



www.gosforthpark.newcastle.sch.uk

May 2nd 2025 Issue 1/4 Summer Term 1



Welcome Back!

It has been so lovely to finally see the sun make an appearance this week!

Please make sure that in case of warmer weather, children always have shoulders covered (no sleeveless or vest tops please). Please also remember to send sun hats when needed and apply sunscreen before school. Children can bring in their own sunscreen to reapply during the day. This should be a named bottle and kept in their bag. They must be able to apply themselves and must not share their cream with other children. Staff can help squeeze the cream into the children's hands at lunchtime.

Broad-brimmed or bucket style hats are recommended to adequately shade the face, neck, ears and cheeks. Children will be reminded during hot weather to remove their jumpers and cardigans to prevent overheating.

Although we are hoping the sun is here to stay, if there's one thing we can rely on it is the unpredictability of the British weather, so please remember to send your child to school with a coat in case of showers or sudden downpours. Our Sun Policy can be found

[here](#). Mrs Lamb

ATTENDANCE MATTERS

every school day counts.

Attendance letters will be coming home today. Our attendance to date is **97%** which we are incredibly proud of.

Thank you so much for your support in making sure children are here and on time. If you have any queries about your child's attendance or coding, or if we can support you with attendance in any way, please pop in or get in touch.

Mrs Lamb



Robinwood Presentation Evening

We would like to invite our Year 4 parents and pupils to join us on the evening of **Thursday 8th May** to share your stories and successes from the recent residential trip to Robinwood. **Doors will open at 6pm for a 6.15pm start.**

Mrs Lamb



Easter Disco

Thank you so much to everyone who made the **Easter Disco** such a huge success! It was our first following COVID and the expansion of the building – it'll be an even smoother operation next time now we've got the first one done.

Huge thanks to Chris the DJ and his team, for all of the parent helpers who managed to successfully feed all of the children with hotdogs, supervise doors/toilets and keep the dancing going! We can't do these things for our wonderful children without you and it is really appreciated.

The disco made an incredible **£802** for PTA funds!

Huge thanks to Asda, Tesco and Morrisons for their donations of Easter eggs, hot dogs and buns.

Bank Holiday Reminder

Please remember that **Monday 5th May** is a bank holiday and school will be closed to all pupils. **Enjoy the long weekend!**

St Aidan's Church Events



Our friends at St Aidan's Church are hoping to start a **free after school club** shortly, and would really appreciate your feedback. They have asked if anyone interested could please complete this very short survey so that they can gather parents' views.

Many thanks

<https://form.jotform.com/250655266413355>

St Aidan's are also holding an **Eco Fest** on **Saturday 3rd of May**, please see below:

Please save the date for our Eco Fest, with free bike checks, crafts, outdoor activities, and lots of stalls from many different organisations. This promises to be a great event.



KS2 Big Gig 2025



Our annual **Big Gig** for 2025 will take place on **Friday 20th June 2025** at the **Vertu Motors Arena**.

The Big Gig is an amazing event with a live band and over a thousand young performers from schools across the North East. Our KS2 children have been learning their songs during our weekly Ukulele tuition lessons.

The theme for this year is ***Sounds of the Seventies*** so dig out those platform shoes, dust off that turntable and get ready to dance the night away under the disco lights!

We will be sending out more information closer to the time via ParentPay and will be looking for some parent volunteers to help us on the day.

Mr Patterson

SOUNDS OF THE 70S
#mpnbiggig

Holiday Homework Projects KS1/KS2

At Gosforth Park we absolutely love to see your incredible **holiday homework projects**. These projects (no matter the size!) help to introduce our new topics into classrooms. Children grow in confidence and are excited to present their projects to their classmates. Check out some of our projects below:



Well done everyone!

Mr Hindess

Holiday Homework



KS1 Geography Fieldwork - Traffic Surveys



On **Monday 19th May** (Year 1) and **Tuesday 20th May** (Year 2) children in KS1 will be conducting some more Geography Fieldwork in our local area. This time we will be collecting data by conducting a traffic survey to answer the question, '**Which roads around our school are the busiest?**'

Full school uniform (or PE kit on PE days) and a waterproof coat or sun cream/sunhat depending on weather please.

Make sure to give us a wave if you spot us in our high-vis jackets!

Many thanks

Mr Hindess

New Topics

Below are the topics that our children will be studying this half term:

Reception: **What a Wonderful World**

What a Wonderful World



exposes our children to the world beyond their doorstep through a rich curriculum of stories from other cultures. Children explain similarities and differences between life in this country and life abroad, drawing on knowledge from stories, non-fiction texts and personal experiences. There are also endless opportunities for children to explore the cultures and traditions of other countries through art, music, religious education and PE.

