MONTEM ACADEMY
The Park Federation Academy Trust

Montem Newsletter

2nd October 2026
Edition 15

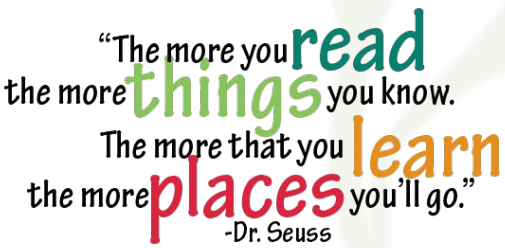
Principal's update

This week, our KS2 children attended a special assembly led by Mr Khalid, our Reading Lead, focusing on the importance of reading and the many opportunities that reading can unlock.

Mr Khalid demonstrated how children can use our new digital reading platform, **MYON**, to find the *"just right"* books for them - books that are at an appropriate level while also matching their individual interests, passions and topics they enjoy. Whether a child is fascinated by football, construction, cooking, art, animals or adventure, MYON offers a wide range of books to help every child discover something they enjoy reading.

We know that developing strong reading skills is one of the most important things we can do to support our children's learning, confidence and future success. **Reading unlocks learning across every subject**, broadens children's vocabulary and knowledge, stimulates their imagination and helps them to understand and engage with the world around them.

Mrs Nel
Principal



Well done, 2 Oak!

Our first class this academic year to achieve **100% attendance for a whole week.** To celebrate this wonderful achievement, you can have a non-uniform day on **Friday 9th October**!

Fantastic effort, everyone!



Dates for your diary

School Photo Day
19th October 2026

Half Term
26th October - 30th October

Inset Day & Parent's Meeting
2nd November 2026

Parents Meeting
2nd November (2pm - 8pm)
Booking details coming soon

Fireworks Display
9th November 2026
(Ticket now available on ParentPay)

End of Term
Friday 18th December 2026

Additional inset days have been set as 2nd November, 4th January and 28th May.

Attendance

The class with the best attendance this week is:

🥇 1st place:
2 Oak - 100%

🥈 2nd place:
2 Cedar - 99.67%

🥉 3rd place:
3 Oak - 99.32%

Classes with 100% attendance will have a non-uniform day

Attendance Matters
Every student. Every day.

New myON Reading Platform for Y2 - Y6

Montem Academy has subscribed to **myON**, giving all pupils **free access to thousands of digital books**. Using their **Accelerated Reader (AR) login details**, children can access books matched to their ZPD (Just Right Reading Level), helping them maintain and develop their reading skills over the break.

With myON, your child can enjoy reading anytime, anywhere with an internet connection. We encourage all pupils to keep reading over the summer so they return to school ready to learn.

Top Tips for Reading:

- **Talk about books** – Ask your child what they're reading and share what you're reading too.
- **Read aloud** – Children of all ages enjoy listening to stories.
- **Read together** – Make reading a fun family activity.
- **Choose books they love** – Encourage your child to explore topics that interest them.
- **Read every day** – Even 15–20 minutes a day can make a big difference.

📚Happy reading!

Click here to view a video to learn more about myON

To access MyOn visit:
www.myon.co.uk

Renaissance myON



What a fantastic Census Day we had! Children arrived at school excited and dressed in non-uniform, ready to celebrate our special Census Day. The atmosphere was full of excitement, and our special raffle and favourites lunch menu added even more fun to the day!

Congratulations to our lucky voucher and 50 Monty Point winners:

🏆 **Year N: Wasim Drid, Vivienne Butler, Inayah Jilacow, Sultan Waqar**
🏆 **Year R: Zara Rehman, Aurora Efrim, Caesar Madumere**
🏆 **Year 1: Ta'nayah Ellis, Hadeeqa Sheikh, Zayyan Raja**
🏆 **Year 2: Hussain Ahmed, Rumesa Ahmed, Muayyad Abdalla, Gabriel Gardnynik**
🏆 **Year 3: Khaula Lone, Aamina Yasir, Zainab Khan**
🏆 **Year 4: Ana Iosif, Hussain Yasir, Mohamed Hussain**
🏆 **Year 5: Sedra Terha, Tarman Kour, Moiz Imran**
🏆 **Year 6: Alyaan Aslam, Maahir Haniv, Bella Sookrah, Rosedeep Hiszpanska**

A huge thank you to **Miss Matthews**, our Attendance & Admissions Officer, who worked incredibly hard to communicate the importance of Census Day, share reminders with families and pupils, and deliver our exciting online lucky-draw year group assemblies. Her hard work and enthusiasm helped make the day such a fantastic success.

