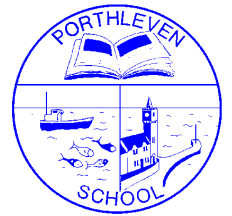




Porthleven School & Pre-School



Newsletter

Friday 9th February 2024

Dear Parents / Carers

Although it has been an incredibly short half-term, your children deserve a well-earned break as they have put tremendous effort into their learning. Going into classes and observing and talking with pupils it is clear they have enthusiasm for improving their skills and knowledge. Here are just some of the successes this term so far:

- We have had some fantastic attendance scores this term with 3 classes achieving 100% in one week.
- Year 5 and 6 had a successful and action packed few days in Bristol.
- The number of pupils achieving 'Hall of Fame' status on their 'Maths Whizz' is consistently above 80% .
- The children in EYFS and Key Stage 1 have shown greater independence and responsibility especially in their writing.
- The Porthleven Way, (We are Safe, We Belong, We are responsible, We learn, We can) is more embedded in our actions and conversations each day.

Next term will see the launch of opening the school's library to parents and carers. We are also in the process of launching a new website and part of that process will be our revamping our school logo. Children have already offered some feedback and we will look to consult parents with possible designs next half term.

I wish you an enjoyable half term break.

Dan Clayden

Acting Head of School

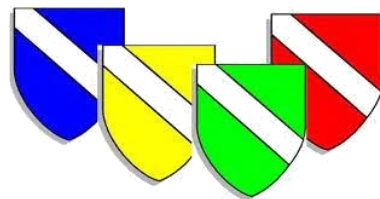
Attendance

Class	Attendance This week	Late Marks
Rainbowfish—YR	94.94	2
Seahorses—Y1	98.29	1
Jellyfish—Y2	91.57	1
Narwhals—Y3	99.62	0
Swordfish—Y4	95.88	3
Manta Rays—Y5	98.15	1
Dolphins—Y6	96.83	0
WHOLE SCHOOL	96.48	8

Well done to Narwhals class for the best attendance this week!

House Points

Running Totals This Term:



Cookworthy: 15

Penrose: 11

Gibson: 10

Methleigh: 14

Our winners this terms are the

Cookworthy Team

Well done!

Accelerated Reader Champions!



Jellyfish	Narwhals	Swordfish	Manta Rays	Dolphins
Class Weekly Word Count				
79,089	90,431	938,046	40,948	1,743,407
Highest Pupil Weekly Word Count				
George 45,353	Sasha 15,186	Sophia 103,292	Isobel 18,245	Annabelle 816,654
100% achievers - Who has achieved their target?				
Noah, Arlo, George, Jowan	Gracie, Sasha, Lottie, Rupert, Evie, Lily, Sasha, Ceci, Isla, Keira, Lydia, Mason, Alana, Esmay, Eden, Teigan	Sophia, Merryn, Rose, Ivy, Ezra, Ella, Bertie, Evie, Coral, Evelyn, Sienna, Abigail, Daisy	Felix, Linnea, Olivia-Mai	Annabelle Harley, Bree- Anna, Beau, Harry, Logan, Scarlet, Ava, Jack, Pearl, Jaimee-Leigh, Enrika, Zachary, Michael, Jesse

Recommended Reads



All books found in the library*

KS1—Book of the Week

AR Book Level: 2.9

Enzo, the Swallows, and Me

Author: Helen Mortimer

Jack and Enzo have a passion for birdwatching! When their favourite swallows leave, Jack then learns Enzo has to return home to South Africa. How will they continue their friendship from other sides of the world?



KS2—Book of the Week

AR Book Level: 3.1

Percy Jackson and the Lightning Thief: The Graphic Novel

Author: Rick Riordan

Zeus's master lightning bolt has been stolen, and Percy is the prime suspect. Now, he and his friends have just ten days to find and return Zeus's stolen property and bring peace to a warring Olympus.

Maths Whizz Winners

Below is our weekly progression for each class!