KS1 – **On the Move**

Within this geography skills and fieldwork based topic, children begin to understand how to use grid references to identify features on maps.



We learn about aerial photography and use this to identify different human and physical features of Great Britain. Finally, we use our new skills to plan our very own fieldwork project in Gosforth!

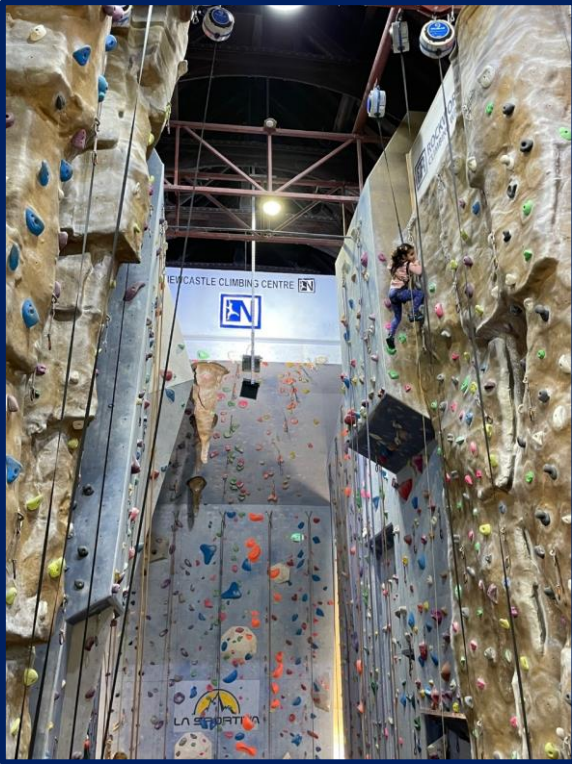
KS2 – **Extreme Earth**

Extreme Earth is a geography-based topic that deepens our understanding of the structure of our planet. We begin by looking at plate tectonics before using our knowledge to understand why earthquakes and volcanoes occur, and where in the world these natural phenomenon are most prevalent.



Please also find attached our Topic Webs with more detailed information about each curriculum area.

Mr Hindess



Look closely and you will spot our incredible **Alessia** from Year 1 at the very top of her 15m climbing wall. What a brilliant achievement. Everyone at GPFS is very impressed!



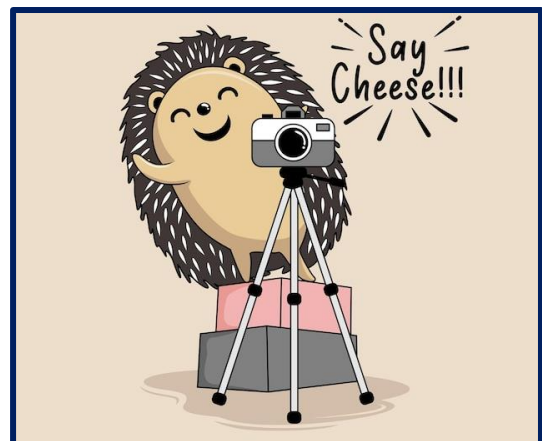
Albie, Jack and **Oscar** all took part in a rugby festival at Alnwick on the 27th of April. They all played great and did Gosforth Rugby Club proud!



Huge congratulators to Mr and the new Mrs Patterson who had their beautiful wedding over the holidays!



School Photographs



Our school **photographer** will be in on **Wednesday 14th May** to take this year's **class photos**. Please send your child to school in their uniform.



The Children's Cancer Run 2025

We would like you and your family to join our school team at the Children's Cancer Run at Newcastle Racecourse, Gosforth Park on **Sunday 18th May 2025**.

Please ensure that you **register online** for the event:

1. Log on to <https://childrenscancernorth.org.uk/event/childrens-cancer-run-2025/>
2. Complete your entry form, selecting our **school name** as the team
3. Click **proceed to payment** to complete the registration for you and your family

There is a feature that allows our school to have an online team fundraising page with a shared school total. We have been advised on the following: **Once your pupils have registered, that on their fundraising page they go to 'edit display name' and change their display name so that it does not include their full name and don't update their picture for safeguarding reasons.** For example, just first name or initials. If they do not do this then it is possible for external participants to see a child's full name and the school they go to.

Every child must be accompanied by an adult.

Thank you,

Miss Walsh



Our Golden Welly class for this week is **Miss Tate's class** for amazing collaboration and tidying in our den building area!

