



DEER PARK

newsletter

FRIDAY 29TH NOVEMBER 2024

ISSUE 6

HEADTEACHER'S HELLO!



Dear Parents,

December is always a special time at Deer Park, filled with joyful celebrations, acts of kindness, and the spirit of giving. With that in mind can I extend my thanks to Lola's Logs and Hillier's for the lovely donations of Christmas Trees. They have both been decorated by our students and the tree from Lola's Logs is in pride of place in our reception area with the charity appeal tags waiting hopefully on the branches.

This year, we have a variety of festive events lined up, culminating in our annual Christmas performance. I'm also looking forward to our Christmas Quiz Evening on the 19th of December. This event is a fantastic opportunity for parents, staff, and friends of the school to come together, test their knowledge, and enjoy a fun-filled evening.

Thank you as well to everyone who has donated items to the basics bank appeal to help those in need within our local community. Your generosity will make a significant difference in the lives of many this Christmas.

Kind regards,

Mr Jones



MEET MR MASON

Hi, I'm Mr Mason and I've just joined the Deer Park Team as the school's first full time Librarian! I have loved getting to know the school and the students over my first few months here and am very excited to continue building up the LRC as a learning resource. I'm an avid reader so getting to spend my time working with books is a lot of fun, especially getting to recommend my favourite books to staff and students alike.

In my own time I'm an avid film fan as well as a reader, enjoying something from every genre. I spend half my life in the cinema, trying to see as many new releases as well as keeping up with films I've missed. My top 5 as of right now are Fantastic Mr Fox (2009), The Florida Project (2017), The Worst Person In the World (2021), The Muppet Movie (1979) and Synecdoche, New York (2008)

I've really enjoyed my time here at Deer Park so far and I look forward to many more months of book displays and encouraging students to pick up a book!

YEAR 7

Hopefully your child has had the opportunity to read their postcard... Can I thank you all for writing such positive and heartwarming comments. We thought we'd send them out to coincide with the dark and dreary November days when tiredness can sometimes creep in. Hopefully the longer weekend will give them an opportunity to reflect on their excellent start to life at Deer Park.

In our most recent assembly we looked at UK Parliament week and held our very own 'Mock Election'. The elected candidates were asked to give their views on queuing time, behaviour and school uniform. They were then able to field some questions from the 'floor'. I have to say that I was very impressed with all of the candidates who had all thought very carefully about their response to each topic. I actually think our own UK Parliament could have learnt a lesson or two if they'd been present!

A big well done as well to all of those students who are keeping up their levels of commitment to extra-curricular, inclement weather notwithstanding!

Regards,

Mr Parnell

YEAR 8

It's been another busy fortnight in Year 8! Lessons have once again been filled with amazing content, and I've been so lucky to witness it in action. Team 2028 have covered everything from Tectonic Plates in Geography to creating push along toys in DE and anti bullying posters in ICT!

This week also saw a fantastic assembly on the theme of 'UK Parliament Week', where one representative from each tutor group debated alongside others on a range of topics relating to our school. All candidates were incredibly articulate and respectful towards one another and showed true Deer Park spirit! Well done to all who participated.

In other news, we have also experienced more sporting success this time in rugby! A group of students represented us at a local tournament and came top of their group, which is incredible! We are now through to the next round - c'mon boys, we're all behind you!

Kind wishes,

Mrs Wilson

YEAR 9

A new first for me this week, where students requested for assembly to be outside in the snow! Despite the darker and colder days, Year 9 continue to shine in lessons, and I continue to be blown away by teachers commenting on their commitment and work ethic in their GCSE courses.

The next few weeks mark an important milestone for the cohort, with them receiving their first set of report data having started their pathways options. Some of them may worry about their current level, and may need reminding that they are still in the very early days of their courses, and therefore the current level will be a distance away from the final target.

Keep up the great work Year 9.

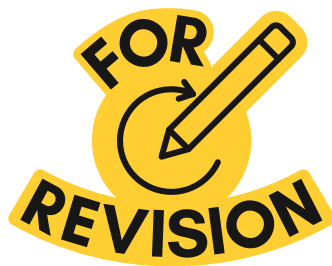
Mr Gregory

YEAR 10

I have received some calls and emails from parents asking about revision guides for various subjects, and I have mentioned these to students in recent assemblies. **At the bottom of this newsletter, you will find links to all of the relevant revision guides, as recommended by the Heads of Department.** Any of these would make brilliant stocking fillers!

