



Herrick Primary School



Newsletter – Summer 2 – July 2026

Headteacher's Message

Welcome to our school newsletter for this half-term!

As we reach the end of the academic year, I would like to take a moment to reflect on what has been a wonderful first year for me as Headteacher of Herrick Primary School.

Stepping into this role has been an absolute privilege. I am incredibly proud of everything our school community has achieved together over the past twelve months. It has been a very positive year filled with academic growth, creative achievements and countless moments of enjoyment.

I would like to extend my gratitude to our dedicated staff for their hard work, to our brilliant pupils for their enthusiasm and to you, our families, for your warmth and support.

I wish you all a safe, happy and relaxing summer break, and I look forward to welcoming everyone back for another fantastic year ahead!

Miss S. Odedra (Headteacher)

Message from the Chair of Governors

As we reach the end of another school year, it is a great opportunity to thank everybody involved in the Herrick Community. I want to thank Miss Odedra who in her first year of headship at Herrick has led the school through a sometimes-challenging year with a clear focus on ensuring that whatever issues the school may face, the children and their education remain the absolute primary focus. The school newsletter highlights some of the creative projects, sporting triumphs and acts of kindness our pupils have shown throughout the year.

The success of the school is a clear indication of the commitment shown by staff daily. I want to thank staff for the continued dedication they show and their willingness to go the extra mile. I have also been privileged to spend more time with children outside of school this year, such as with Year 4 in London and with Year 6 at the Outdoor Pursuits Centre. The children are always a credit to the school, behaving sensibly and respectfully to adults and the public.

I want to thank our children for everything they contribute, particularly our Year 6 leavers, who are about to start an exciting new chapter. Change can be scary, but take with you the confidence you've built, the friendships you've made and the lessons you've learnt on your Herrick journey, and you will achieve great things.

I particularly want to thank you, our parents and carers, for the encouragement, trust, and partnership you've shown throughout the year. Your involvement is a vital part of our school's success. On behalf of the Governing Body, I wish you all a very pleasant summer and look forward to welcoming everyone back in August, ready to embrace new challenges and opportunities together.

Stephen Martin - Chair of Governors

School News

Goodbye and Good Luck!

It has come to that time of the year again when our year 6 children get ready to leave us and move onto their secondary schools. The children in year 6 have been a pleasure to teach, and we are incredibly proud of the hard work and resilience that they have demonstrated during their time with us.

We will miss them all, but we know that they will continue to grow as learners and go on to achieve wonderful things.

We wish them all the best for the future.

Goodbye and Good Luck Year 6 – Class of 2026!



Goodbye and Thank You to Miss Purewal!

As the school year comes to a close, we say a fond farewell to Miss Purewal, who is leaving Herrick Primary School after a wonderful year teaching Year 2 Class Byron.

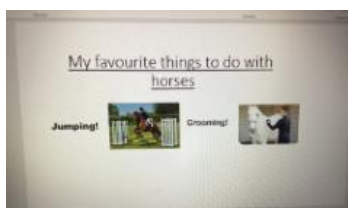
Although Miss Purewal has been with us for a short time, her dedication, energy and warmth has made a lasting impact on the children who she has taught.

We thank Miss Purewal for all her hard work and wish her the very best of luck in her future endeavours.



Oracy Showcase

The children worked very well to participate in our Herrick Oracy Showcase morning. Our Reception, Year 1 and Year 2 children participated in The Big Quiz. The children answered questions about their learning at Herrick throughout the academic year. Children in Year 5 worked to create Passion Projects which focused on a topic or area of their choice. The children presented their projects to a variety of year groups across the school. Children in Year 3/4 and Year 6 focused on performance poetry, and these year groups presented the poems to their peers. The children worked to bring these poems to life through choreography and role play.



School News

Debate Tournament

Well done to members of the Herrick Debate Club who worked incredibly well to represent Herrick at a debate tournament at Cross Corners Community Centre. The children competed against five other schools and provided their thoughts and opinions about the following topics:

- This house would implement a four-day school week.
- This house would ban contact sports for children under 16.
- This house would allow 16-year-olds to vote.
- This house would ban the use of Artificial Intelligence in education.

The children were able to articulate their thoughts with confidence, respond to counter arguments and consider both sides of each debate. Well done!



Family Learning Hub Event – New Reception Children

We were delighted to host our recent 'School Readiness' workshop with the Family Learning Hub. It was a wonderful opportunity for our new early years families to connect, share experiences and pick up some fantastic tips to help their little ones settle into school life.

Thank you to everyone who came along and made the session so productive and engaging.

The Family Learning Hub offers a variety of ongoing support for all parents looking to build new skills, free of charge. This includes helpful English language courses for parents held close by at Rushey Mead library. If you are interested in these or any other learning opportunities, please take a look at the attached leaflet for more information.

Following the workshop, several parents expressed an interest in attending a first aid training session hosted by the Family Hub. If this is something you would be interested in participating in, please keep an eye out for further information in the Autumn term.