Miss Gasper

Makaton

This week's sign is –

Sign of the Week

Finished

Sign



TIMES TABLES ROCK STARS

Thank you to everyone who practised their times tables over the Easter holidays. We are just over a month away from the **Year 4 Multiplication Check** so make sure Year 4s you are practicing the times tables you find difficult.

Mrs Easdon and Mrs Armstrong's class are our most active class over the holidays! Our top coin earners are **Ava U, Thomas T** and **Thea T**.



There has been some great number bonds practice over the holidays, well done everyone!

Our top class is **Miss Gledhill's**.

Our top coin earners this week are:

Miss Parsons-Munn – **Maisie P**

Miss Coughlan – **Elliot B**

Miss Gledhill – **Rosalyn R**

Miss Pope – **Maya B**

Miss Walsh – **Cora L**

Mr Patterson – **Jacob A**

Mrs Easdon/Mrs Armstrong – **Alfie R**

Miss Tate – **Max H**

Well done everyone, Miss Pope.

Attendance

Our whole school attendance to date is a fantastic **97%** up from **96.7%** this time last year!

Our classes of the week this week are:

Year 2 Miss Walsh with **100%** and **Year 2 Mr Patterson** with **98.6%**

Well done everyone!

Mrs Lamb



Wow! What a lovely, warm start to the summer term. This has given us a timely reminder that we all need to stay hydrated so please could you remember to provide a named water bottle with water only in it please. The children are always active on the yard and can get quite hot after a busy playtime or PE session so it is extra important to remember our bottles in the summer months. Water not only quenches thirst but is important for brain function, improving memory and attention, it reduces the risk for some chronic diseases in later life and aids digestion and bladder function. And an added bonus is that it is free!

Mrs Wells

Important Dates 2024-2025

Summer 1	
Monday 5th May	Bank Holiday
Thursday 8 th May	Robinwood Presentation Evening for Year 4 Parents at 18:15
Tuesday 13 th May	Skipping Festival
Wednesday 14 th May	School Photographer – Class Photos
Thursday 15 th May	Safety Works Visit for Year 2 and Year 4
Sunday 18 th May	Children's Cancer Run
Monday 19 th May	KS1 Local Geography Fieldwork – Traffic Surveys – Year One
Tuesday 20 th May	KS1 Local Geography Fieldwork – Traffic Surveys – Year Two
Friday 23 rd May	Last Day of Term
Summer 2	
Monday 2nd June	GST Training Day
Tuesday 3rd June	First Day Back at School
Thursday 12 th June	Author Visit (Alex Falase-Koya)
Wednesday 18 th June	Year 1 Trip to Washington Wetlands
Wednesday 18 th June	Year 4 Multiplication Check
Friday 20th June	KS2 Big Gig 2025 'Sounds of the 70s'
Monday 23 rd June	Sports Week
WB 30 th June	In school transition week
Tuesday 1 st July	Year 2 Trip to Alnwick Castle
Wednesday 2 nd – Friday 4 th July	Year 4 Transition to GEMS
Thursday 3 rd /Friday 4 th July	Year 3 On site residential with Mr H
Thursday 3 rd July	Year 4 Author Visit (Guy Bass)
Wednesday 9 th July	Year 1 Seaside Workshops
Friday 11 th July	End of Year Reports
Monday 14 th July	Summer Fayre + BBQ
Friday 18 th July	Last Day of Term

Staff Training Days

Staff Training Days for GST schools this academic year will be:

- Monday 2nd June 2025

School re-opens Monday 1st September 2025



Rainbow Wraparound

Bookings must be made during the booking window which opens on the 10th of each month and closes on the 20th of each month, for the following month.

	Booking opens 12 noon	Booking closes 12 noon
October bookings	September 10 th	September 20 th
November bookings	October 10 th	October 20 th
December booking	November 10 th	November 20 th
January bookings	December 10 th	December 20 th
February bookings	January 10 th	January 20 th
March bookings	February 10 th	February 20 th
April bookings	March 10 th	March 20 th
May bookings	April 10 th	April 20 th
June bookings	May 10 th	May 20 th
July bookings	June 10 th	June 20 th

Parents must make their own bookings on the school cloud system. The only exception to this is families using vouchers. If you are emailing dates for voucher bookings, you must include

- Your child's name
- The day and date
- The sessions required (breakfast, until 5pm, until 6pm).

If you would like to, you can book sessions in advance for the entire school year.