Well done to Year 10 for their continued hard work and commitment to their GCSE courses

Mr Smith





SUBJECT SPOTLIGHT: DANCE



The Dance Department is bubbling with energy with a range of exciting extra-curricular clubs and events. Students are working hard towards a number of performances, including Dance Live! with our biggest cast yet! Deer Park Dance Company are preparing for the Christmas showcase and have already produced some outstanding performances in our year group celebration assemblies.

Our year 9 and 10 GCSE Dance students are heading down to Bournemouth in December for a professional Dance workshop with Arts University Bournemouth and to watch the 2nd Year Dance show. Students will develop skills in creating innovative choreography and will gain knowledge on the pathways available to them within a higher education setting.

Within the curriculum, we have seen an abundance of positivity, creativity and joy, with students working hard across the school to produce some fantastic Dance work in lessons.

A massive well done to everyone who has participated in the Dance Departments event and performances so far this academic year and to our wonderful KS3 and KS4 students who have worked so hard this half term.

YEAR 7

Last half term, year 7 students finished studying their poetry unit where they created a dance that focused on their use of technical skills, responding to a poem about actions, space and dynamics in the style of Contemporary. I was hugely impressed with the year groups energy and creativity in this unit, well done year 7!

Students are now focusing on their use of physical skills such as strength, stamina and balance, whilst learning key movement vocabulary from the style of Breakdance. Students are creating their own routines in readiness for their Breakdance battle in their last lesson of the half term!

YEAR 8

Last half term, year 8 focused on the style of Capoeira, a martial art and art form that is widely performed and celebrated in South America. Students worked in pairs to learn key skills from this style and created a Capoeira duet focussing on the relationship devices mirroring and action and reaction.

Year 8 students are now studying their group choreography unit, where they are creating their own dances on climate change. Students have been working hard to implement a range of choreographic devices to create unique and innovative movement material that showcases their understanding of the topic, further developing their creative problem solving skills from year 7.

YEAR 9

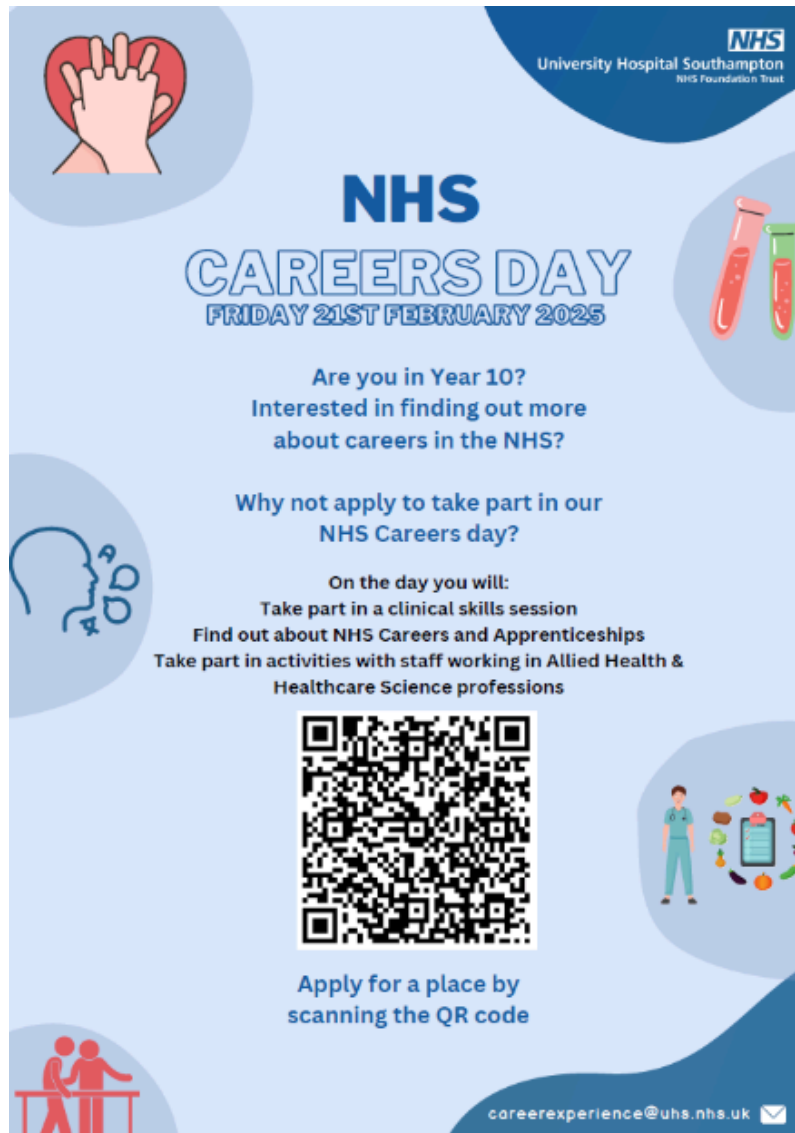
In theory lessons students are currently studying their performance skills, including physical and expressive skills. These skills are used extensively within their practical units and give students a key understanding of how dance theory is applied within Dance practice.

