



3 February 2023

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Dear Parents / Carers

I want to start by saying a huge thank you to you all for your commitment and involvement towards your child's education. I just wanted to share with you how much I appreciate your support.

In preparation for Safer Internet Day on 7 February, students have been discussing the importance of how to stay safe online as part of our PSHE and Tutor Time curriculum. We therefore thought it would be a useful time to remind parents and carers about the resources which can support you and your child in having productive conversations about their use of social media. Whilst the online world or social media apps can provide fantastic opportunities for collaboration and developing knowledge, commonly used apps such as Whatsapp, Snapchat, TikTok can be extremely difficult for students who may still be developing their social skills, to navigate safely and within the law.

We have a range of resources on our website which cover the following elements of supporting your child in staying safe online:

- Links to websites with advice and support
- Our monthly Online Safety Newsletter which covers facts on commonly used apps
- How to put parental controls on your child's devices
- How to have productive conversations with your child about the content they are accessing online

<https://www.northleamington.co.uk/student-life/student-support/online-safety>

The South West Grid for Learning also offers free online courses for parents and carers to understand more about ways to support children in staying safe online and can be accessed here [Parents & Carers | SWGfL](#)

How do we support online safety at North Leamington School?

- Curriculum education as part of our RSHE curriculum through PSHE, assemblies and Tutor Time curriculum
- Key adults who have been trained in Mental Health First Aid
- Our Student Support and Engagement Team are able to support with any concerns relating to online safety for both parents and students
- Networks in sharing best practice with other schools
- Liaison with external agencies for support and advice as needed

We also inform students about accessing apps which have an age requirement that they do not meet. As part of our Safeguarding processes we remain committed to referring any child protection issue which arises from the inappropriate use of social media and messaging apps to the relevant external agencies and working with parents to support in keeping children safe online.

PSHE updates.

As part of our PSHE programme, and the current topics of Online safety and healthy relationships, Year 8 have seen a theatre production today called 'Working for Marcus' by Loudmouth Theatre productions. The programme uses well drama, followed by plus discussion workshops to help young people spot the signs of unhealthy relationships, and grooming, and to raise empathy for victims and see the impact of child exploitation. It may be interesting to discuss the production with your child to hear about what they thought having seen it.

Children's Mental Health Week (CMHW) – 6th to 10th February

Our students thrive in our NLS community and this connection is vital for their wellbeing and health. When our year 8s have healthy connections – to family, friends and others – this can support their mental health and their sense of wellbeing. Research suggests that when their need for rewarding social connections is not met, they can sometimes feel isolated and lonely – which can have a negative impact on their mental health. **The theme this year for CMHW is 'Let's Connect.'** This is about making meaningful connections for all, during Children's Mental Health Week - and beyond.

For Children's Mental Health Week 2023, I will be encouraging your child to connect with others in healthy, rewarding, and meaningful ways. Our curriculum next week will be centred on this theme.

Kind regards

Mr C Royle
Head of Year 8