Jellyfish: 2.2

Narwhals: 2.5

Swordfish: 2.2

Manta Rays: 2.6

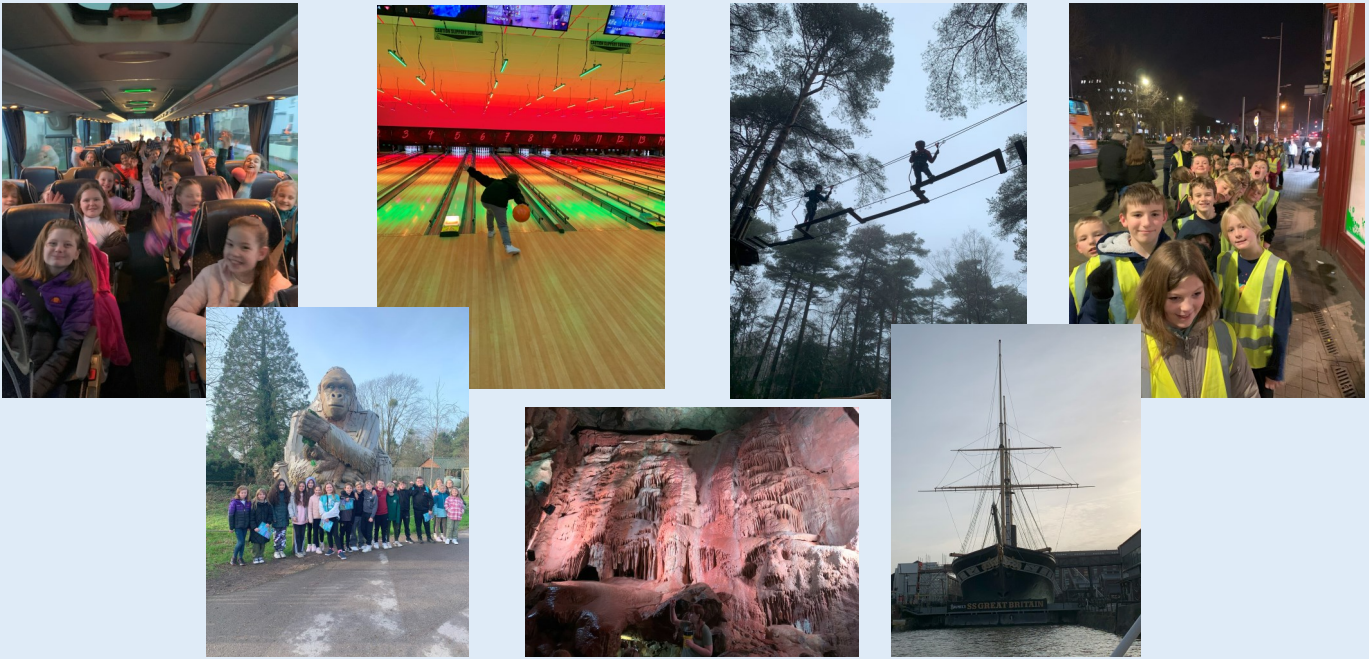
Dolphins: 2.7

Well done to Dolphins for winning the Maths Whizz trophy this week!



Maths-Whizz
by whizz EDUCATION

A Thrilling 3-Day Adventure in Bristol: Unveiling New Heights and Discoveries



Year 5&6 embarked on an unforgettable 3-day journey in Bristol, filled with exhilarating activities and enriching experiences.

Day 1: The adventure kicked off with an early start at 0800, setting the tone for an action-packed day. First on the agenda was a visit to *Go Ape*, where our fearless pupils tackled a variety of climbing challenges amidst challenging winds. Following this adrenaline-filled escapade, we travelled into Bristol and reached the cosy confines of *YHA Bristol*. After dropping our bags and eating our first appetising meal, we concluded the day with friendly competition at the tenpin bowling alley.

Day 2: The morning commenced with a leisurely hour-long boat trip on the picturesque River Avon. As the students marvelled at the historical beauty of Bristol, they also put their knowledge to the test with an engaging quiz. The adventure continued at *The Wild Place*, where encounters with wolves provided insights into their hunting strategies and survival skills. The rest of the day was spent exploring the space and finding other fascinating creatures, including giraffes, hibernating bears and monkeys. The grand finale for the day was a captivating visit to the theatre, where our students were spellbound by the enchanting performance of "*Wicked*."