With practical lessons students have begun to create their group choreographies, focusing on stimuli ranging from an item of confectionery to fossil fuels. It is the task of the students to use this stimulus to find a deeper choreographic meaning that links to current or historical topics or events within our society.

YEAR 10

Year 10 students are working on their group choreography mocks, creating choreography on topics such as the creation of the camera, the influence of radio and societal norms. Students are learning how to create motifs and how to develop them to make meaningful movements that inspire and inform an audience. This year, year 10 students will be teaching and creating their dances with other students from across the school, which will be celebrated in a showcase later in the academic year.

CAREERS INFORMATION




The poster is for NHS Careers Day, featuring a light blue background with various icons: a hand holding a heart, test tubes, a person's profile with 'AQA' and 'GCSE', a person with a clipboard and fruit, and two people at a table. The NHS logo and 'University Hospital Southampton NHS Foundation Trust' are in the top right. The main text is in blue and white, with a QR code in the center.

NHS
CAREERS DAY
FRIDAY 21ST FEBRUARY 2025

Are you in Year 10?
Interested in finding out more
about careers in the NHS?

Why not apply to take part in our
NHS Careers day?

On the day you will:
Take part in a clinical skills session
Find out about NHS Careers and Apprenticeships
Take part in activities with staff working in Allied Health &
Healthcare Science professions



Apply for a place by
scanning the QR code

careerexperience@uhs.nhs.uk



The banner has a dark blue background with white text and a logo. The logo consists of a stylized 'Z' shape made of horizontal lines, with 'EDT' written below it. The text 'Inspiring Careers Programme' is in a bold, sans-serif font, and 'LMI Bulletin' is in a larger, bold, sans-serif font.

EDT Inspiring
Careers
Programme

LMI Bulletin

Click [here](#) for the most recent Labour Market Information Bulletin (LMI)

By Kezia Swain

*I'm dreaming of a...***GREEN****CHRISTMAS**

Once again we brave the annual trek home after a wearying day at work, the cruel chill of winter clawing at our cheeks. However, the inevitable, familiar glow of newly strung christmas lights cuts through the frost and engulfs us in a warm embrace. Comforting us with the soft whisper of Christmas on the way.

As the festive season bustles round the corner, it is necessary we are mindful and care for the Earth, our home. So here is a gift of some simple tricks to stay sustainable this holiday season, tied up with ribbon, just for you!

Upcycle Decorations- Get creative and use materials and fabrics in your home to craft decorations rather than buying new plastic ones. You can also use dried fruit, pine cones and nuts to embellish your tree for a cozy atmosphere.

Gift experiences- Rather than buying cheap plastic gifts, delight your loved ones with amazing adventures such as a spa day or a day out. Not only is this hugely meaningful but also sustainable!



LED lights- Switching your fairy lights to LED powered ones saves energy and lasts longer while illuminating your house for the festivities.

Love leftovers- We have all suffered that moment of defeat when we can no longer cram anymore roast potatoes into our bellies! However, rather than throwing away your left overs, freeze and save them for soups, omelettes and other meals to indulge in later. You can use your chicken bones to make stock and fantastic flavourings!

Send digital greetings- Cards are so last christmas, this year to save carbon emissions from delivery vans, send a digital card to someone special.