Thank you also to all our children, families and staff for supporting Census Day, encouraging excellent attendance and enjoying a delicious school dinner today. Well done, everyone!

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25th September 2026
Edition 12

Health and Safety around school.

Please can you take note of the following Health and Safety messages - we take your children's safety very seriously.

- **Please don't allow your children to use the playground equipment after school** - staff are not able to supervise them. We will be asking you to leave the playgrounds at 3.45pm so we can lock the gates.
- **Please teach your children to stop and look when walking past the car park entrances**. There have been several incidences of people walking across without looking when a car has been turning in or out.
- **Please remind your children that they are not allowed to ride scooters or bicycles on school grounds**. They must walk it through.
- **Only children in Years 5 and 6, who have handed in signed permission from their parents/carers, are allowed to walk home alone**.
- **Can we get in touch with you? Do we have the right phone number in case of emergency?** Do you answer when we call? Please ensure school can contact you if we need to.





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Green Flag Accreditation

Eco-Schools

This year, our school has made the decision to work towards **Eco-Schools Green Flag accreditation.** You can find out more about the Eco-Schools programme by scanning the QR below or clicking here.

With the world beginning to experience the effects of climate change - from different species of plant and animals becoming extinct, to micro-plastics being found in the most remote locations on Earth - now, is the time to take action.

The Eco-Schools programme empowers young people to create positive change by taking a lead on environmental actions and projects in their school and local community.

Through the Eco-Schools framework, pupils choose the environmental issues they want to tackle and lead projects with their school and wider community. The seven-step process takes around one academic year and culminates in an assessment of our achievements.

Running since 1994 in more than 100 countries, Eco-Schools helps protect our planet while developing young people's teamwork, leadership and confidence.

Over the coming months, look out for regular updates, opportunities to get involved in environmental projects and events, and plenty of positive action from our pupils!

Miss H Samuel, Eco-Coordinator

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Parents' Meetings

With the start of new academic year, we are pleased to see that children have now settled well into their classes and routines - and this is a good time to invite parents to discuss children's progress and answer any questions.

We have arranged parents evening for **Monday 2nd November**, which is an inset day. **Appointments will start at 2.00pm** and must be **booked via your class teacher**. If you have more than one child here at Montem, please leave enough time between appointments in case of any delays.

If you need more than the allocated 10 minutes with your child's teacher, a separate appointment can be arranged with them, as it will be important to keep on schedule - the last appointment is at 7.50pm.

Hopefully this gives you plenty of choice for your appointment.

We prefer if you don't bring your children to the appointment if possible, but if you do have to bring them, please note that the playgrounds will be out of bounds.





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Messaging your Child's Class Teacher

As we move from **ClassDojo to the Juniper App**, we have introduced a new way for parents and carers to communicate directly with their child's class teacher.

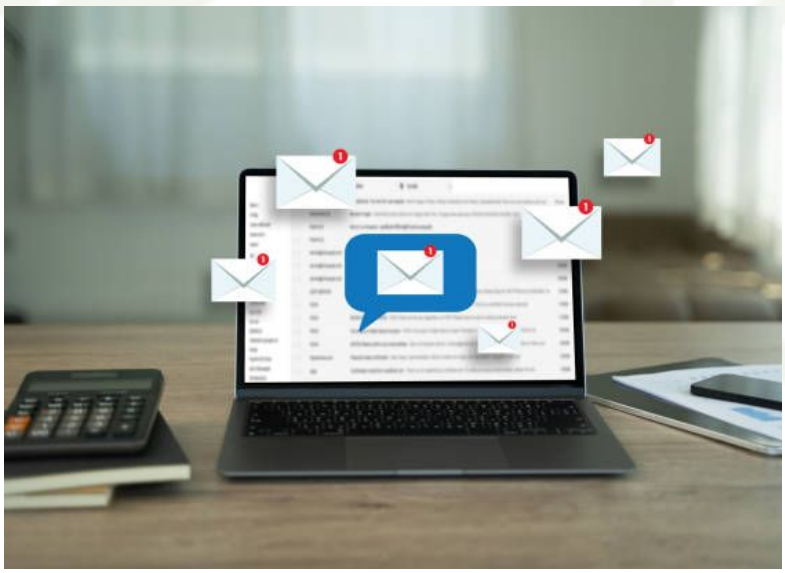
As the Juniper App does not provide a direct messaging facility between parents and class teachers, we have created **class email accounts**, which will be monitored by the class teachers. These can be used for non-urgent questions, information or messages relating to your child.