Day 3: The final day took us to the breathtaking *Cheddar Gorge*, where we delved into the depths of caves adorned with stalactites and stalagmites. Guided by an unusual cinematic experience, we learned about the geological wonders of the caves. The journey back to school was marked by a sense of fulfilment and a treasure trove of newfound experiences. The children still managed to produce a song as they left the bus. The Bristol adventure was an enriching chapter in their academic journey, leaving indelible memories and lessons that extend far beyond the classroom.

There are over 300 photos to be found on the *Bristol Google Classroom*.

EYFS & KS1 TEAM

This week we hear from Mrs Mitchell!

What a busy and fun half term we have had in Nursery!

We are thrilled to share with you the exciting and educational activities that have been taking place in the nursery recently. The children have been actively engaged in a variety of stimulating and enriching experiences, fostering both their curiosity and creativity.

The nursery has transformed into a space exploration centre! Our young astronauts and scientists have been busy exploring the solar system, fuelling their imaginations with hands-on activities. From designing and building rockets to experimenting with safe and exciting 'rocket fuel' recipes. The children have absolutely loved exploring our space station role play, sparking great discussions about stars, planets, and all things extraterrestrial.

Angelfish have read lots of captivating space stories and non-fiction books this half-term. The children have particularly loved reading *Whatever Next* by Jill Murphy, we looked at healthy eating and packed a lunch for Baby Bear to take to the moon, we experimented with different materials and made a space helmet that would keep Baby Bear dry and we retold the story to our friends. The children have also had great fun looking at different planets, particularly Earth and how we can look after it, as well as sky gazing and crafting their own planets.

In maths we have looked at subitising to five, compositions of four and five and the properties of 2D shapes. The children have got stuck in with printing shapes in the play dough, tracing their fingers around shapes and looking at different shapes in the outdoor environment. We have talked about numbers being made up of smaller numbers and used lots of different resources such as Numicon and egg boxes.

This half term we have introduced 'Tizzy Time' which the children are really enjoying. Tizzy the Tiger has done lots of activities with the children each day, such as 'ready, steady, pop' and stop and go games. Tizzy helps the children with their active listening skills and understanding. We are really pleased with the results we are seeing already and how much the children love having Tizzy in the classroom. Another thing we have introduced this term is tooth brushing, teaching the children the importance of good oral hygiene in a fun and engaging way.

We are really proud of the children and the progress they have made this half-term. Have a lovely break and we look forward to seeing you back on the 20th.

If anybody is interested in finding out more about the Nursery please just ask, we'd be happy to help.



This week we hear from Mrs. Figgins.

KS2 TEAM



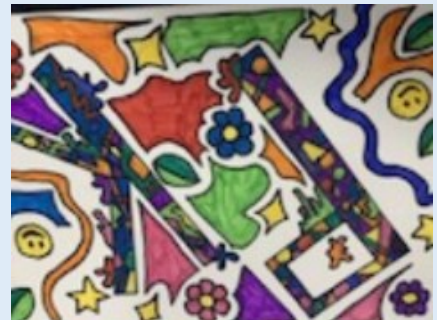
This term, we have used Art to express ourselves. Being inspired by Mayan traditions, we have created monochrome and figurative designs to share and show who we are. We have used chiaroscuro to create bold images and street art with strong images .



In Science, we embarked on a journey to unravel the mysteries of the human heart. We have



dramatised our understanding of how the heart works and how blood moves around the body. As part of our deeper understanding, we then created our own blood!



Exciting news!

We're thrilled to announce that starting February 26th, the school



library will be open for all of you to explore. Dive into the world of literature, discover new adventures, and expand your horizons. Simply drop by, pick out a book with your child/ children, and return it when you've finished. Let the exploration begin! Mrs. Figgins and some of the librarians will be on hand to help you.

Every 10 visits the children will receive a prize. Also every visit you can take home a reading cuddly buddy.

SPORTS AT PORTHLEVEN



Year 5 & 6 Football League Results

A huge well done to our Year 5 and 6 football league players who, last week, found out they achieved 2nd place overall in the league!
A fantastic result!