Reuse wrappings- Purchase reusable wrapping paper and save your wrappings for next years presents. Or resolve to festive gift bags which can be used year after year.

Put on your christmas hats, 26 days to go!- Kez

ANTI-BULLYING AMBASSADORS

Monday 11th to Friday 15th November marked Anti-Bullying week and our Anti-Bullying Ambassadors led the charge in promoting this year's theme of RESPECT. Two tutor sessions were delivered to all students reinforcing our zero-tolerance policy around bullying and encouraging students to think about how we respect each other and ourselves both in and out of school. All students were asked to make a pledge to commit to our anti-bullying policy and as an act of accountability, they each designed a brick that we will use to build our wall of respect. We have been blown away by the spectacular creations our students have made across all year groups. It is so lovely to see our students supporting each other in standing up to bullying.



RAISE
— EDUCATION TRUST —

Are you passionate about education and committed to making a positive impact in your community?

We would welcome you in joining one of our dedicated governance teams.

Make a difference: Contribute to the development and success of one of our schools or the Trust.

Professional Development: Gain valuable experience in governance and leadership.

Networking: Connect with a range of individuals and professionals.

Community impact: Play a valuable role in shaping the future of young minds.

We have a range of governance vacancies within the Trust and its three schools; Deer Park School in Botley, Wildern School in Hedge End and Boorley Park School in Boorley Green, all a short drive of each other.

If you are interested and would like more information please contact Annette Towgood, the Trust's Governance Professional, at a.towgood@raiseeducationtrust.org



We are currently looking for people that do not have direct links with the school to join our fantastic team of governors.

YEAR 9 MEDIA STUDIES

Year 9 Media Studies have been delving into the world of news reporting, establishing a solid understanding of how news is relayed to the public. First, we looked at the differences between tabloid and broadsheet newspapers and how this reporting compares to online news. Most recently, we looked at how to spot fake news and students were tasked with creating a poster with their top tips on how not to get caught out. Well done to Max C and Jamie H!

FAKE

1. Check how old it is
2. Check other news outlets and see if they are reporting on same thing
3. Is the source reliable?
4. Does it have link real papers have links
5. Check who made it. Are they real?



YEAR 10 HISTORY GCSE

On Thursday 28th November GCSE History students were fortunate enough to have Barber Surgeon Roger Towner from Woodham Living History Village visit. he brought an array of tools that were used in the Seventeenth Century and gave students an excellent account of what medicine was like at this time.



RIGHTS, RESPECT, COMMUNITY FOCUS GROUP

A reminder from the RRC Focus Group.....

BASICS BANK FOOD APPEAL

We are asking Deer Park students to donate items to the Basics Food bank Appeal. These will be collected as a tutor group and brought to room 113 on specific dates listed below.



We are looking for non-perishable items such as:
Toiletries (shower gel, deodorant etc)
Tinned vegetables
Teabags/coffee/squash
Tinned soup
Cereal



The items you collect make a real difference to families in the local community who are struggling to eat this Christmas. Thank You!

Collection Dates - Please bring your items to room 113 on the following days during an registration-
Year 7 - Monday 2nd December
Year 8 - Tuesday 3rd December
Year 9 & 10 - Wednesday 4th December

CHRISTMAS QUIZ

Thank you to those that have already purchased their tickets for the inaugural Deer Park Charity Christmas Quiz - we have the last few tickets remaining so don't delay!

This is set to be a fantastic evening with food, performances and the all important quiz to test those brain cells with all proceeds raised going towards local charity partnerships.

Sign your team up through Parent Pay via the letter that was sent on Edulink!

Deer Park Charity Christmas Quiz



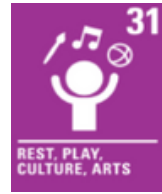
Quiz for parents, friends and staff of Deer Park School.
Food and special performances from students.
Money raised will go towards local charity partnerships.

Save the Date: Thursday 19th December
5.30-7.30pm - more details to follow...





DEER PARK FOCUS GROUP VISIT TO
SNOWDROP CARE HOME



Deer Park TV Focus Group were invited back to Snowdrop Care Home to share their love of technology. They brought along the VR Headsets, and transported the residents to underwater worlds, jungles, and even on some very fast roller coasters! The students also explained the use of AI Images, how they are created, and how to spot them. Everyone had lots of fun creating their own AI Images - some more realistic than others!