Teachers will aim to review and respond to messages **within 48 hours during school hours**.

For urgent matters, including **changes to end-of-day collection arrangements, absence or safeguarding concerns**, please contact the school office directly:

📧 **maoffice@theparkfederation.org**
📞 **01753 528050**

Thank you for your patience and understanding as we make the transition from ClassDojo to the Juniper App. We appreciate your support as we become familiar with our new communication systems.



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Class Emails



- **Nursery:** nurseryma@theparkfederation.org
- **Reception Cedar:** rcedarma@theparkfederation.org
- **Reception Sequoia:** rsequoiama@theparkfederation.org
- **Reception Oak:** roakma@theparkfederation.org
- **Reception Redwood:** rredwoodma@theparkfederation.org
- **Year 1 Cedar:** 1cedarma@theparkfederation.org
- **Year 1 Sequoia:** 1sequoiama@theparkfederation.org
- **Year 1 Oak:** 1oakma@theparkfederation.org
- **Year 1 Redwood:** 1redwoodma@theparkfederation.org
- **Year 2 Cedar:** 2cedarma@theparkfederation.org
- **Year 2 Sequoia:** 2sequoiama@theparkfederation.org
- **Year 2 Oak:** 2oakma@theparkfederation.org
- **Year 2 Redwood:** 2redwoodma@theparkfederation.org
- **Year 3 Cedar:** 3cedarma@theparkfederation.org
- **Year 3 Sequoia:** 3sequoiama@theparkfederation.org
- **Year 3 Oak:** 3oakma@theparkfederation.org
- **Year 3 Redwood:** 3redwoodma@theparkfederation.org
- **Year 4 Cedar:** 4cedarma@theparkfederation.org
- **Year 4 Sequoia:** 4sequoiama@theparkfederation.org
- **Year 4 Redwood:** 4redwoodma@theparkfederation.org
- **Year 4 Oak:** 4oakma@theparkfederation.org
- **Year 6B Cedar:** 6bcedarma@theparkfederation.org
- **Year 6B Sequoia:** 6bsequoiama@theparkfederation.org
- **Year 6B Oak:** 6boakma@theparkfederation.org
- **Year 6B Redwood:** 6bredwoodma@theparkfederation.org
- **Year 6 Cedar:** 6cedarma@theparkfederation.org
- **Year 6 Sequoia:** 6sequoiama@theparkfederation.org
- **Year 6 Oak:** 6oakma@theparkfederation.org
- **Year 6 Redwood:** 6redwoodma@theparkfederation.org
- **Miss Steenkamp Art:** artma@theparkfederation.org
- **Mr Milstead/Mr Walters PE:** pema@theparkfederation.org
- **Mrs Southwick Music:** musicma@theparkfederation.org
- **Miss Bishop/Miss Jones Family Support:** familysupportma@theparkfederation.org

Montem Academy

Everyone to Excel through Pride and Ambition

NURSERY & RECEPTION OPEN EVENING



- Tuesday 6th October 2026
  Tuesday 17th November 2026
  Tuesday 1st December 2026
  Tuesday 12th January 2027



- A guided tour of the whole school
  4.00pm-4.30pm
  4.15pm-4.45pm
  4.30pm-5.00pm



- There will be no parking available on site
- Please email maoffice@theparkfederation.org to confirm your attendance.
- Enter through the main gates.



MONTEM ACADEMY
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New Communication App

Juniper Education Parent App is our main platform for sharing information with you. **ClassDojo will no longer be used.**

Please sign up as soon as possible so you do not miss important updates and information about your child. You should have already received an email invitation with instructions on how to register.

