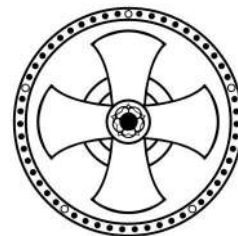




# Our Lady of Lourdes

## Catholic Primary School

THE DIOCESE OF ARUNDEL AND BRIGHTON



### World Book Day



We look forward to celebrating World Book Day on Thursday 7th March. We are asking the children to either come in their pyjamas, onesies and/or dressing gowns or dress up as their favourite character, bringing a copy of their favourite book to share with others. The School Council have been busy planning events and have arranged for the children to buddy classes to read excerpts of their books as well as a parade in the hall in the morning to celebrate their outfits and books. They are also asking for a £1 donation to go towards Book Aid International - they are the UK's

leading international book donation and library development charity. Their vision is a world where everyone has access to the books that will enrich, improve and change their lives.

We are also very pleased that World Book Day is being extended into World Book Week! As Year 4 are busy learning on the beach with the Wildlife Trust (see the article on page 3) on this day they will be coming in on Friday to extend the fun of reading.

We are also fortunate to have our local story teller Nickhola-Susanne Lebrooy come in to bring to life some of her stories from the woodland on Monday. Reception, Year 1

### Welcome to our local MP Lloyd Russell-Moyle

The Governors were very lucky today to meet Lloyd Russell-Moyle to talk about the continuing education funding crisis and to find out what he can do to tell the Government how it is effecting our school and the majority of schools across our Deans Partnership, Brighton and Hove and the wider country.



### Magic Pavilion Launch Day 20th March 2019



We are really pleased to let you all know that our outside classroom has been erected and in place at the top of the school grounds. A number of children have already been up to have a look and carry out their learning amongst nature with superb views of the South Downs and the sea! We are currently carrying out last minute preparations to make this an interactive learning area for the children.

We are very much looking forward to creating an area where Forest Schools can take place, especially for Reception, Year 1 and Year 2. It will be a place of learning for all classes for all subjects across the curriculum. The children will have a classroom, den area and Fire Pit!



Please come along to our launch day to look for yourselves at what we can achieve when the school and PTA work together for the benefit of all the children.

Nickhola-Susanne will be enchanting all with storytelling in the wooded area. There will be guided tours by our very own Eco Council children. Katie Eberstein from the Wildlife Trust will be there to talk about how the area can be used. The PTA will be providing refreshments. It will be a fun afternoon of activities and a chance to see what your contributions to PTA events can do to transform our school!



**Newsletter**  
**Issue 11**  
**Friday**  
**01/03/2019**

### Forthcoming Dates

**Spring Term**  
**2019**  
**3rd January to**  
**9th April 2019**

**Spring half term**  
**2019**  
**18th February**  
**to 22nd Febru-**  
**ary inclusive**

**INSET dates**  
**for 2019**  
**23rd April**  
**3rd June**

**World Book Day**  
**Thurs 7th**  
**March**

**Year 4 Wild**  
**Beach project**  
**27th Feb,**  
**7th, 20th & 27th**  
**of March,**  
**1st & 9th of April**

**Thursday 6th**  
**June 2019**  
**Class Photo's**

**Thurs 11th July**  
**2019**  
**Sports Day**

**Saturday 13th**  
**July 2019**  
**Summer Fair**

**Please see the**  
**final page for all**  
**the dates you**  
**will need this**  
**term and more!**

### Stars of the week

**Rec- Jack L-** Coming into school with a huge smile and settling into Reception class so quickly

**Rec- Elise D-**For showing a growth mindset and great determination to succeed in all areas of learning.

**Yr1—Hugo—** For showing great enjoyment and focus in all lessons in Year One.

**Yr2-Reuben —** For his fantastic efforts towards being a 'Keep on Improving Koala' & 'Cooperation Cheetah'.

**Yr2-Charlie —** For his concentration and effort in both writing and maths.

**Yr2—Lily-Mai—** For her tremendous effort and focus in our learning.

**Yr2-Shoshanna-** For being a thoughtful and conscientious learner.

**Yr3-Freddie -** For working really hard to improve handwriting and presentation of work.

**Yr3-Raphael -** For working really hard to improve his handwriting and presentation.

**Yr4-Max -**For working hard to improve his writing and producing some thoughtful RE work.

**All of Yr 4 -** For being wonderful ambassadors for our school during our trip to the beach; listening well, being respectful, co-operating and being resilient when encountering problems.