WINTER WEATHER SAFETY REMINDER FOR STUDENTS AND FAMILIES

Winter weather is here! Let's keep everyone safe while traveling to and from school:

Dress Warmly: Hats, gloves, and waterproof boots will keep you cosy!

Use Caution: Walk carefully on snowy or icy sidewalks to avoid slips.

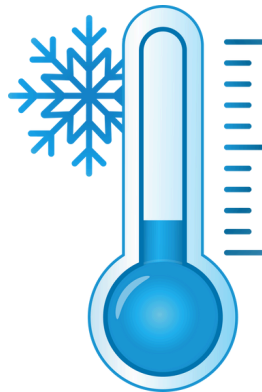
Stay Visible: Wear bright colours or reflectors to help cars see you in low light.

Wait Safely: Stand back from the curb at bus stops to avoid icy edges.

Plan Ahead: Leave early to give yourself extra time in snowy conditions.

Parents: Please ensure you drop your children off at an appropriate time, slow down in school zones and watch for children crossing streets.

Let's make sure everyone gets to school safely this winter season!



Be Bright Be Seen

Keeping safe on your journey to school

- Wear reflective Hi Viz clothing.
 - Put lights and reflectors on your Bike or Scooter.
 - Wear brightly coloured clothing, coat, helmet or hat.
 - Attach reflectives to your school bag.
 - Take extra care at junctions and when crossing the road.
 - Make eye contact with drivers to make sure you have been seen.
 - **Drivers!** – It is your responsibility to drive safely! Avoid distractions and look out for others sharing road space.
- Check out our guides to cycling in the dark & making sure your bike is safe to ride:
- ↓
- [Sustrans Guide to cycling in the dark](#)
- [Check your bike is safe to ride - a how to guide](#)



Photo: Natalie Martin

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.



Registered Charity No. 326550 (England and Wales)
SC039263 (Scotland).

© Sustrans December 2022

sustrans
JOIN THE MOVEMENT

Cold weather approaching



A reminder that the weather is changing and we are seeing much colder weather. Your PE lessons will continue to be outside so physical activity levels/effort will need to be high to stay warm and your organisation of your layers.

Please ALWAYS pack your PE layers to keep for self more comfortable. This can include

Leggings or jogging bottoms

Extra socks

Long sleeve T-shirt/fleece/sweatshirt (no hood) UNDER

Deer Park PE top.

Deer Park Fleece

Gloves

Hat

Scarf/Snood



FIXTURES

Congratulations to the Year 7 rugby team on their first trip at the Hampshire Schools rugby tournament. Some fantastic learning occurred developing our knowledge of full contact rugby, tackling and scrums. Top tackler went to Harry S. Sorry parents about the muddy tops! Mr H.



GCSE PE

Quick fire questions to support your child's learning

Year 9 - What is the difference between aerobic and anaerobic exercise?

Year 10 - Name two stress management techniques used by professional athletes.