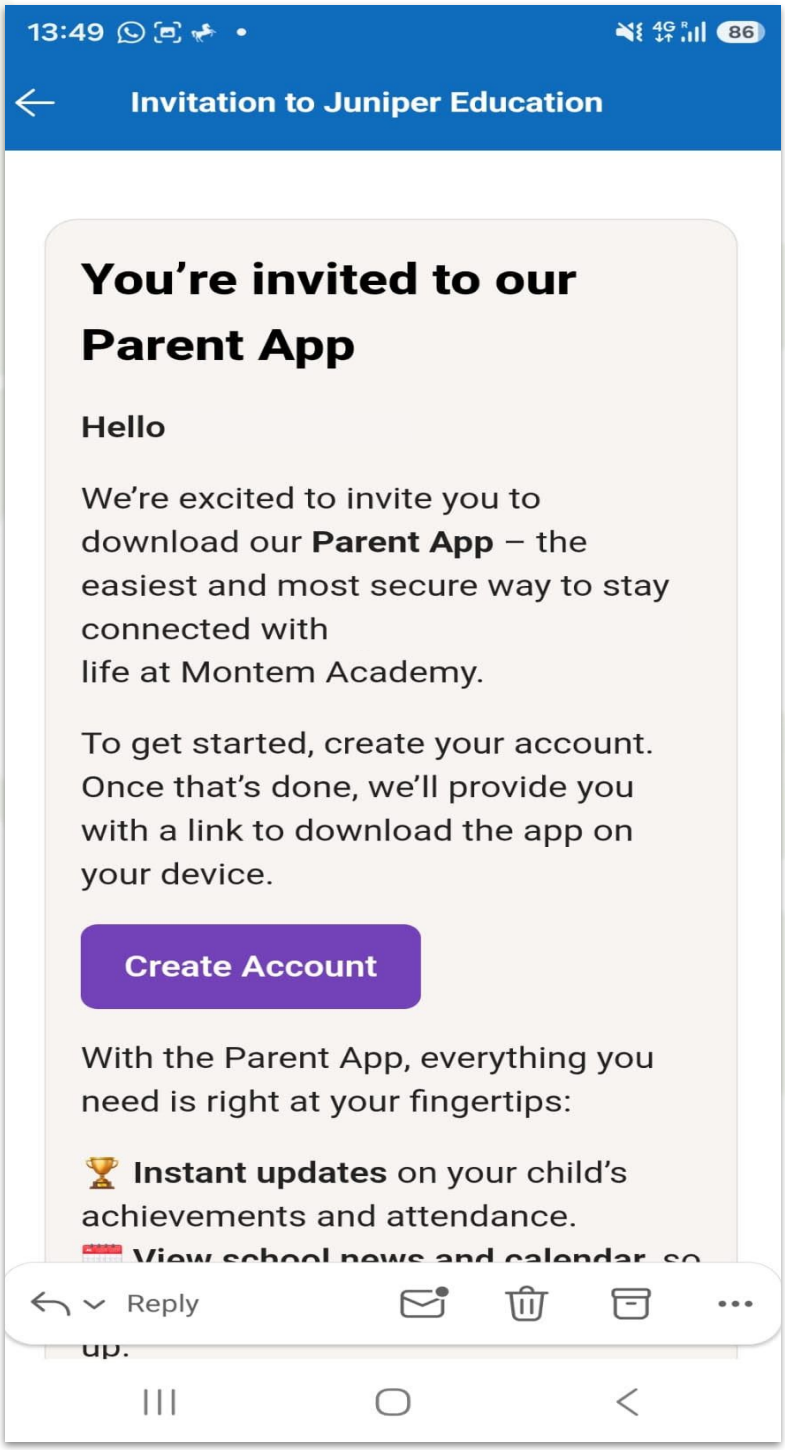
Here is a screenshot of the email to look out for. Please check your **junk or spam folder** if you cannot find it.

If you need support setting up the app, please speak to our **Digital Lead, Mr Clottey**, who will be happy to help.

