



# St Leonard's CE Primary Academy

Living and Learning Together with God's Help

31<sup>st</sup> March 2025

Dear Parents/Carers,

Good morning and welcome to the last newsletter of the term!

Easter is almost upon us and this heralds the end of what has been a fantastic term at St Leonards CE Primary Academy. It's been action packed and the children (and adults!) deserve a well-earned break. We would like to thank all of you for your ongoing support and we look forward to welcoming you back after Easter for what promises to be another great term. But first, let's enjoy this last week of the term in the glorious spring sunshine!

Take care,

Mr Beadnell

## Values Cup

The value for the term is Justice and we have been talking about fairness in assembly. The winners of our Values Cup over the last few weeks have been Casper, Grace and Karma – a massive well done to all of them!

## PE Days Term 4

Monday – Years 4 and 6

Tuesday – Years 3, 5 and 6

Wednesday – Owls, Hedgehogs, Y4 & Y6

Thursday – Hedgehogs and Year 3

Friday – Y5 swimming

## Reverend Phil Assembly

Reverend Phil joined us for the last Monday assembly of the term and shared with us the story of the Resurrection. It's always great to welcome Reverend Phil to the school and the children really enjoy the way in which he shares bible stories and teaches them songs.



## Golf Day

Stu Warren Golf treated the children to a fantastic day of golf on the school field. The weather was glorious and there were holes in one galore!

## Outdoor Classroom

The outdoor classroom is almost complete – just the benches and guttering left to fit. It will then be ready for its grand opening! Thanks again to our PTA and The Prestbury Trust for helping to find the extra funding to make this happen.



**A Note About Parking**

It is important that access to the school carpark is maintained at all times. If you are bringing your child in late, please park outside the school boundary and walk your child to reception. Residents and parents have expressed their concerns about people parking on the pavement outside the school gates. Please be mindful of this when parking outside the school.

**School Dinner Price increase from April 2025**

A reminder that our food supplier, Dolce has written to inform us that the cost of school meals will be increasing from 1<sup>st</sup> April 2025. From this date, the cost of a school meal will rise to £3.19. Blue Kite will be looking at school meal provision for 25/26 and we have asked that St Leonard's is included in that process.

**Upcoming TD Days**

Monday 2<sup>nd</sup> June

**Other dates to remember:**

First day back of Term 5 will be 22<sup>nd</sup> April.

25<sup>th</sup> April Swimming starts for Y5

28<sup>th</sup> April Clubs start for terms 5 & 6

30<sup>th</sup> April Owls going to Highworth Warneford for PE fundamentals – Consent on Parentmail

6<sup>th</sup> May Owls & Hedgehogs trip – Please see Parentmail

7<sup>th</sup> May Foxes trip Please see Parentmail

12<sup>th</sup> May KS2 SATS week

21 – 23<sup>rd</sup> May Y6 Residential

4<sup>th</sup> June Swimming Gala

6<sup>th</sup> June School Class Photos

18<sup>th</sup> June Deers going to Highworth Warneford for Rounders Festival

3<sup>rd</sup> July Blue Kite Sports Event (after school)

4<sup>th</sup> July Sport's day

8<sup>th</sup> July Wiltshire Fire Service in school

14<sup>th</sup> July Rock & Pop Roadshow in school

15<sup>th</sup> & 16<sup>th</sup> July Transition mornings

18<sup>th</sup> July Reports issued after school

23<sup>rd</sup> July Leavers Service AM



# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthralls young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

## Meet Our Expert

Shazia Sarwar-Azim is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.com/news/technology-55046910>  
<https://proudsocial.com/insights/social-media-algorithms/>

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