**Yr4- Imogen —** For settling into her new class so quickly, working hard and making lots of new friends.

**Yr4- Rowan -** For being a cooperation cheetah, supporting other members of the class with coding.

**Yr5- Savannah—**For showing excellent focus in lessons and trying her best in her reading & writing.

**Yr5-Amelie—**For challenging herself and working independently in Maths & being a real 'Have a Go Hippo'.

**Yr5-Toby—**For embracing our whole class aim, to be happy, and trying his hardest in maths and English.

**Yr5-Jacob -** For showing real ambition in his English learning.

**Yr6-Mia-** For her excellent letter to the Pope, being a real imagination giraffe.

**Yr6- Ahona —** For always being a concentration chimp during our maths lessons, working incredibly hard in school.

### PTA News

Dear All,

The PTA are very excited to announce two brand new events for the Spring Term. Firstly, on Friday March 29th we will be hosting a Bingo Night - tickets will be £10 and include 5 bingo cards. The event will start at 7pm and a bar and nibbles will be provided. Tickets will be sent out in children's book bags next week so please keep an eye out.

Troubadour night - As a PTA we have never shied away from trying something new and our Troubadour night is certainty that! On Friday 26th April we will be organising a 'festival' themed night making use of the fantastic grounds that we now have opened up. The event will have fabulous live music, a professional story teller around a camp fire, food and drink. So bring a blanket, enjoy hot food and get into the camping spirit (more details to follow)

Don't forget the next PTA meeting is Wednesday 13th March at The Whitehorse 6pm - please come along

### PTA

PTA events for the year:

PTA Meeting White Horse - Wednesday March 13th 6PM  
Eco Hub and Magic Pavilion Launch - Wednesday 20th March 1.30 PM onwards  
Bingo Night 7pm - Friday 29th March  
Sponsored Easter Fun Run - Monday 8th April  
Troubadour Night (more details to follow) Friday 26th April PM  
Friday May 24th - Quiz night 7pm  
Saturday 6th July - Woodingdean carnival  
Saturday 13 July - Summer Fair

### Help us to stop Littering in the school grounds

Please ensure you and your child(ren) do not litter the school grounds. A number of sweet wrappers have been found around the bicycle sheds and long store area at the front of the school. Please be vigilant and help us to control littering and aid pest control by taking it home or placing in a bin. Many thanks for helping us to role model to the children how we need to look after our wonderful world.

### Governors' Corner

The governors are really pleased to share with you the Budget Report for the previous financial year (please see attachment). It gives a clear picture of where public money goes to ensure the best education for your children.



## Year 4 Wild Beach Project



On Wednesday 27th February, Year 4 spent their first day's learning on Rottingdean shoreline, as part of the one day a week for the next six weeks Wild Beach Project. This is led by Katie Eberstein from the Wildlife Trust. We were all very excited to be heading out of school in the glorious sunshine, spending the day on the beach!

The first thing we did was to establish some safety rules: this included setting boundaries (which we must not cross), thinking about how to move safely on the beach and what to do if we met a strange dog. We then played some icebreaker games, using stones on the beach to clap out rhythms and introduce ourselves to Katie, our leader from the Sussex Wildlife Trust.

Our first activity was rock pooling. Wow! Who knew how many amazing creatures we could find on Rottingdean Beach? We found a multitude of sea snails, a colony of shrimps - which were so whizzy we struggled to catch any, lots of nippy crabs and dancing anemones. After putting on a snorkelling mask, we stuck our head into the rock pool and investigated life below the waterline. Did you know that lifting up stones and seaweed is the best way to spot creatures in these pools?



All of the adults had keys to help us identify the creatures we found - we discovered that we had caught a lot of shore crabs. We also found out that one of the anemones (the Snakelocks Anemone which has very long green tentacles, tipped with purple) could sting us if we got too close!

After lunch, we spent the afternoon building shelters from natural materials found on the beach (such as driftwood, rope, stones) and tarpaulins. It was great fun, but much harder than we thought it would be. Finally, we created some art-work using natural beach materials.



At the end of a lovely, sunny day, in which we had discovered lots of interesting new facts about our local beach, Katie told us that we were going to be completing the John Muir Award. In order to obtain this award we need to discover, explore, conserve and share information about our local environment. We have already made a fantastic start and can't wait for our next Wild Beach day. Thank you Katie!



## Walk to School — Hands Up Survey 5th March 2019

The school is taking part in a Travel Survey conducted by Brighton and Hove City Council on how they travel to school. The children will be asked a number of questions about how they travelled to school that day.