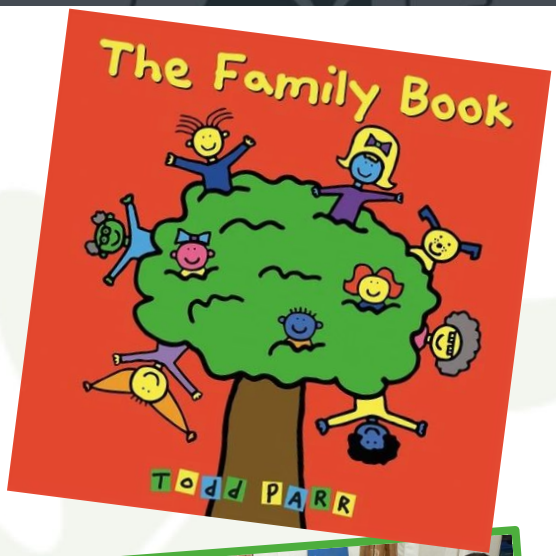
Contacting Your Child's Teacher

You will be able to contact your child's class teacher using a dedicated **class email address**.





Reception: The Family Book



In Reception, we have been learning about our families. We read the story The Family Book by Todd Parr and talked about what makes our families special and unique.

To extend our learning, we used resources from our Role Play area to construct a house for our family. We also worked together to build houses using blocks from the Construction Area. Through these activities, we developed our creativity, imagination and communication skills.



We learnt how to play and work together by sharing resources, taking turns and listening to each other's ideas.

We enjoyed creating our own family homes and talking about the people who are special to us.






Montem Academy
£5 per person
Under 2s free
Fireworks Display
9th November 2026 - doors open at 4.30pm
Fireworks at 5.30pm

NURSERY & RECEPTION OPEN EVENING







- Tuesday 5th October 2026
  Tuesday 16th October 2026
  Tuesday 2nd December 2026
  Tuesday 11th January 2027

- A guided tour of the whole school
  4.00pm-4.30pm
  4.15pm-4.45pm
  4.30pm-5.00pm

- There will be no parking available on site





Montem Academy's

SCHOOL PHOTO DAY

Monday 19th October 2026

Our school photographers will be here at Montem Academy on Monday 19th October. Children will have their individual school photos taken, and you will be able to order copies online.



Please make sure your children are:

- **On time**
- **In correct, clean, smart school uniform**
- **Don't have any appointments during the school day**

MONTEM ACADEMY
The Park Federation Academy Trust
Belong • Achieve • Thrive

Our Parenting Offer

Support & assistance for:



- Baby Bank
- Food Bank
- Financial Applications
- Admissions Applications
- FSM applications
- Targeted Early Help
- SEND support
- MHST Referrals
- SEBDOS Referrals
- Talking Therapies / Hestia Referrals
- Weekly Coffee Mornings

Support Advice Guidance

Please contact the school office

01753 528 050

or email

familysupportma@theparkfederation.org

and ask to speak with

Mrs Devine, Mrs Bishop or Miss Jones

You are not alone

Everyone to Excel through Pride and Ambition

Everyone to Excel through Pride and Ambition

MONTEM ACADEMY
The Park Federation Academy Trust

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This week's topic:

School Anxiety & Attendance

We were delighted to welcome parents to our weekly Coffee Morning, where everyone enjoyed coming together to chat, share experiences and discuss school anxiety & Attendance.

It was a lovely opportunity to explore practical ways we can support children with their worries around school and help them develop positive attitudes towards attendance.

Thank you to everyone who attended and contributed to such an open and supportive discussion!



School Anxiety & Attendance

Practical reminders to take home

Remember: school anxiety can be a sign that your child is finding something difficult. Listening, understanding the pattern and working together with school can help.

TOP TIPS FOR PARENTS

1. Take your child's worries seriously — listen without immediately dismissing them.	2. Try to find the pattern. Is it linked to a particular day, lesson, person, transition or time?
3. Keep mornings predictable. A calm, familiar routine can reduce uncertainty.	4. Prepare the night before where possible — uniform, bag, breakfast and anything your child needs.
5. Use calm and confident language. Avoid long negotiations when your child is already very worried.	6. Break the morning into small steps and praise progress, even when the step feels small.
7. Talk to school early. Sharing concerns can help everyone understand what is making school difficult.	8. Keep home and school messages consistent. Agree on simple language and strategies that everyone can use.
9. Celebrate attendance and effort, not just perfect mornings.	10. If anxiety is persistent or is affecting your child's everyday life, ask for additional support.