If you do wish to book the same sessions for the entire school year, please email Mrs Carrick at wraparound@gosforthpark.newcastle.sch.uk

Block bookings can only be made via email or through school cloud (not text message).

Please email wraparound@gosforthpark.newcastle.sch.uk for any wraparound queries, **NOT the admin inbox or Mrs Carrick directly, as this will delay any response and may result in you missing the booking window.**

Please ensure all block bookings are made/requested before the booking window closes. We cannot guarantee any block bookings after this date.

If you have any queries, please do not hesitate to get in touch.

Thanks

Mrs Carrick

wraparound@gosforthpark.newcastle.sch.uk



FUN EASTER CAMP
3yrs - 11yrs

Week 1-Mon 14th April - Thurs 17th April
Week 2- Tues 22nd April-Fri 25th April
10:00-15:00

Newcastle School for Boys, Gosforth
NE3 4DT
07726 328498

FREE WRAP AROUND 08.00-17.30

WWW.RUGBYMINIS.CO.UK





EPIC EASTER CAMP
3yrs - 11yrs

Week 1-Mon 14th April - Thurs 17th April
Week 2-Tue 22nd April - Fri 25th April

Single Day Bookings
Week Booking Discount

2 Incredible Venues
Gosforth Junior High Academy (ages 5-13)
Dame Allan's Junior School (ages 3-11)

Something for everyone from rugby and yoga to baking and crafting!

Free Wrap Around
From 8am - 5.30pm
07726328498



www.EpicCamps.co.uk



***** EASTER HOLIDAY CLUBS *****
Michelangelo's, Ryton, 10-3pm

Wednesday 16th April, Thursday 17th April
Wednesday 23rd April, Thursday 24th April

Order a delicious Italian takeaway to be delivered to the woods! (£34 per day with own food / £39 per day with food)
Suitable for children from Reception age and upwards.

Activities can include campfire and s'mores, fire lighting, mud, sand and water play, outdoor crafts, mud kitchen, tools, hammocks, messy play, hill climbing and free time to explore.





<https://bookwhen.com/forestadventurers>
suzanne@forestadventurers.co.uk
07711461409




Contact us for more information on:

Corporate Events

Parent and Preschool Groups

After School Clubs

Birthday Parties

School Trips



*****SPRING FAMILY SPECIAL *****
Tuesday 22nd April, 11am-12:30pm

At our Spring Family Special we'll have lots of Spring crafts, a scavenger hunt, hammocks, mud kitchen, campfire snacks and lots more!

Family events are held at Michelangelo's, Ryton and are suitable for families with children from around 14 months to year 6 (£12 for the first child - sibling discounts available).

Snacks and drinks available for all.




<https://bookwhen.com/forestadventurers>
suzanne@forestadventurers.co.uk
07711461409




Contact us for more information on:

Corporate Events

Parent and Preschool Groups

After School Clubs

Birthday Parties

School Trips



BOOK NOW

AFTER SCHOOL CLUBS
RECEPTION, YR 1 & YR 2
 TUESDAYS 15:25-16:25
 YEARS 1, 2, 3 & 4
 THURSDAYS 15:25-16:25

CHALLENGES

TEAM FUN

SKILLS

GPFS

GAMES

www.rugbyminis.co.uk/gosforthparkfirst



GOSFORTH VOICES

Do you enjoy singing and making music?




Our Gosforth Voices choir meet on Wednesdays after school with young people from Years 3 and 4. It's a fantastic opportunity to make music with others and meet new friends from other schools!

To join us, scan the QR code to find out more or visit our website:
www.musicpartnershipnorthnewcastle.co.uk/ensembles

FREE

Open to Y2 from Summer

Supported using public funding by




ARTS COUNCIL ENGLAND








COME ALONG TO ST AIDAN'S ECO FEST BRUNTON PARK





**3RD MAY
10AM-1PM**

HOMEWARES & ECO PRODUCTS

CAKES & PLANTS

FREE FAMILY CRAFTS & OUTDOOR ACTIVITIES

COMMUNITY ORGANISATIONS



FREE BIKE CHECKS





Nursery Saturday Morning Courses

VENUE GOSFORTH ACADEMY

STARTING

SATURDAY 3RD MAY - SATURDAY 24TH MAY

(4 week course)

TIMES

11:00 - 11:50

Prices

£8 FOR ONE SESSION £32 FOR FOUR SESSIONS

For more information

email : leesterrysportscoaching@gmail.com

mobile: 07729058119

website : www.ls-sc.co.uk



@leesterrysports

GPFS PTFA
presents.....