EXTRA CURRICULAR

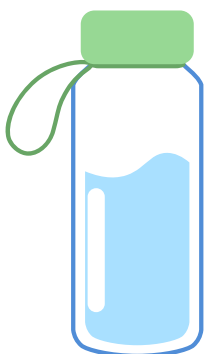


Extra Curricular **TIME TABLE**

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
BREAK 1	<ul style="list-style-type: none"> *Poetry (004) *Drama Club (KS3) 	<ul style="list-style-type: none"> *Get Active (SH) Year 7 *Maths Drop-in (117 & 118) *French Support Drop in (103/104/105) *Gardening Club (Meet by Bike Sheds) 	<ul style="list-style-type: none"> *Get Active (SH) Year 8 *Dominoes Club (TBC) *KS4 Intervention (Maths/Science) (117) 	<ul style="list-style-type: none"> *Get Active (SH) Year 9 *English Drop In - 007 (EJL) Year 10 	<ul style="list-style-type: none"> *Get Active (SH) Year 10 *ICT Drop in (101 & 102)
BREAK 2	<ul style="list-style-type: none"> *Global Affairs Club (108) 	<ul style="list-style-type: none"> *IT and Coding Club (102) *French Support Drop in (103/104/105) *Chess club (114) *Bronze Arts Award' Year 8's (121) 	<ul style="list-style-type: none"> *Debate Club (year 9/10) (003) *Fantasy Games Club (107) *Puzzle club (119) *Boys Dance Company (Dance Studio) *Ks4 History Support A week (110) 	<ul style="list-style-type: none"> *ICT Drop in (101 & 102) *Guitar ensemble (008 - all guitarists welcome!) 	
AFTER SCHOOL	<ul style="list-style-type: none"> *Badminton *Girls Football (Astro) *Rugby (Grass Pitches) *Flower Arranging - For Students and Staff *Art Club (203) *Self study club (LRC) 	<ul style="list-style-type: none"> *Outlet Basketball Club External booking (paid sessions) *Percussion ensemble (008) *Staff Meetings *Self study club (LRC) 	<ul style="list-style-type: none"> *Boys Football (Astro) *STEM Club (211) *Dance Live (Dance Studio) *Dance Live Crew (201) *Book Club (002) *History Film Club (109) WEEK A only *Self study club (LRC) 	<ul style="list-style-type: none"> *Staff meetings *Netball (Courts) *Dance Company (Dance Studio) *Mathletes (118) *Spanish Club (104) *Deer Park Magazine (003) *Team Deer Park - Formula 24 Invite only (215) *Self study club (LRC) 	<ul style="list-style-type: none"> *Self study club (LRC)

FIRST AID

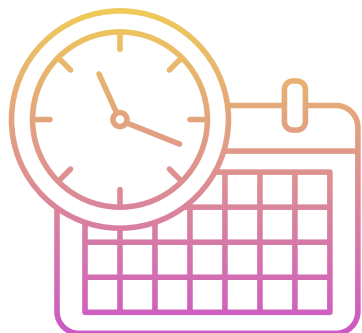
As per our School's First Aid Policy, we are unable to administer paracetamol until 11.30am onwards. Please encourage your child(ren) to bring a water bottle to school, as there are various water stations available to keep them hydrated. Drinks are also available to buy at break and lunchtimes only, starting from £1.20.



Thank you



UPCOMING DATES



Date	Activity	Year Group
Friday 6th December	Basics Food Bank Collection Date	All Years
Tuesday 10th December	Experience of a Workplace PSP 18.00-19.00	Year 10 Parents/Carers
Thursday 12th December	Christmas Concert Celebration 18.00-19.00	All Years
Friday 13th December	Christmas Jumper Day	All Years
Thursday 19th December	Charity Christmas Quiz 17.30-19.30	All Years
Friday 20th December	Last Day of Term 12.30 finish Non Uniform Day (please donate any pre loved uniform)	All Years

TERM DATES FOR THIS ACADEMIC YEAR CAN BE FOUND [HERE](#)



Polite reminder: All meal deals are £3.20 and served at break 2. The daily limit to spend is £7.50 unless you have asked us to cap this. Hot food is also available at break 1. If you receive the FSM allowance of £3.20, this does not get reset from break 1 and is to be used across the day. If your child does fall into a negative balance a red slip will be issued at the office and a phone call home will be made to ask to top up the account. We can no longer allow purchases on overdrawn accounts. many thanks.