OUR CALM MORNING PLAN

The hardest part of the morning:	_____
Something we can prepare the night before:	_____
One small step we can praise:	_____
Who I can speak to at school:	_____

ONE SMALL THING TO TRY THIS WEEK

Choose ONE part of the morning that feels difficult and make it a little more predictable. Small, consistent changes are often more manageable than trying to change everything at once.

Coffee Morning

A chance to chat, learn and share with other parents and carers



This week's topic:

Looking After Yourself as a Parent/Carer

- Everyone is welcome
- Relaxed, non-judgemental atmosphere
- Meet new people
- Take time for you – self care

Date: Wednesday 7th October 2026

Time: 9 - 10am

Location: School Canteen

Come along for a cuppa, conversation and support!

MONTEM ACADEMY
The Park Federation Academy Trust

Montem Newsletter

Local Offer

Here for our families

What's On

Support • Activities • Advice • Community

A stronger tomorrow together

What's on

Best Start Family Hub
Chalvey Grove

Sep-Dec 2026

Monday

HCRG Development Reviews
Appointment only **8.45am-3pm**

Sport in Mind
Mum and Baby (under 12mths) Movement and Gentle exercise
10-11am More information click here:
Sport in Mind - Mum & Baby East Berkshire Timetable - July 2026

Cippenham Baptist Church
Bumps to Babies
Elmshott Lane, SL1 5QS
10.15-11.30am All welcome
Expectant parents to 2 years

Slough Best Start Family Hubs
Let's Get Moving
Walkers to Pre-schoolers
Upton Lea Community Centre, SL2 5JW
1.30-2.15pm Term-time only
Starts Monday 14 September.
No need to book, just turn up.

Slough Best Start Family Hubs
Infant Massage Course
14 Sep, 21 Sep, 28 Sep, 5 Oct, 12 Oct
1-2.30pm Costs apply.
For more information email:
family.hubs@slough.gov.uk

Tuesday

Slough Best Start Family Hubs
Cost of Living Drop-in
22 Sep, 27 Oct, 24 Nov **9-11.30am**

Slough Best Start Family Hubs
Feeding and Weaning Support Drop-in
9-11.30am 6 Oct, 3 Nov, 1 Dec

Slough Best Start Family Hubs
Parenting Puzzle
9.15-11.15am 3, 10, 17 and 24 Nov, 1 Dec
To book please email family.hubs@slough.gov.uk

Slough Best Start Family Hubs
Play and Learn Crawlers to Walkers
Booking required see below **9.30-11am**

Slough SEND Information, Advice and Support Service - Chat to SENDIASS
8 Sep, 13 Oct, 10 Nov, 8 Dec **9.30am-3pm**
To book an appointment email: sendiass@slough.gov.uk

Slough Best Start Family Hubs
Volunteer Information Session
Drop-in **10-11.30am** 15 Sep, 17 Nov

Frimley Health Antenatal and Postnatal Pelvic Health
Appointment only **11.30am-2.30pm**

HCRG 0-19 Health Drop-in at Cippenham Nursery
St Andrew's Way, SL1 5NL **1.30-3.30pm**
4th Tuesday of the month. No appointment needed

Slough Library Service
Storytime at Cippenham Library
Elmshott Lane, SL1 5RB **2-2.30pm**
No booking required

Frimley Health Antenatal Classes
Part 1: 3rd Tuesday of the month **2-4pm**
Contact your midwife for more info

Slough Best Start Family Hubs and HCRG Postnatal Session
Part 2: Baby and You **2-4pm**
4th Tuesday of the month. To book email:
hcrg.sloughchildandfamilywellbeing@nhs.net

Wednesday

NHS Getting Help Team
Invitation only **9am-5pm**

Trinity Tots
106 Windsor Road, SL1 2JA
Baby and Toddler Group - £2 per family
10.15-11.45am Term-time only

Slough Library Service
Storytime at The Curve
William Street, SL1 1XY **10.30-11am**
Followed by Duplo time **11-11.30am**
No booking required

Slough CLASS Adult learning
Various locations and times.
Please see our Facebook page or visit
www.slough.gov.uk/adult-learning

Best Start Family Hub
Chalvey Grove
Chalvey Grove, SL1 2TE
(Chalvey)
Tel: 01753 574387
family.hubs@slough.gov.uk

Early Years Provision 8am to 6pm all year. Contact the hub for more information.