An evening of self care

With Angela's Massage Therapies

On Friday 13th June
6pm - 8pm
in the Community Room

Fancy making your very
own self care products to
take home?

Grab some friends and
come and have fun making;

- Bath salts and scrubs
- Shower steamers
- Aromatherapy
rollerballs
- and more!

*Products made might vary on the night

Tickets cost £30 each, include
a snack and are available on
Parent Pay now!



10 Top Tips for Parents and Educators

SAFETY ON THE ROAD

Traffic-related incidents are a significant risk for young pedestrians and cyclists, so understanding road safety is crucial for children's wellbeing. While all road users share responsibility for keeping one another safe, this guide offers strategies for empowering young people to navigate the roads confidently and responsibly.

1 TAKE PRACTICE JOURNEYS

Making 'practice' journeys with children is a great way to help them stay safe, thereby modelling responsible behaviours and having road safety conversations as they prepare to travel independently. Add hazard perception activities like spotting electric vehicles – which may have a green number plate – and point out how quiet they are. Children learn by watching others; remind them that their peers might not always be the best role models.

2 BE BRIGHT, BE SEEN

Visibility is lower during darker winter days, and drivers need to take extra care to look out for pedestrians. Wearing bright and reflective clothing can help make children more visible to drivers near roads. In poor daylight conditions, encourage children to wear light, bright or fluorescent clothing. When it's dark, wear reflective clothing or materials such as a reflective armband or jacket.

3 EYES UP

Encourage children to look up and keep their eyes on the road. Teach them to constantly watch for traffic and practise double-checking the road before crossing – looking right, left and then right again.

4 LIMIT DISTRACTIONS

Where possible, devices like phones should be kept away from children while out and about near roads. If they're carrying devices, these should be put away until they've reached their destination. Children must also avoid playing with toys or being distracted by friends. If a friend wants to show them something funny on their phone, there'll be time for that once they've safely arrived.

5 SLOW DOWN

Discuss the importance of waiting instead of crossing immediately. It can be tricky to judge the speed of traffic and spot obstacles that could cause a trip or a fall. For safety, children must stop and think before they get to the kerb and should always walk – not run – when crossing the road. They should avoid crossing until they're certain they have plenty of time. Even if traffic seems a long way off, it could still be approaching very quickly.

6 STOP BEFORE THE KERB

Teach children to stop before reaching the kerb – not right at the edge of it. Halting before they get to the kerb allows them to see if anything's coming, whereas getting too close to traffic is dangerous. If there's no pavement, children should stand back from the road's edge but ensure they can still see approaching traffic.

7 CROSS SAFELY

Children should always find a safe spot to cross the road, prioritising zebra crossings or pelican crossings, footbridges and subways. Find a place where they can see traffic coming from both directions. Avoid crossing near junctions, bends in the road, or obstacles that block their view, instead moving to somewhere they can see and be seen. Remind them to use their eyes and ears together when checking the road, as sometimes they can hear traffic before they can see it. Looking and listening while crossing helps them quickly spot traffic, including cyclists and motorcyclists driving between other vehicles.

8 PARKED VEHICLES

Crossing between parked vehicles is very dangerous. Teach children to use extra caution if crossing in this way, and, ideally, avoid it altogether. They should use the outside edge of a vehicle as if it were the kerb, waiting and checking for traffic before moving. They should ensure vehicles aren't about to move, by looking for drivers in the vehicles and listening for engines running – but remember that electric vehicles may move off silently. They should always make sure there is a gap between any parked vehicles on the other side, so they can reach the pavement.

9 REVERSING VEHICLES

Children must never cross behind a reversing vehicle – it's extremely dangerous. Remind them to look for white reversing lights and listen out for warning sounds. Can they hear the engine sound or a radio playing inside the vehicle?

10 WAIT FOR THE BUS TO LEAVE

When getting off a bus, children must wait for it to leave before crossing so they can have a clear view of the road in both directions. This also allows them to see and be seen by other road users. Crossing near large vehicles is particularly dangerous and should be avoided.

Meet Our Expert

THINK! is a year-round national campaign that aims to encourage safe road behaviours – whether we're driving, cycling, horse riding or walking – with the aim of reducing the number of people killed and injured on the UK's roads each year. Find out more at: <https://www.think.gov.uk/education-resources/>



The National College

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.

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.

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

What Parents & Educators Need to Know about

ZEPETO

AGE RESTRICTION
14+

FOR SALE

WHAT ARE THE RISKS?

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.

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.

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.

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.

Hi there...

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.

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.

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.

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.

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.

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.



#WakeUpWednesday

The National College