Being a faith school, we are unique in that we have a number of families travelling to bring their children in to school. As part of our wider travel plan to encourage more eco-friendly and healthier ways to travel to school we are also working closely with the PTA to promote park and walk alternatives. This is where families that only have the option of a car park a distance away from the school and walk in. Not only does it cut the amount of pollution in the village but it also encourages more children to walk and be physically active. Even better, it means that we reduce the temptation by a few to park illegally or dangerously around the village and place our children's and other pedestrians' lives in danger!

Please look out for further information about our next Walk to School Week.

## Red Nose Day



The school is always proud to support Red Nose Day. As usual, due to the vast number of charities we collect for during the year, we ask that children come into school dressed in red and any Red Nose paraphernalia they have on Friday 15th March but families arrange to pay donations privately by phone or other means directly to the Red Nose Appeal. We look forward to seeing all the children come in and enjoy the day feeling they are doing something positive to raise awareness of this great charity.

## SafetyNet

Please find attached the Spring edition of the Safety Rocks newsletter for parents and carers. In this edition we have articles on:

- Tips for keeping children safe online
- New 'Safer Safety cards for social media sites
- Helping children manage anxiety
- Children's well-being projects in local schools

If you have a subject that you would like us to cover, or some information that you would like to share, please let me know.

If you would like to include a link to the newsletter on your web-site or school newsletter the link is here <https://bit.ly/2UdwoAk> with the text:

"The Safety Rocks spring term newsletter is out now, with tips and information on keeping children safe and happy. In this edition, there are tips for online safety, ideas on helping children manage anxiety and information about children's well-being projects in local schools. If you would like to suggest a topic or write an article please contact us at [newsletter@safety-net.org.uk](mailto:newsletter@safety-net.org.uk) "

### **Online and social media safety**

At Our Lady of Lourdes we teach our pupils a range of skills to keep themselves safe including not sharing personal information online, making positive choices and being kind to others off and online. We also teach protective behaviours which includes teaching children that if they get their early warning signs that mean they are feeling unsafe then they should stop and think and in many cases alert an adult. We will be reminding pupils therefore that if they see something that makes them feel uncomfortable off line, online or on social media that they should tell an adult. This might be a message you want to reinforce at home as well as having in place safety options on the devices your children are using.

Information for parents on keeping children safe online can be found on these websites:

Recent Parent ping

<https://www.net-aware.org.uk/>

**\*\*\* PLEASE SEE DATES FOR YOUR DIARY NEXT PAGE \*\*\***

### **After School Clubs**

**Mon** - French - Yrs Rec 1, 2 & 3 - Theatrix Yrs R, 1 & 2

**Tue** — Art Club Yrs 2, 3, 4, 5 and 6 — Taekwondo

**Weds**—Multiskills Yrs 1 & 2

**Thurs** Theatrix Yrs 3, 4, 5 & 6

**Fri**— Multisports Yrs 2, 3, 4, 5 & 6

**2019 INSET DAYS** 23rd April 2019 — 3rd June 2019

### **Dates for Your Diary**

#### **PTA News**

**PTA Meeting White Horse** - Wednesday March 13th 6PM

**Eco Hub and Outside Class Room Launch** - Wednesday 20th March 1.30 PM onwards

**Bingo Night 7pm** - Friday 29th March

**Sponsored Easter Fun Run** — Monday 8th April

**Troubadour Night (more details to follow)** - Friday 26th April PM

**Friday May 24th** - Quiz night 7pm

**Saturday 6th July** - Woodingdean Carnival

**Saturday 13 July** - Summer Fair

**World Book Day** - Thursday 7th March

6th March 10am **Whole School Ash Wednesday Mass** at OLOL church

26th March 10am **Years 2, 3 and 4 mass** at OLOL church

**Year 4 Wild Beach project** — 7th, 20th & 27th of March & 1st & 9th of April

**Tues 19th March—Year 3 & 4** Ashdown Forest Trip

#### **Spring Term ends**

Tuesday 9th April 2019 (Last day of school)

#### **Summer Term begins**

24th April 2019 (23rd April is an INSET day so children are not in)