Physical Education Lessons

This week, we were visited by Mr Templeton who show-cased to some of our children our new way of teaching Physical Education. We will be using an approach which focuses on children developing their fundamental movement skills, which they can then apply to any and all sports they choose to partake in during their lives. Children will still be immersed in different sports throughout each year group, as well as always remembering the importance of physical activity with our daily 'Fitter Future' sessions. These three elements together, (Physical Education, Physical Activity & Sport) will ensure that our children at Porthleven School are given the best opportunity to form a lifelong, positive relationship with physical activity and feel engaged, motivated and confident to participate in a wide range of sports and physical activities.



Celebrate World Book Day

Thursday 7th March 2024

Home Learning Challenge

We would like you to take a photo of yourself reading for enjoyment in an unusual place. Please send your photo via email to porthlevensecretary@croftymat.org by Monday 4th March for a chance to win a book

Book Fair

Pop along to our school book fair on
Wednesday 28th Feb 3.00pm - 3.30pm
Tuesday 5th March 8.30am - 8.45am
Wednesday 6th March 8.30am - 8.45am & 3pm - 3.30pm
Thursday 7th March 8.30am - 8.45am

WORLD BOOK day

MAINS

Toad in the Hole

(Yorkshire Pudding with Mashed Potato,
Pork Sausages or Veggie Sausage
and Onion Gravy)

SIDES

Peas and Carrots

DESSERT

Buried Jelly Treasure


Menus may be subject to change



Come to school
dressed as your
favourite book
character



Visit us every
Monday
3.15 pm –
4 pm

Grand Opening of the
Library to the School
Community! 

26th February 2024 – 3.15 pm

"Calling all young superheroes! Gather weekly, use your unique library card, and explore 6000+ books!
Let's unleash the power of reading together!"

Important Messages

The B&Q logo is displayed in white text on an orange square background.

We would like to say a big thank you to RGB & B&Q for donating the wood to help our lego league children set up and practice their Lego challenge.



Attendance and late arrival

As a reminder, the expected attendance for a child is **95%** or above. Please ensure all absences are emailed or left on the absence phonenumber by 9am each day.

School gates close at 8.50am, if your child arrives after this time they will need to ring the gate buzzer and register at the office.

Breaktime snacks

We ask that children please have a healthy snack during break times and avoid snacking on items such as chocolate or crisps.

School Facebook

Please follow the schools Facebook page for school updates - Porthleven School.

Porthleven PTA page is not run by the school. If you have any questions about school, please ensure you send them to porthlevensecretary@croftymat.org or call the school office.

Information sent home this week:

•

Parent and carer workshops

We have been so lucky to have the Mental Health Support Team (MHST) working in all classes since September to support all children with strategies to cope with worries and anxiety.

We have an opportunity for you to attend a course focusing on, 'Introduction to building resilience'. It is on Tuesday 20th February at 2pm. There are only 12 spaces so please book as soon as you can. If we have more interest than 12, we will book another session so please let the office know.

Here is some information about the course and a link to book yourself on: <https://forms.office.com/e/HVWUXLX3ER>

Parent and carer workshops

Introduction to building resilience

This is a single, hour-long session aimed at parents. The session covers how to encourage young people to develop greater resilience, and provides psychoeducation around what mental health and resilience is.

The session focus is on how to support positive mental health in young people, especially building on the 5 ways to wellbeing.

1. Connect.
2. Give.
3. Get active.
4. Learn.
5. Take notice.



When young people are resilient, they are more able to cope with challenges and stress, and can therefore be more curious, adaptable and able to extend their reach into the world.

Important Messages

Head Lice

We have been advised that there is a case of head lice in school. Could we please ask you to check your child's hair regularly, if there is evidence of lice in your child's hair please contact the school and commence treatment.

Please follow these instructions:

Wet Combing Method

Even if no lice are found, it is advisable to follow treatment: Wash hair as normal, rinse and apply a generous amount of conditioner. Now, using a head lice detector comb (available from pharmacies or on prescription), commence to comb hair in sections, always starting at the scalp through to the ends of the hair. After each stroke, wipe comb onto paper towel to check for lice/eggs. After combing entire head, rinse conditioner out. Repeat every three days for two weeks, also dry comb every day at regular intervals.

