence (Within 3 years)

The third time an offence is committed for Term Time Leave or Irregular Attendance a Penalty Notice will not be issued, and the case will be presented straight to the Magistrates' Court. Magistrates' fines can be up to £2500 per parent, per child.

Cases found guilty in Magistrates' Court can show on the parent's future DBS certificate, due to 'failure to safeguard a child's education'.

SPRING/SUMMER 2025 MENU

WEEK 1

W/C: 21/04/2025, 12/05/2025, 09/06/2025, 30/06/2025, 21/07/2025, 08/09/2025, 29/09/2025

		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Cheese and Tomato Pizza Served with Wholewheat Pasta	BBQ Chicken Served with Wholegrain Rice	Roast Pork Served with Roast Potatoes and Gravy	Classic Beef Burger Served with Potato Wedges	Battered Fish Served with Chips
		OR	OR	OR	OR	OR
	OPTION 2	Jacket Potato with a Choice of Toppings	Jacket Potato with a Choice of Toppings	Jacket Potato with a Choice of Toppings	Jacket Potato with a Choice of Toppings	Quorn Dippers Served with Chips
		OR	OR	OR	OR	OR
	OPTION 3	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta
		HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES	OPTION 4	Ham Baguette	Ham Baguette	Ham Baguette	Ham Baguette	Jacket Potato with a Choice of Toppings
		OR	OR	OR	OR	OR
	OPTION 5	Cheese Baguette	Cheese Baguette	Cheese Baguette	Cheese Baguette	Ham or Cheese Baguette
		DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT		Chocolate Brownie	Fruits of the Forest Jelly	Banoffee Pie	Shortcake with Fruit	Banana Cake

SPRING/SUMMER 2025 MENU

WEEK 2

W/C: 28/04/2025, 19/05/2025, 16/06/2025, 07/07/2025, 28/07/2025, 15/09/2025, 06/10/2025

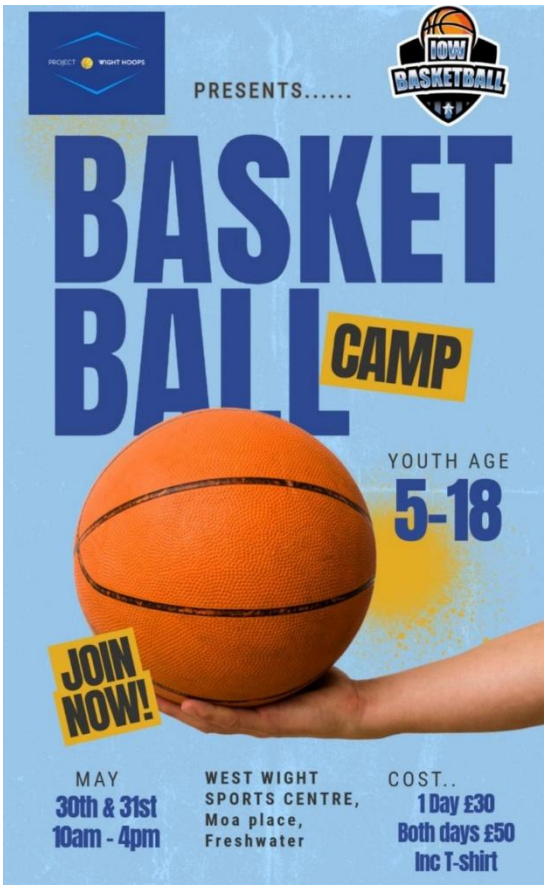
		MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES	OPTION 1	Macaroni Cheese	BBQ Chicken Pizza Served with Potato Wedges	Roast Gammon Served with Roast Potatoes and Gravy	Beef Bolognese Served with Wholewheat Pasta	Southern Fried Chicken Served with Chips
		OR	OR	OR	OR	OR
	OPTION 2	Jacket Potato with a Choice of Toppings	Jacket Potato with a Choice of Toppings	Jacket Potato with a Choice of Toppings	Jacket Potato with a Choice of Toppings	Quorn Dippers Served with Chips
		OR	OR	OR	OR	OR
	OPTION 3	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta
		HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES	OPTION 4	Ham Baguette	Ham Baguette	Ham Baguette	Ham Baguette	Jacket Potato with a Choice of Toppings
		OR	OR	OR	OR	OR
	OPTION 5	Cheese Baguette	Cheese Baguette	Cheese Baguette	Cheese Baguette	Ham or Cheese Baguette
		DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT		Apple and Golden Syrup Cake	Strawberry Jelly	Flapjack with Fruit	Chocolate Orange Drizzle Cake	Lemon Cake