#### **May Bank Holiday**

6th May 2019

**Weds 22nd —Fri 24th May Year 5** Residential Trip

#### **Summer Half Term Holiday**

27th — 31st May 2019

Thursday 6th June - **Class Photos**

Thursday 11th July — **Sports Day (Reception and KS1 morning/KS2 afternoon)**

**Mon 17th — Fri 21st of June Year 6** Residential Trip

#### **Summer Term ends**

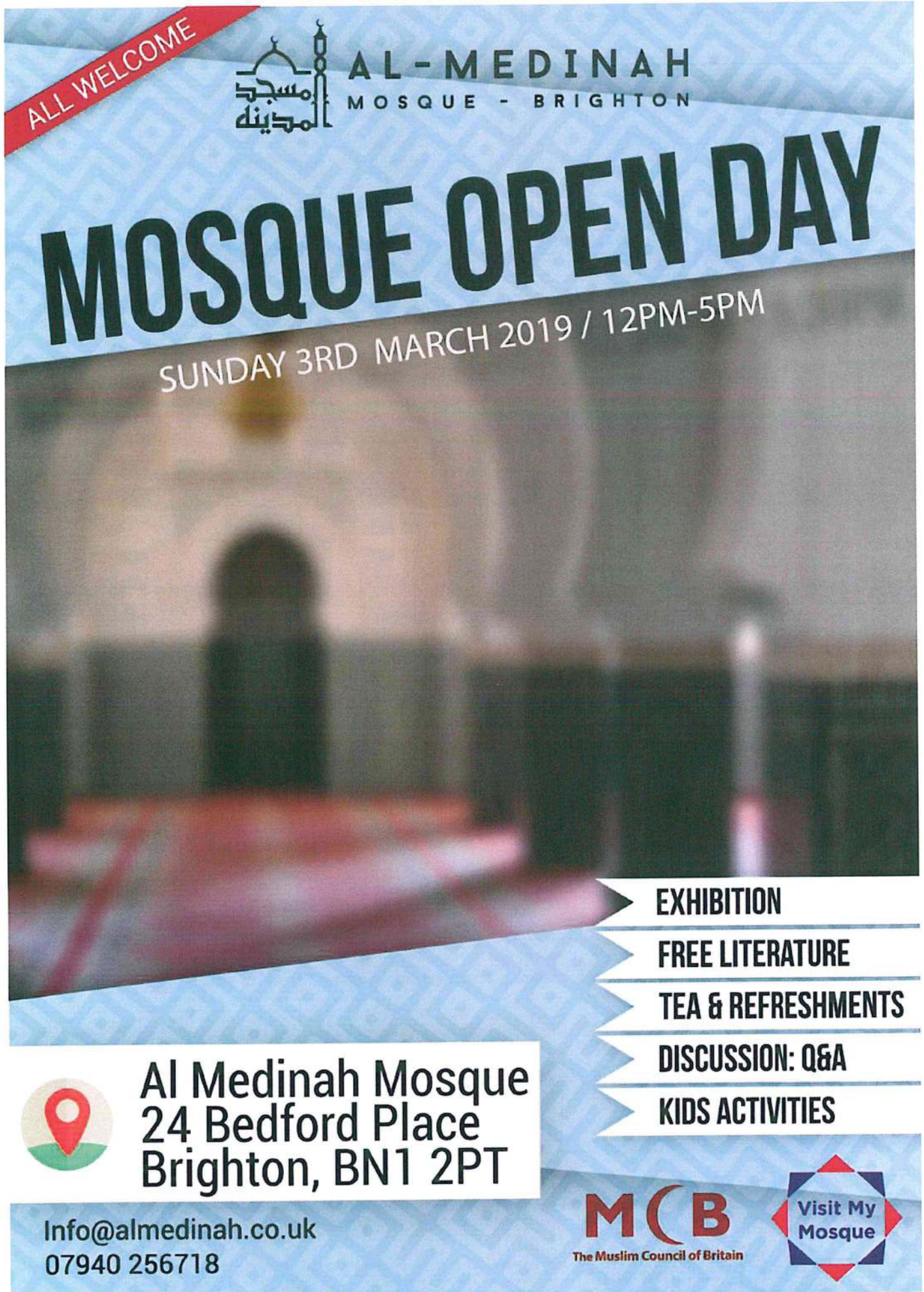
Friday 26th July 2019

#### **Autumn Term begins**


INSET 4th September 2019

**\*\*\* PLEASE SEE ATTACHMENTS \*\*\***






**ALL WELCOME**

 **AL-MEDINAH**  
MOSQUE - BRIGHTON

# MOSQUE OPEN DAY


SUNDAY 3RD MARCH 2019 / 12PM-5PM

- EXHIBITION
- FREE LITERATURE
- TEA & REFRESHMENTS
- DISCUSSION: Q&A
- KIDS ACTIVITIES

 **Al Medinah Mosque**  
24 Bedford Place  
Brighton, BN1 2PT

**Info@almedinah.co.uk**  
07940 256718

**MCB**  
The Muslim Council of Britain

 **Visit My Mosque**

Dear Sir/Madam

My name is (Imam) Uthman and I am writing to you on behalf of the congregation of Al Medinah Mosque Brighton.