Wet Combing Works! (because it interferes with the life cycle of the louse, preventing their reproduction). To help prevent and detect lice use the wet combing method once a week after you have completed intensive treatment.

There is no need to use any chemicals.
Remember the whole family will need treatment if one member has head lice.



Threadworms

We have been advised that there has been a case of threadworms at school / nursery. If you would like a letter with more information about diagnosing, treating and preventing threadworms please contact the school office.

Threadworms are a very common problem, particularly in children. It is estimated that almost half of all children below the age of 10 years get threadworm at some time, but not all will have the "itching" symptoms.

Remember, threadworms are very common and are easily treated. If you think your child may have threadworms or would like any further information, please contact the school nurse, community nurse or healthcare professional, or visit www.fredworm.co.uk.



Words For Life

Please see below a link to an excellent website with lots of really useful, practical tried and tested activities and resources for parents to support their child's language and literacy development. It is helpfully divided into different age bands across the pre-school and primary age range.

<https://wordsforlife.org.uk/>



Chartwells Catering have a Vacancy in:

Sithney School

SCHOOL MOBILE CATERING ASSISTANT
Own Transport needed with Fuel Allowance

(Positions are term time only with Salary Spread Over Whole Year)

Are you interested in School Catering that fits around your family life?
If so, why not join our friendly professional Catering team.
Appropriate training will be given and smart uniforms provided.

Please contact Karen 07760 172002

or

E-Mail karen.wallens@compass-group.co.uk



Road safety



Please do not park or wait on the zig zag or double yellow lines this puts our children in danger when you do.



Diary Dates

(additions in red)

Date	Event
Monday 12th—Friday 16th Feb	Half Term
Monday 19th February	INSET Day
Monday 26th February	Book Fair school hall days to be confirmed
Monday 26th February	Year 3/4 Football League HCC
Tuesday 27th February	Cross Country Race 4 KS2 - Peninsula Qualifier 4pm HCC South Site
Monday 15th April	Year 1 parent meeting 2.45pm on Phonic Screening
Wed 24th - Fri 25th April	Year 3 Camp
Wed 1st - Fri 3rd May	Year 4 Camp
Wednesday 8th May	INSET Day
Tuesday 14th May	Cross Country Race 5 - Reception/KS1 & KS2 Mullion 4pm
Tuesday 21st May	Cross Country Race 6 - KS2 Porthleven School
Tuesday 11th June	Fun Run Mullion 4pm

WEEK 2

W/C: 06/11, 27/11, 18/12, 08/01, 29/01, 19/02, 11/03

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
HOT MAINS	Cheese and Tomato Pizza 🍕 Served with Potato Wedges	Turkey Con Chili 🍲❤️ Served with Wholegrain Rice	Roast Beef Served with Roast Potatoes and Gravy	Sausage Pasta Bake 🍝❤️ Served with Garlic and Herb Bread	Breaded Fish Fingers Served with Chips
	Vegetarian Cottage Pie 🥧❤️ Served with Gravy	Macaroni Cheese 🍝	Cheesy Leek and Carrot Crumble 🥧❤️ Served with Roast Potatoes and Gravy	Vegetarian Sausage Pasta Bake 🍝❤️🥬 Served with Garlic and Herb Bread	Crispy Quorn Nuggets 🍗 Served with Chips
JACKET POTATO	Jacket Potatoes 🍟❤️🥬 with a choice of hot and cold fillings	Jacket Potatoes 🍟❤️🥬 with a choice of hot and cold fillings	Jacket Potatoes 🍟❤️🥬 with a choice of hot and cold fillings	Jacket Potatoes 🍟❤️🥬 with a choice of hot and cold fillings	Jacket Potatoes 🍟❤️🥬 with a choice of hot and cold fillings
Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🍷🥬					
All main meals are served with two vegetables					
DESSERT	Apple Crumble with Custard 🍏	Crunchy Chocolate Biscuit	Chocolate and Vanilla Marble Cake	Carrot Cake 🥕	Strawberry Ice Cream

AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit



Some of the books at this year's book fair!