SPRING/SUMMER 2025 MENU

WEEK 3

W/C: 05/05/2025, 02/06/2025, 23/06/2025, 14/07/2025, 01/09/2025, 22/09/2025, 13/10/2025

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT DISHES – OPTION 1	Cheese and Tomato Pizza Served with Wholewheat Pasta	Sausage Hot Dog Served with Potato Wedges	Roast Chicken Served with Roast Potatoes and Gravy	Macaroni Cheese	Fish Fingers Served with Chips
	OR	OR	OR	OR	OR
OPTION 2	Jacket Potato with a Choice of Toppings	Jacket Potato with a Choice of Toppings	Jacket Potato with a Choice of Toppings	Jacket Potato with a Choice of Toppings	Quorn Dippers Served with Chips
	OR	OR	OR	OR	OR
OPTION 3	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta	Tomato Pasta Fresh, Homemade Tomato Sauce with Pasta
	HOT DISHES ARE SERVED WITH TWO VEGETABLES AND FRESHLY BAKED BREAD				
DELI DISHES – OPTION 4	Ham Baguette	Ham Baguette	Ham Baguette	Ham Baguette	Jacket Potato with a Choice of Toppings
	OR	OR	OR	OR	OR
OPTION 5	Cheese Baguette	Cheese Baguette	Cheese Baguette	Cheese Baguette	Ham or Cheese Baguette
	DELI DISHES ARE SERVED WITH MIXED SALAD				
DESSERT	Flapjack with Fruit	Cornflake Tart	Oatie Cookie with Fruit	Lemon Drizzle Muffin	Crunchy Chocolate Mousse



Google form for registration
https://docs.google.com/forms/d/1N9funUCEkPC5WiTdRbcrUZngQhh4dnVPewE_PcsDVrY/edit
Spond app link for attendees https://spond.com/invite/CZOUJ

DYNAMOS CRICKET

ARRETON CRICKET CLUB

THIS IS OUR GAME!

Sundays
9.30-10.30am

For all 8-11 year old boys and girls

www.facebook.com/arretoncc

Dynamos Cricket provides a fantastic next step for all those graduating from All Stars Cricket and the perfect introduction for all 8-11 year-olds new to the sport!
Dynamos is all about fun and provides children with a more social offer, focusing on developing the fundamental skills required to play cricket.

Every participant receives their very own personalised T-shirt.

8 weeks only £50

Scan me!

JOIN ARRETON CRICKET CLUB FOR YOUR DYNAMO SESSIONS

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 SEARCH ENGINES

WHAT ARE THE RISKS?

Search engines are an integral part of everyday life – with Google alone processing around 100,000 searches every second. Search engines use algorithms to predict which results will be useful to us, though this can expose children to inappropriate content, misinformation and even scams. This guide explains the risks associated with search engines and offers practical advice to help safeguard young users online.

MANIPULATED SEARCH RESULTS

Although search engines take site reputation into account, trustworthiness isn't the main factor. Instead, they use algorithms that can be gamed via tactics like search engine optimisation (SEO), which is big business. As a result, users may encounter misleading content and low-quality commercial products that appear more credible than they actually are.

MISINFORMATION AND DISINFORMATION

Search engines index billions of web pages – and not all of them are factual or safe. Children might stumble across false information or even deliberate disinformation, especially when searching for trending topics or controversial issues.

ENGINES BEYOND GOOGLE

Even if Google's SafeSearch is enabled, children may use lesser-known search engines that don't have similar protections. Some of these alternatives are less effective at blocking unsavoury content – sometimes by design – making it easier for children to encounter harmful or explicit material. Parental controls may also struggle to detect and block these sites.

ILLEGAL CONTENT CAN SURFACE

Search engines are designed to retrieve content based on keywords – not to judge whether that content is lawful. As a result, even illegal or harmful material can appear in search results. Children might assume that anything found through search engines must be safe, just because they're so widely used. This misunderstanding can lead to accidental exposure to seriously inappropriate content.

INAPPROPRIATE CONTENT EXPOSURE

Although parental controls like Google's SafeSearch exist, they aren't foolproof, and search engines may bypass them. Young users may still see inappropriate images or content, especially in image searches, even though they may not be able to click on the results. Some niche search engines lack even basic filtering, posing further risks.

UNRELIABLE AI SUMMARIES

Some search engines now offer AI-generated answers at the top of results. While these can be helpful as webpage summaries, they're not always accurate. There have been instances where AI summaries have presented false or even dangerous information, reinforcing the need for critical thinking.

Advice for Parents & Educators

ACTIVATE PARENTAL CONTROLS

While no parental controls tool is perfect, this software can help reduce the likelihood of inappropriate content appearing in search results. Use tools like Google Family Link to set search restrictions and monitor your child's browsing activity.

IDENTIFY AND AVOID ADVERTS

One of the ways search engines generate revenue is by showing adverts to their users. Sponsored search results are labelled, but they're not always easy to spot and can sometimes be malicious. Show your child how to distinguish between paid ads and organic search results – explain why some ads might be misleading or unsafe.

QUESTION AI-GENERATED CONTENT

While AI content is generated quickly and often appears legitimate, teach children that, just because an AI summary is well presented, it doesn't mean it's accurate. Encourage them to review the sources behind AI summaries and check the information with reputable sites or fact-checkers.