My mosque is taking part in the national #VisitMyMosque initiative and in the spirit of friendship and conversation we hope to give members of the local community an engaging insight into the life of the mosque and to promote greater understanding of Islam.

The event will be held on Sunday 3<sup>rd</sup> March 2019 from 12pm-5pm. We very much hope that you will be able to attend. We would also encourage you to pass this message onto friends and colleagues.

I look forward to hearing from you.

With best wishes,  
(Imam) Uthman Jeewa

Al Medinah Mosque  
24 Bedford Place  
Bn1 2pt  
07940256718  
iu@almedinah.co.uk

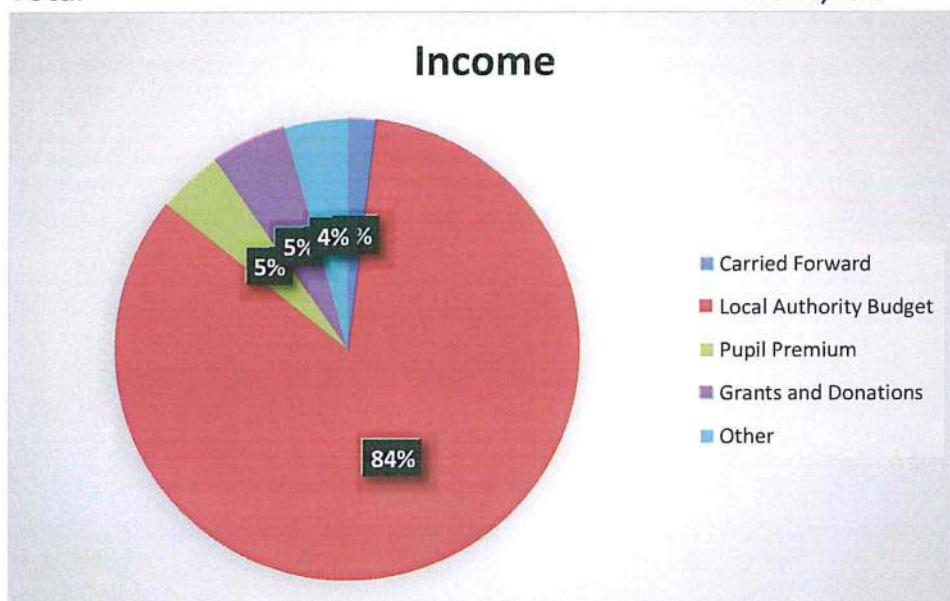


## Our Lady of Lourdes Budget Report

### April 2017- March 2018

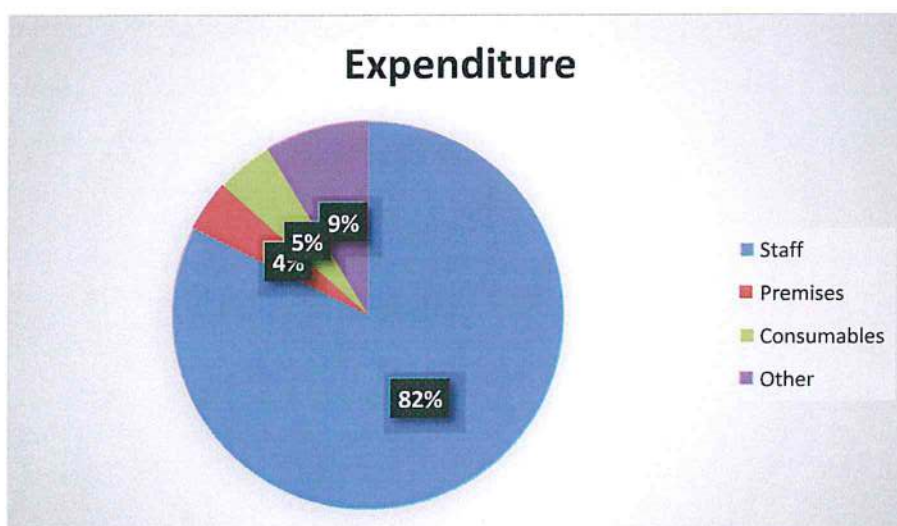
#### Income

Carried Forward	£17,132
Local Authority Budget	£763,964
Pupil Premium	£40,740
Grants + Donations	£48,600
Other	<u>£40,060</u>
<b>Total</b>	<b>£910,496</b>



#### Expenditure

Staff	£735,897
Premises	£38,079
Consumables	£42,412
Other	<u>£76,823</u>
<b>Total</b>	<b>£893,211</b>



Carried Forward for planned projects 2018-2019

£17,285





**PARENT COUNCIL  
MINUTES OF MEETING  
FRIDAY 8<sup>TH</sup> FEBRUARY 2019**

***Welcome and minutes of the last meeting***

Apologies were received from Emma Briggs (Secretary), Hayley Thistlewaite, Urszula Funnell and Orla Andrew.