SCHOLASTIC TRAVELLING BOOKS

COME TO the SUPER AMAZING BOOK FAIR!

FREE BOOKS FOR YOUR SCHOOL WHEN YOU BUY AT THE BOOK FAIR!

A POP-UP BOOK-STORE WITH HUNDREDS OF BOOKS FROM JUST £2.99

Hey! That's my line!

NEW CAT KID COMIC CLUB INFLUENCERS
Save £3
JUST £3.99
LOOK! £12.99 £9.99
WRITTEN & ILLUSTRATED BY **DAV PILKEY**

ROALD DAHL
CHARLIE AND THE CHOCOLATE FACTORY
JUST £3.99

NEW George Webster
Why Not?
£7.99
From CBeebies Presenter **George Webster!**

NEW SKANDAR AND THE PHANTOM RIDER
£7.99
A.F. STEADMAN
ANNOYING

NEW VILLAINS ACADEMY HOW TO STEAL A DRAGON
£3.99
RYAN HAMMOND

NEW DIARY of a Wimpy Kid DUPER OVERLODE
£7.99
JILL KERRY

NEW THE PANDAS WHO PROMISED
£7.99
JIM FIELD

Work of genius. SERIOUSLY.

NEW NINA PEANUT AMAZING
available from 5th February
£8.99 £7.99

Illustration from Nina Peanut is Amazing © Sarah Bowler, 2024.

LAST YEAR YOUR SUPPORT HELPED DONATE
£5.3M IN FREE BOOKS TO SCHOOLS NATIONWIDE

Ages **2+**

How many can you spot?

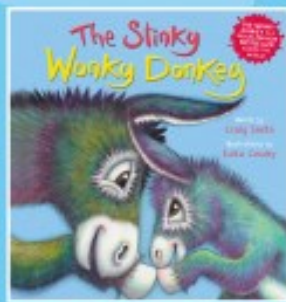


JUST £2.99

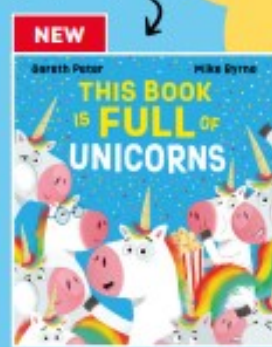
£6.99 **£2.99**



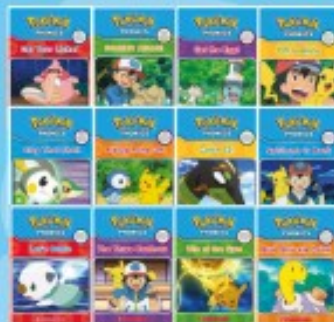
NEW £5.99 **£4.99**



£6.99 **£4.99**



NEW £6.99



£9.99 **£8.99**



£6.99



NEW **£6.99** With three different sharks inside!



NEW £23.96 **£9.99**

4 for only £9.99

Illustrations from This Book is Full of Unicorns © Mike Byrne, 2024

Ages **6+**



NEW £11.98 **£6.99**



2 for only £6.99



£6.99



NEW £7.99 **£3.99**



NEW £7.99



NEW £3.99

JUST £3.99

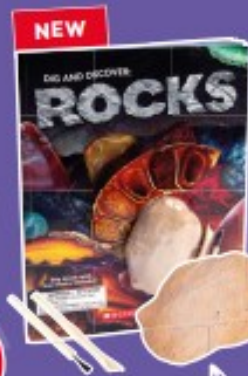


NEW £7.99



NEW £35.94 **£9.99**

6 for only £9.99



NEW £8.99

Dig and discover!

EVERY BOOK YOU BUY EARNS FREE BOOKS FOR OUR SCHOOL

Cracking adventure

Ages **8+**

Solve the mystery!