PROMOTE DIGITAL LITERACY

Encourage children to question the motivation behind online content and develop critical thinking, as not all sites can be trusted. Some deliberately misinform users in order to sell products or promote misinformation. Developing a critical mindset is one of the best defences against these tactics.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard, The Guardian and The New Statesman.

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What Parents & Educators Need to Know about ZEPETO

AGE RESTRICTION 14+

ZEPETO is a fast-growing app blending social networking with a virtual world experience – attracting around 20 million monthly users, with 15% from Europe. Players create 3D avatars to explore immersive environments, play games and interact with others; however, with minimal safety controls, anonymous chat and monetised content, ZEPETO poses a number of online safety concerns that parents and educators should be aware of.

WHAT ARE THE RISKS?

NO PARENTAL CONTROLS

Although ZEPETO is intended for users aged 14 and up, it lacks built-in parental controls or age verification, instead relying on safety features on the device it's played on. This lack of a parental controls feature raises concerns about whom children may be interacting with on the platform.

CYBERBULLYING RISKS

As with many social platforms, children can be targeted for bullying, harassment or exclusion by both strangers and their peers. Unfiltered chat and avatar-based interaction can allow bullying and other forms of harassment to continue, impacting children's wellbeing and mental health.

INAPPROPRIATE CONTENT

As a mix between a virtual world and a social media platform, ZEPETO features a wide range of user-generated content. Some areas may reference mature themes, such as TV series aimed at adults, or include inappropriate material created by other users – all of which children may stumble across without warning.

ADDICTIVE GAMEPLAY

Daily log-in rewards, such as coins, and in-game incentives can encourage compulsive behaviour, with some users feeling pressure to check in constantly to avoid missing out. This can lead to excessive screen time and conflict with schoolwork or offline hobbies or commitments.

STRANGER DANGER

By default, users can message and interact with anyone else. This open communication creates an environment where predatory individuals can pose as peers to gain trust, potentially leading to grooming, scams, and exploitation, such as blackmail.

SPENDING REAL MONEY

While the game is free to play, ZEPETO includes a store offering virtual clothing and accessories for avatars. These items are bought with 'ZEMs' – a paid currency – and the appeal of exclusive items or branded collaborations can make it easy for children to overspend.

Advice for Parents & Educators

ENABLE PRIVACY SETTINGS

Visit the child's profile settings to restrict who can send messages – options include Everyone, Followers Only, or No-one. Encourage children to avoid sharing any personal information on their profile, as this is visible even on private accounts.

CONTROL SPENDING

To prevent accidental purchases, set up purchase approval systems such as Apple's Ask to Buy or Google's Purchase Approvals. Alternatively, consider removing payment methods or using pre-paid cards with set budgets.

LIMIT IN-APP TIME

Use parental controls on Android (Google Family Link) or iOS (Screen Time) to restrict app usage by setting hours or daily limits. Encouraging breaks can help children develop healthier habits and reduce app dependency.

HAVE REGULAR CONVERSATIONS

Talk openly with children about whom they interact with online and the kinds of things they see or experience. Encourage them to speak up if someone makes them uncomfortable or if they come across inappropriate content. Teach them how to recognise red-flag behaviours such as asking for secrets, giving gifts, or requesting personal information.

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.

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What Parents & Educators Need to Know about

MAKING FRIENDS ONLINE

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.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build 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 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

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'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being 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 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.

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 about what they share – and whom they're talking to.

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.

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 child who feels listened to is more likely to disclose problems before they escalate.

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.

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Chartwells

Allergy Awareness Week 2025

April 22nd-28th

This week is dedicated to raising awareness about allergies, their impact on people's lives and the importance of taking allergies seriously.

Get involved by taking part in the pupil allergen-free bake off competition!

Details for taking part and submitting below.

DID YOU KNOW?

- It is estimated that allergies affect the lives of up to 21 million people in the UK with 5-8% of children having an allergy (Allergy UK)
- Over 80% of parents have seen casual indifference to their child's allergies (N.A.R.F. 2024)
- Over 90% of parents worry about their child's well-being as a lot of people do not understand allergies or how to help someone having an allergic reaction (N.A.R.F. 2024)

COMPETITION - ALLERGEN FREE BAKE OFF

Step 1 : Children to design their allergen free dessert using the attached poster. Children will be marked on accessibility of ingredients and allergens, with bonus points for excluding as much of the EU 14 as possible and overall design.

Step 2: School to choose a winner by the 2nd of May

Step 3: Submit winning poster to chartwells.medicaldiets@compass-group.co.uk to represent your school

Step 4: Chartwells will pick a winner from all submissions and create the winning dessert adding to an upcoming theme day menu!

Other Ways to get Involved:

- Ensure you have an allergy policy in place - check out www.allergyuk.co.uk
- Check out the Natasha Allergy Foundation Allergy School and download free resources (https://www.narf.org.uk/allergy-school)
- Spread the Word - download assests from allergy uk to raise awareness and educate others

ALLERGEN