Mel Fane minuted the meeting on behalf of Emma Briggs. Marisa Nixon represented the staff.

***Present***

Sinead Nelson SN (parent) Marisa Nixon MN (staff), Mel Fane MF (parent), Giulia De Rosa GDR (Chair of Governors), Laura Carpenter LC (Chair). At a point in the meeting a prospective parent was invited to observe

***Actions from previous minutes***

LC worked through the list of actions from the previous minutes.

***Parent Reps***

MF suggested that there could be some clarification needed as to who were still the class reps and also re advertise for class reps in the years that don't have them

**Action: EB** to contact existing class reps and re send class rep invitation letter

***Flu Vaccination***

It was queried in the last meeting if the school had any flexibility over the date that the vaccination is offered and if so could it be carried out the last day of term.

**Action: MN** to speak to Mr. Beverton and provide and update in the next meeting

**New Business**

***PING text service***

The school have replaced the previous teachers2parents text service with PING and it is now possible that more than one parent / carer can receive messages. Some parent's feedback that there is a delay in when messages are sent from the school office and when they are received, and this causes problems when messages are time sensitive,

however there is a support number for PING and it was agreed that this number should be published for the parents.

**Action – MN** to contact school office and request the support number is published in the school newsletter.

**SN** to put number on the new communications letter

### ***Star writer / lunchtime awards***

Parents have requested that they would like to be informed when their child is being awarded the Star Writer and the Lunchtime awards, as they do when their child is Star of the Week.

**Action: MN** to speak to Mr. Beverton and find out if this is possible and provide an update in the next meeting

### ***Parking petition update***

MF provided an update on the schools actions around the parking issues. The school have contacted the parking enforcement officers who have been outside the school on several occasions and have a 'do not park here' banner by the Zig Zags outside the school gate. The school have also advertised the vacancy for a lollipop person on several occasions but this has been unsuccessful and they have been in contact with the local authority to request a zebra crossing

There was a discussion as to whether parents petitioning for a crossing helps support the schools request but SN who has friend in this field advised petitioning may not make a great difference. However, it was thought by those present that a petition would keep parking safely in peoples mind and it will be a good thing for parents to do for our community.

**Action:** to bring to next meeting for more discussion on how to proceed

### ***Policy updates***

As Emma Briggs was unable to attend the meeting there wasn't an update around policy. However discussions took place with the prospective parent about how the school involves both the parent/carers and the pupils in the process of developing certain policies, such as the Homework and Anti bullying policies

### ***School development Fund (SDF)***

MF requested this agenda item be deferred to the next meeting so that Resources Governor Dee Simson could feedback her support and gratitude for the work that the parent council have done in highlighting the school development fund. MF did advise that parental contributions have increased since the letter went out. It was also suggested that asking for donations at new starter's parents evening may not be very affective as parents attentions are focused on different issues so different ways could be looked into for promoting the SDF in future.

**Action:** to bring to next meeting for more discussion when Dee Simson is present



### ***Any Other Business –***

#### ***Communication process***

SN is a new parent of a reception child. She advised that there is a lot of information for parents, various contact numbers, email's and it would be a very useful exercise to have all contact information in one place. She suggested that a 'communication' letter would be helpful and would be happy to design one to send out to the parents. This was agreed and thought to be very useful not only for new but existing parents also.

**Action:** SN to design a communication letter and bring to the next meeting

#### ***School catering /menu***

The company that the school use for meals has now changed, the contract is made by the Local Authority and is not the schools decision. It was clarified that the ban on un-cooked egg products to be taken into school is due to a life threatening allergy of a pupil and that the kitchen can still use cooked eggs in meals. It is thought that not all parents are aware of the ban of certain egg products and it was thought a good idea if a reminder was sent out to all families.

#### ***Change in assembly time***

Parent's queried why the assembly times have changed from 9.30am until 2.30pm. MN explained that this is to enable extra learning time and ensure that children are doing enough work and morning assemblies which are then followed by break times mean that there is less learning time. Also children's attainment is better in the mornings. Parents are still welcome to attend afternoon assemblies.