CAR PARK

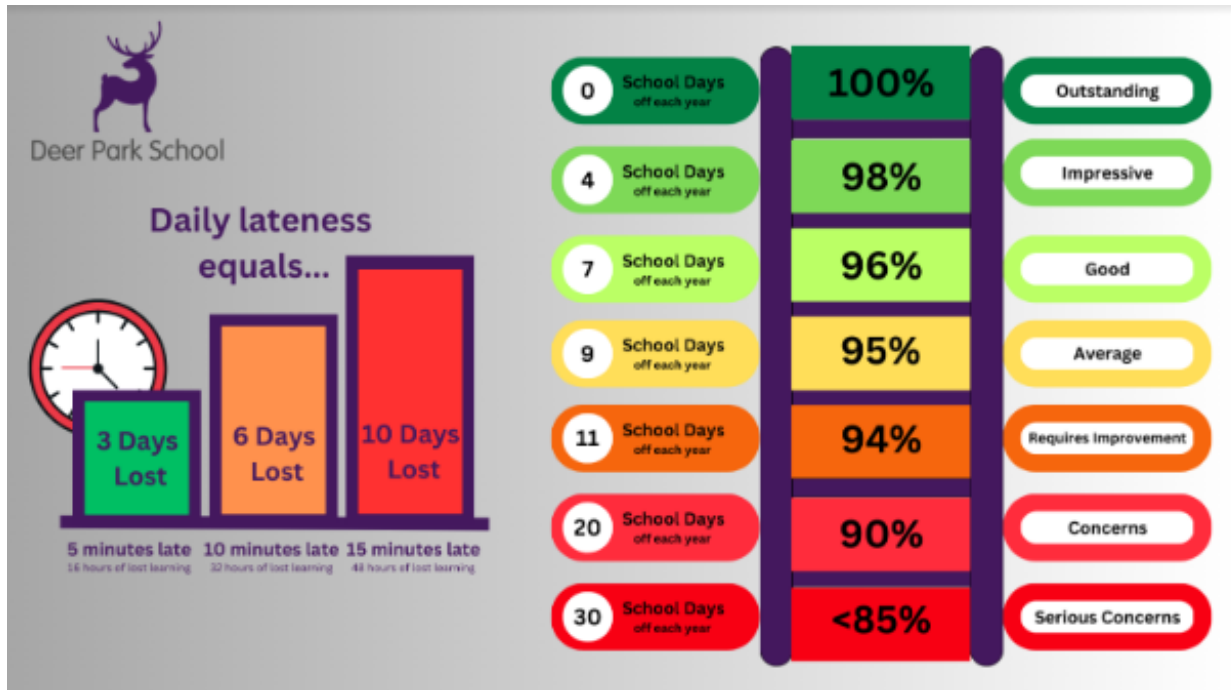
For the safety and security of all students and staff, please be reminded that the school car park is reserved exclusively for those who hold a valid car park pass or a Blue Badge . We kindly request that you do not use the car park for general drop-offs or collections (Unless you are collecting your child during the day for an appointment).

To ensure a smooth and safe drop-off and pick-up process, please utilize the designated drop-off points available on Sika Avenue.

Thank you for your cooperation and understanding in helping us maintain a secure environment for everyone.

ABSENCES

Please, where possible, could you contact us before 8.30am if your child is unable to attend school. Absences can be recorded via Edulink or by e-mailing absence@deerparksecondary.org. Alternatively please call the school on 01489 351100 and select option 1 to report your child absent.



HOLIDAY FORMS

If you need to request an authorised absence from school, for example for holidays, attending family funerals, etc Parents will now need to complete an online google form. This should make it easier for parents to complete. The link for the form is [here](#).

Lost Property

All lost property is kept in the Library (LRC). If your child(ren) has lost anything, please ask them to collect anything that belongs to them. Items will be kept for 3 weeks and then donated. Please help us to get items back to your child by clearly labeling items.

Thank you.



Hampshire Teen Project

Free for benefits related free school meal students



**23RD DECEMBER AT THE MOUNTBATTEN SCHOOL FROM 11AM TO 3PM
*WITH DROP OFF & PICK UP LOCATIONS AROUND HAMPSHIRE**

Exact Locations can be viewed on the booking form

Sign up for some Christmas fun with a range of activities to keep your teen entertained, making friends and memories that will last a lifetime, from **LASERTAG, VR & BUSHCRAFT**

Spaces are limited so book early to guarantee your place!