Thursday

HCRG Development Reviews
Appointment only **8.45am-3pm**

Slough Best Start Family Hubs
Play and Learn Terrific Two's
9.30-11am Invitation only
5 Nov, 12 Nov, 19 Nov, 26 Nov

Slough Best Start Family Hubs
2-year-old Funding Information Session
Invite only **9.30-11am** 3 Dec

NHS Breastfeeding support
Appointment only **9.30am-1.30pm**

Slough Library Service
Storytime at Cippenham Library
11-11.30am Elmshott Lane, SL1 5RB
No booking required

Homestart
29 Church Street, SL1 1PL
Baby and Me **11am-12.30pm**
To book call 01753 572958

Frimley Health
Perinatal Mental Health Support
Invitation only **1-2.30pm**

Friday

NHS Getting Help Team
Invitation only **9am-1pm**

Slough Best Start Family Hubs
Play and Learn Crawlers to Preschoolers
Booking required see below **9.30-11am**
No session 6 Nov

HCRG 0 to 19 Health Drop-in
9.30-11.30am 3rd Friday of the month

Slough Best Start Family Hubs
First Aid for Parents
(of non mobile babies) **1-3pm** 6 Nov
To book email family.hubs@slough.gov.uk

Slough Best Start Family Hubs
Play and Learn Bumps to Crawlers
1.30-2.30pm Booking required see below

HCRG HENRY workshops
3rd Friday of the month
For more information email
Hcrg.sloughchildandfamilywellbeing@nhs.net

For further information about Family Hub services click here

www.slough.gov.uk
Slough Borough Council

Best Start Family Hubs Slough

Everyone to Excel Through Pride and Ambition



HENRY Autumn Timetable

Slough Child and Family Wellbeing

Health, Exercise, Nutrition for the Really Young

Venue	Date	Workshop	Description
Best Start Family Hub Chalvey Grove, SL1 2TE	18/09/2026 12.00-14.00	Introducing Solids (4-8 months)	Make mealtimes a joy! Introducing solid food alongside milk from 6 months.
Best Start Family Hub Penn Road, SL2 1PG	01/10/2026 11.00 – 13.00	Eating Well for Less (0-12 years)	Healthy Eating doesn't have to be expensive! Tips for simple and healthy low-cost meals.
Best Start Family Hub Romsey Close, SL3 8PE	14/10/2026 11.00-13.00	Let's Get Active (0-5 years)	Discover the benefits of activity for your child! Fun ways to get the whole family up and moving.
Best Start Family Hub Chalvey Grove, SL1 2TE	16/10/2026 12.00-14.00	Eating Well for Less (0-12 years)	Healthy Eating doesn't have to be expensive! Tips for simple and healthy low-cost meals.
Best Start Family Hub Romsey Close, SL3 8PE	11/11/2026 11.00-13.00	Eating Well for Less (0-12 years)	Healthy Eating doesn't have to be expensive! Tips for simple and healthy low-cost meals.
Best Start Family Hub Chalvey Grove, SL1 2TE	20/11/2026 12.00-14.00	Let's Get Active (0-5 years)	Discover the benefits of activity for your child! Fun ways to get the whole family up and moving.
Best Start Family Hub Penn Road, SL2 1PG	03/12/2026 11.00-13.00	Let's Get Active (0-5 years)	Discover the benefits of activity for your child! Fun ways to get the whole family up and moving.
Best Start Family Hub Romsey Close, SL3 8PE	09/12/2026 11.00-13.00	Introducing Solids (4 - 8 months)	Make mealtimes a joy! Introducing solid food alongside milk from 6 months.

Slough Child and Family Wellbeing Home - Slough Child and Family- Child Health Services
Refer a family here: HENRY workshop registration – Fill in form
Slough Best Start family Hubs Slough Information and Services Guide | Slough Best Start Family Hubs
HENRY About us | HENRY

Slough's Best Start Family Hubs

Infant feeding and weaning drop-in sessions



Drop-in to see the Family Hub Team for support and advice about breastfeeding, weaning, and providing a healthy diet for your family.