#### ***Later school starts after evening activities***

Parents have asked if they could be allowed to take their children into school later after school events that are held in the evening. Children that attend Let's Dance can attend school later in the morning due to the event finishing late – however parents have asked if this can be applied to the Brighton Christmas Carol's concert where children also have late bedtimes.

**Action:** MN to speak to Mr. Beverton and find out if this is possible and provide an update in the next meeting

#### ***Tree of Life Assembly***

A parent had feedback that the Tree of Life assembly had upset some younger pupils and some parents felt that younger children should not have to go as it may be too distressing for them. Although it was agreed that this is a very emotional assembly after much discussion those present didn't feel that younger children should automatically not go as it is a very important assembly and all children of any age will respond differently.

A way of taking this forward was suggested: in the lead up to the assembly the school advise parents via newsletter and PING of the date so that those parents who wish their

child not to attend have the option to remove them. However, this is a school decision not a parent council one and would have to have the approval of the SLT

Action: MN to speak to Mr. Beverton and provide an update in the next meeting

*Meeting Closed. Thank you to those that attended*

*Date of next meeting: A Monday to be confirmed.*

If you would like to get in touch email [parentcouncil@lourdes.brighton-hove@sch.uk](mailto:parentcouncil@lourdes.brighton-hove@sch.uk) or Facebook <https://m.facebook.com/groups/1849579305353769>



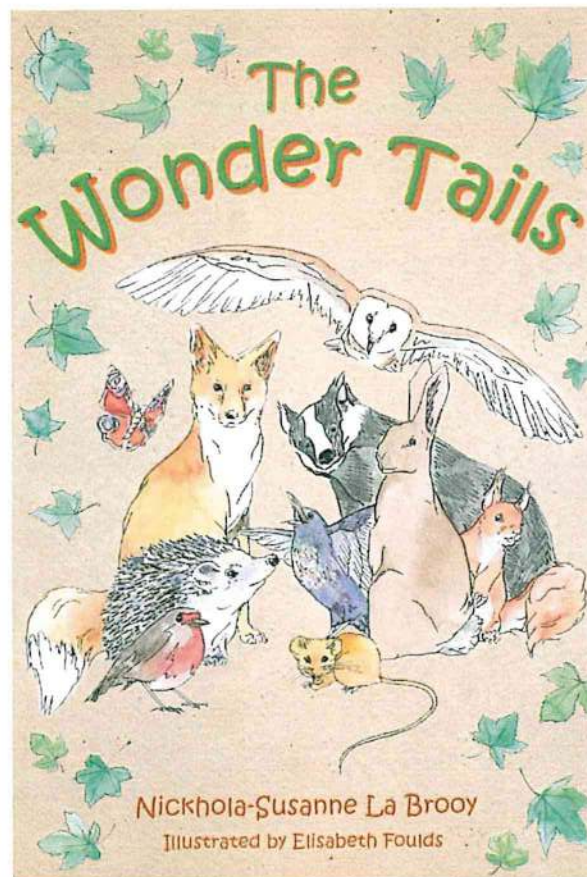
# 'The Wonder Tails'

## Special Creative Storytelling Day

Monday March 11

Interactive Storytelling sessions with Bonkers Props! Drumming! & Percussion!

For Classes R, 1, 2 and 3



Want to meet Demelza the insomniac Dormouse, Lavinia the antisocial Starling (who roosts under Brighton Pier) and Bas the vegetarian Fox? Or Brocky the big-bottomed Badger who lives on Beacon Hill, and burns to salsa like a Strictly Star so he can win the Ladybadger of his dreams?

Published in cooperation with **The Sussex Wildlife Trust**, the book tells the hidden secrets of how Britain's best-loved wild animals came to be the way they are...

**Special Schools editions of *The Tails*, personalised specifically for each child, available at £2.99 (instead of the usual £10.99 Monday March 11 in foyer after school.**

Some extra-special copies of the book have been printed up for schools at **only £2.99** instead of the usual £10.99. If you'd like to have one for your son or daughter, with their own personal dedication, plus a special Nature Bookmark, just drop the attached form in to their teacher OR I'll also be in the foyer March 11 at afternoon pickup time. be asked to do so again for classes R, 1 and 2.



It's important to note that new challenges are arising on the internet all the time. We have created to this guide to raise awareness of the issue and offer advice on helping parents to talk to their children about making safer decisions online. See also our '7 conversation starters' guide for more tips on better communication with your child.