NEW

Hardback only
£8.99

£14.99 **£8.99**



£7.99 **£2.99**

JUST
£2.99



NEW

£7.99



NEW

£7.99



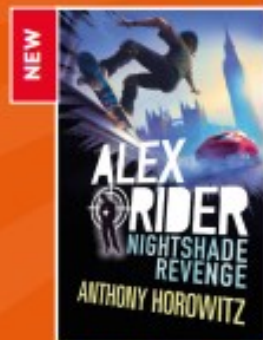
NEW

£8.99



NEW

£7.99



NEW

£7.99

Exclusive early paperback



NEW

available from 14th January
£18.99 **£9.99**

Save
£9

Payment at our Book Fair

Please check with your school for the best way to pay for your books

- You can pay online at the Fair via card reader machines if your school has one or by using the online payment link at www.bookfairs.scholastic.co.uk/pay and simply selecting your school from the drop down menu.
- Pre-paid gift vouchers are available in **£5, £10, £15, £20** and **£25**. Go to www.bookfairs.scholastic.co.uk/gift-vouchers to buy vouchers for your child before the Fair.
- If you can't attend the Fair in person, your child can order books via a Wish List - please ask your school for details.

HELP EARN FREE BOOKS

Scholastic is one of the largest providers of free books to schools via our Reward scheme which helps to ensure that as many children as possible have access to books that support reading for pleasure. Every time you buy from the Book Fair, you help to make a difference by supporting literacy in your child's setting. Last year, with your help, we gave over £5.3M worth of free books to schools nationwide, which stocked school libraries and classrooms.



*Free books are subject to terms and conditions. Please contact your Book Fair Organiser or Scholastic Book Fairs for details.

All books subject to availability. Book range may vary. ⚠ Warning: Not suitable for children under 3. Small parts.

SPORTS DAYS



2024



EYFS/KS1

Monday 10th June 10-12pm

(reserve date: 15th July)

KS2

Tuesday 11th June 10am-3pm

(reserve date: 16th July)

More details to follow soon!

Menu Changes Coming Up

Tues 20th Feb

Thurs 22nd Feb

PANCAKES

American Pancakes
served with
Lemon and Sugar
or
Chocolate Spread

Menus may be subject to change

CHINESE NEW YEAR

MAINS

Chinese Chicken Rice or
Vegetable Chow Mein

SIDES

Stir Fry Oriental Vegetables

DESSERT

Apple Fortune Cake

Menus may be subject to change

Tues 5th March

Thurs 7th March

GOOL PERAN LOWEN! ST PIRAN'S DAY CELEBRATIONS

Menu

Traditional Steak Pasty
or Cheese and Onion Pasty

Hevva Cake

Jacket Potato available on request



Pasties were taken down the mines by the adults and children who worked there; the shape and size made them ideal for carrying. It's distinctive D shape with the crust acting as a handle, which was discarded to prevent contaminating the food with grubby, possibly arsenic-ridden hands



All Proper Cornish we are passionate about quality pastry, filled with great tasting ingredients, made properly in Cornwall for people who love food.

We are passionate and honest about where our ingredients come from. At Proper Cornish, we believe in supporting our local farmers. Our swede comes from Hayle, courtesy of Trevor Goldsworthy's family run farm, our potatoes come from third generation farmer Chris Duxlow from Par and our onions are grown by Anthony West of Toppoint. Cornwall grows some of the highest quality produce in the world, so why go anywhere else?

Chartwells

WORLD BOOK day

MAINS

Toad in the Hole

(Yorkshire Pudding with Mashed Potato,
Pork Sausages or Veggie Sausage
and Onion Gravy)

SIDES

Peas and Carrots

DESSERT

Buried Jelly Treasure

Menus may be subject to change



What Parents & Carers Need to Know about GROUP CHATS

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WHAT ARE THE RISKS?

Occurring through messaging apps, on social media and in online games, group chats are among the most popular ways that young people engage with their peers online. Involving, by definition, three or more individuals, these groups allow users to send messages, images and videos to everyone in one place. While they are useful for helping friends, people with shared interests or members of a club to communicate and coordinate activities, they can also leave young people feeling excluded and bullied – as well as providing opportunities for inappropriate content to be shared and viewed.

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

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Advice for Parents & Carers

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CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing Internet use and sexting behaviour of young people in the UK, USA and Australia.





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