No need to book!

- **Best Start Family Hub Chalvey Grove**
  Montem Academy Primary School Grounds, Chalvey Grove, Slough SL1 2TE
  9.30-11.30am, Tues 6 Oct, 3 Nov, 1 Dec.
- **Best Start Family Hub Penn Road**
  Penn Road, Slough SL2 1PG
  9.30-11.30am, Wed 23 Sep, 21 Oct, 18 Nov, 16 Dec.
- **Best Start Family Hub Romsey Close**
  Marish Primary School, Romsey Close, Langley, Slough SL3 8PE
  9.30-11.30am, Mon 14 Sep, 12 Oct, 9 Nov, 14 Dec.

BEST START IN LIFE

www.slough.gov.uk Slough Borough Council

Slough's Best Start Family Hubs

Cost of living support drop-in sessions



No need to book!

Drop-in to see the Family Hub Outreach Team for free, independent advice and guidance, to ensure your family are accessing all the financial support you are entitled to, and how to make the best use of other services available.

- **Best Start Family Hub Chalvey Grove**
  Montem Academy Primary School Grounds, Chalvey Grove, Slough SL1 2TE
  9-11.30am, Tues 22 Sept, 27 Oct, 24 Nov.
- **Best Start Family Hub Penn Road**
  Penn Road, Slough SL2 1PG
  2-4pm, Thurs 24 Sep, 22 Oct, 26 Nov.
- **Best Start Family Hub Romsey Close**
  Marish Primary School, Romsey Close, Langley, Slough SL3 8PE
  1-3pm, Fri 11 Sep, 9 Oct, 13 Nov.

BEST START IN LIFE

www.slough.gov.uk
Slough Borough Council


Happy Healthy Brighter Futures
360 Vision
FITNESS NUTRITION WELLNESS
Play
Learn
Make Friends
Build Confidence
Have Fun!
WRAPAROUND CARE
AFTER SCHOOL CARE
A SAFE, NURTURING SPACE FOR YOUR CHILD TO LEARN, PLAY AND THRIVE!
FUN ACTIVITIES
SUPPORTIVE STAFF
MAKE FRIENDS
BRIGHTER FUTURES
STARTING FROM MONDAY 2ND NOVEMBER
Reception
Year 1
Year 2
Year 3
Year 4
Year 5
Year 6
DON'T PANIC IF YOU SEE "SOLD OUT"!
If you see "Sold Out", please continue to join the waiting list for the days you require.
All waiting-list registrations will be transferred over at the beginning of October.
You will then be contacted directly by our founder, Jemma Davies, who will confirm the payment route and bookings to begin from Monday 2nd November.
HELP WITH THE COST?
You may be eligible for support with childcare costs.
Childcare Choices
www.childcarechoices.gov.uk
PLAY
LEARN
GROW
Stronger Children Brighter Tomorrows
If you have any questions or would like further information, please do not hesitate to contact Mrs Bishop via the main school office, 01753 528 050, she will be more than happy to help!
We can't wait to welcome you!

PARENT ONLINE SAFETY

What are the ABC of ONLINE SAFETY: Scan for more information

Activate



Activate parental controls

Use the controls and tools available from broadband providers, online platforms and apps to install safe search settings, block inappropriate content and prevent contact from strangers.

FIND A STEP-BY-STEP GUIDE

Balance



Balance screen time

Agree a good balance for your children's screen time, taking education and leisure content into account. Encourage active screen time over passive and consider setting limits for the total hours spent online each day.

LEARN ABOUT BALANCE

Check

Check and chat

Check which apps your children use and the relevant age limits for each platform. And talk regularly about online safety and what they might come across so you can work together to manage any risks and keep online experiences positive.

GET ADVICE BY AGE

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Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?

Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES

- Make time for the people and things that make you happy.
- Monitor your screen time and stick to your limits.
- On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- If you have a problem online, don't be afraid reach out to specialist people or organisations that could help.
- Follow people on socials who have the same values and morals as you.
- You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- Think about how it makes you feel when someone sends you a positive or funny message online.
- What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert



Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Ingage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.

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