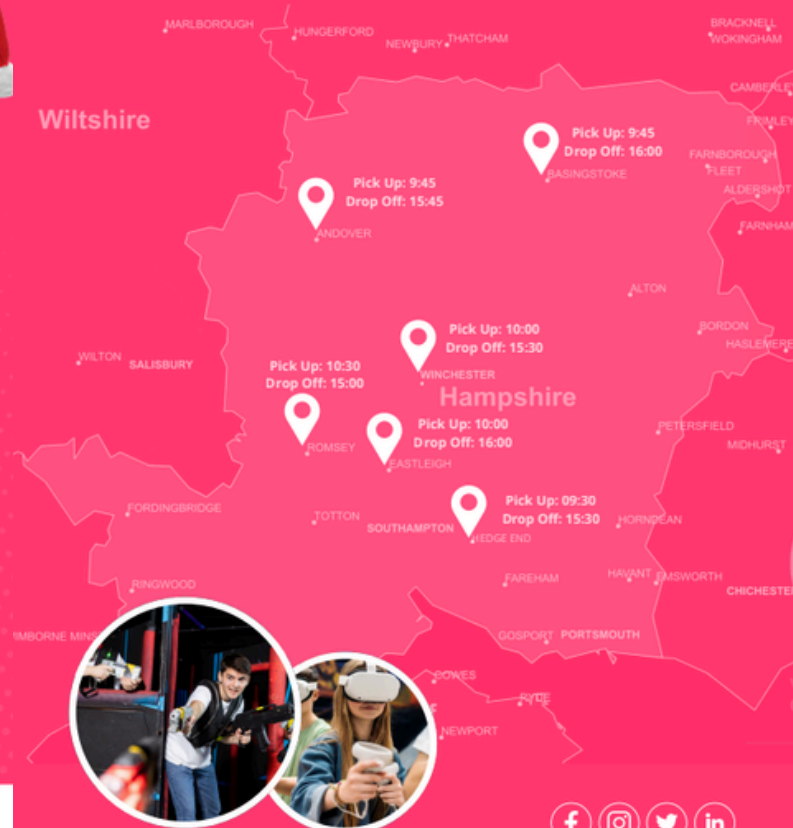


<https://personalbesteducation.com>
enquiries@personalbesteducation.com
01794 510225



Hampshire Teen Project Pick Up & Drop Off Locations*

ANDOVER | BASINGSTOKE | EASTLEIGH | FAIR OAK | HEDGE END | WINCHESTER



www.personalbesteducation.com
01794 510225



@PERSONALBESTEDUCATION



Big thank you for the kindly donated Christmas tree from Hillier's which the students have decorated.





BABY NECESSITIES



What to do:

- Choose a tag from the tree
- Purchase the item and place under the tree unwrapped
- Baby Necessities will collect all the items and give to families who need them the most

The tree will be located in the reception at Deer Park
 Deadline: 18th of Dec



Big Thank you to Lola's Logs for their generous donation of this Christmas tree which has our Baby Necessities gift tags on



Revision

Guides

Year 10

IT revision guide:

Cambridge National Level 1/Level 2 IT Revision Guide and Workbook [Amazon Link](#)

History revision guides:

Oxford AQA GCSE History: Germany 1890-1945 Democracy and Dictatorship Revision Guide (9-1) [Amazon Link](#)

Oxford AQA GCSE History: Britain: Health and the People c1000-Present Day Revision Guide (9-1) [Amazon Link](#)

Oxford AQA GCSE History: Conflict and Tension: The Interwar Years 1918-1939 Revision Guide (9-1) [Amazon Link](#)

Geography revision guide:

CGP GCSE Geography AQA revision guide [Amazon Link](#)

Drama revision guides:

Blood Brothers 'The Play' guide [Amazon Link](#)

OCR GCSE Drama revision guide [Link](#)

English revision guides:

English Language revision guide [link](#)

English Literature revision guide [link](#)

The English department also recommends purchasing the texts taught in Year 11. They will advise which texts to buy when final decisions have been made.

Science revision guides:

Science revision guides are available for purchase from ParentPay and can be collected by students at the Science Prep room

Music revision guide:

AQA GCSE Music revision guide [link](#)

Maths revision guides:

These will be available to purchase through Parent Pay at a discounted cost to the price available online. Letters will go out to parents when these have arrived.

Media revision guide: To be confirmed

PE revision guide: An appropriate revision guide will be chosen in the Summer term

French revision guide:

These will be available to purchase through Parent Pay at a discounted cost to the price available online. Letters will go out to parents when these have arrived.

RE revision guide:

Students are issued with their own revision guide that the school has made and provides
In addition this revision guide is also useful ([link here](#))

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

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

1. UNDERSTAND THE ALGORITHM

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

2. AVOID THE MAIN FEEDS

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

3. DISCUSS WHAT THEY'VE SEEN

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

4. LEARN HOW TO HIDE CONTENT

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

5. SET DAILY LIMITS

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

6. MONITOR THEIR ACTIVITY

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

7. TURN OFF PUSH NOTIFICATIONS

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

8. USE DEVICES TOGETHER

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

9. ENCOURAGE OTHER ACTIVITIES

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

10. TALK ABOUT PEER PRESSURE

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

Meet Our Expert

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