Momo is a sinister 'challenge' that has been around for some time. It has recently resurfaced and once again has come to the attention of schools and children across the country. Dubbed the 'suicide killer game', Momo has been heavily linked with apps such as Facebook, WhatsApp, YouTube, and most recently (and most worryingly)... YouTube Kids. The scary doll-like figure reportedly sends graphic violent images, and asks users to partake in dangerous challenges like waking up at random hours and has even been associated with self-harm. It has been reported that the 'Momo' figure was originally created as a sculpture and featured in an art gallery in Tokyo and unrelated to the 'Momo' challenge we are hearing about in the media.

What parents need to know about

# MOMO

## CHILDREN'S VIDEOS BEING 'HIJACKED'

There have been recent reports that some seemingly innocent videos on YouTube and YouTube Kids (such as 'surprise eggs', unboxing videos and Minecraft videos) have been edited by unknown sources to include violence provoking and/or other inappropriate content. Even though YouTube monitor and remove videos that include inappropriate content, clips can be uploaded and viewed thousands of times before they get reported and removed. As a parent, it's difficult to spot these videos as the harmful content doesn't appear until halfway through the video.

## DISTRESSING FOR CHILDREN

Popular YouTubers and other accounts have been uploading reaction videos, showing their experience of the MOMO challenge. Some of the videos include a disclosure message warning that the content may be "inappropriate or offensive to some audiences" and that "viewer discretion is advised" but these videos are still easily accessed by clicking 'I understand and wish to proceed'. The image of the 'Momo' character can be deeply distressing to children and young people and it's important to note that it may slip through parental settings and filters.

## SUGGESTED VIDEOS ON YOUTUBE

Video apps such as YouTube include an 'up next' feature which automatically starts playing another video based on the video just watched. Due to YouTube's algorithm, users are shown 'suggested videos' that they may be interested in. The thumbnails used on suggested videos are purposefully created in a way to encourage viewers to click them. During our research, we found that when watching one Momo related video, we were shown countless other Momo themed videos and other scary content which would be age-inappropriate for children under 18.



**National  
Online  
Safety**

## Top Tips for Parents

### TELL THEM IT'S NOT REAL

Just like any urban legend or horror story, the concept can be quite frightening and distressing for young people. Whilst this may seem obvious, it's important for you to reiterate to your child that Momo is not a real person and cannot directly harm them! Also, tell your child to not go openly searching for this content online as it may only cause more distress.

### BE PRESENT

It's important for you, as a parent or carer, to be present while your children are online. This will give you a greater understanding of what they are doing on their devices, as well as providing you with the opportunity to discuss, support and stop certain activities that your child may be involved in. As the nature of each task become progressively worse it's also important to recognise any changes in your child's behaviour.

### TALK REGULARLY WITH YOUR CHILD

As well as monitoring your child's activity, it's important for you discuss it with them too. Not only will this give you an understanding of their online actions, but those honest and frequent conversations will encourage your child to feel confident to discuss issues and concerns they may have related to the online world.

### DEVICE SETTINGS & PARENTAL CONTROLS

Ensure that you set up parental controls for your devices at home. This will help to restrict the types of content that your child can view, as well as help you to monitor their activity. In addition to this, it's vital that you are aware of your device and account settings to ensure your child's utmost safety. For example, on YouTube you can turn off 'suggested auto-play' on videos to stop your child from viewing content that they have not directly selected.

### PEER PRESSURE

Trends and viral challenges can be tempting for children to take part in; no matter how dangerous or scary they seem. Make sure you talk to your child about how they shouldn't succumb to peer pressure and do anything they are not comfortable with, online or offline. If they are unsure, encourage them to talk to you or another trusted adult.

### REAL OR HOAX?

As a parent it is natural to feel worried about certain things you see online that may be harmful to your child. However, not everything you see online is true. Check the validity of the source and be mindful of what you share as it may only cause more worry.

### REPORT & BLOCK

You can't always rely on parental controls to block distressing or harmful material. People find ways around a platform's algorithm in order to share and promote this type of material. Due to this, we advise that you flag and report any material you deem to be inappropriate or harmful as soon as you come across it. You should also block the account/content to prevent your child from viewing it. Also encourage your child to record/screenshot any content they feel could be malicious to provide evidence in order to escalate the issue to the appropriate channels.

### FURTHER SUPPORT

Speak to the safeguarding lead within your child's school should you have any concerns regarding your child's online activity or malicious content that could affect them.

If your child sees something distressing, it is important that they know where to go to seek help and who their trusted adults are. They could also contact Childline where a trained counsellor will listen to anything that's worrying them.

The Childline phone number is  
0800 1111.



SOURCES:  
<https://www.mirror.co.uk/news/world-news/suicide-killer-game-youtube-kids-13012196>  
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