Families learning together

**SKILLS
FOR LIFE**



Changes to the School Uniform

As we prepare for the new academic year, this is just another reminder regarding our revised school uniform that will come into effect from the start of the 2026/27 academic year.

To ensure a consistent look across the school, all pupils are expected to wear the new uniform from the start of the 2026/27 academic year.

Please read the attached letter that has been sent out with previous newsletters for specific information relating to these changes.



Thank you for your continued support!



Term Dates 2026/27



Leicester City Council
Herrick Primary School – Term Dates 2026/2027



	August 2026						September 2026						October 2026					
M		3	10	17	24	31		7	14	21	28			5	12	19	26	
T		4	11	18	25		1	8	15	22	29		6	13	20	27		
W		5	12	19	26		2	9	16	23	30		7	14	21	28		
T		6	13	20	27		3	10	17	24		1	8	15	22	29		
F		7	14	21	28		4	11	18	25		2	9	16	23	30		
S	1	8	15	22	29		5	12	19	26		3	10	17	24	31		
S	2	9	16	23	30		6	13	20	27		4	11	18	25			

Autumn Term 1st half

	November 2026						December 2026						January 2027					
M		2	9	16	23	30		7	14	21	28		4	11	18	26		
T		3	10	17	24		1	8	15	22	29		5	12	19	26		
W		4	11	18	25		2	9	16	23	30		6	13	20	27		
T		5	12	19	26		3	10	17	24	31		7	14	21	28		
F		6	13	20	27		4	11	18	25		1	8	15	22	29		
S		7	14	21	28		5	12	19	26		2	9	16	23	30		
S	1	8	15	22	29		6	13	20	27		3	10	17	24	31		

Autumn Term 2nd half

Spring Term 1st half

	February 2027					March 2027					April 2027				
M	1	8	15	22		1	8	15	22	29		5	12	19	26
T	2	9	16	23		2	9	16	23	30		6	13	20	27
W	3	10	17	24		3	10	17	24	31		7	14	21	28
T	4	11	18	25		4	11	18	25		1	8	15	22	29
F	5	12	19	26		5	12	19	26		2	9	16	23	30
S	6	13	20	27		6	13	20	27		3	10	17	24	
S	7	14	21	28		7	14	21	28		4	11	18	25	

Spring Term 2nd half

	May 2027						June 2027						July 2027					
M		3	10	17	24	31		7	14	21	28			5	12	19	26	
T		4	11	18	25		1	8	15	22	29			6	13	20	27	
W		5	12	19	26		2	9	16	23	30			7	14	21	28	
T		6	13	20	27		3	10	17	24			1	8	15	22	29	
F		7	14	21	28		4	11	18	25			2	9	16	13	30	
S	1	8	15	22	29		5	12	19	26			3	10	17	24	31	
S	2	9	16	23	30		6	13	20	27			4	11	18	25		

Summer Term 1st half

Summer Term 2nd half

Assembly Dates (2026/27)

Autumn 1:

- Friday 18th September 2026 – Year 3: Class Morpurgo – Class assembly
- Friday 9th October 2026 – Year 2: Class Donaldson - Harvest assembly
- Friday 16th October 2026 – Year 5: Class Rauf – Class assembly

Autumn 2:

- Friday 6th November 2026 – Year 6: Classes Almond & Blackman – Diwali assembly
- Friday 27th November 2026 – Year 5: Class Zephaniah – Class assembly
- Friday 11th December 2026 – Reception: Class Rosen – Nativity assembly
- Friday 18th December 2025 – Year 4: Class Rowling – Hannukah assembly

Spring 1:

- Friday 22nd January 2027 – Year 3: Class Bryon – Class assembly
- Friday 5th February 2027 – Year 1: Class Murphy – Class assembly

Spring 2:

- Friday 5th March 2027 – Year 2: Class Donaldson – Class assembly
- Friday 19th March 2027 – Year 5: Classes Rauf & Zephaniah – Easter assembly

Summer 1:

- Friday 16th April 2027 – Year 1: Class Murphy – Vaisakhi assembly
- Friday 30th April 2027 – Year 4: Class Rowling – Class assembly
- Friday 14th May 2027 – Year 3: Classes Bryon & Morpurgo – Eid assembly

Summer 2:

- Friday 18th June 2027 – Reception: Class Rosen – Class assembly
- Friday 2nd July 2027 – Year 6: Classes Almond & Blackman – Leavers' assembly



Attendance

Being around teachers and friends in a school environment is the best way for children to learn and reach their potential. Time in school also keeps children safe and provides access to extra-curricular opportunities and pastoral care.

Parents and carers have a legal responsibility to ensure that their child attends school regularly and on time. Absence during school time has a negative impact upon a child's education.

Children are expected to attend school every day unless they are unwell. If your child will not be attending school, please inform the school office no later than 9.30am.

There is no entitlement to leave from school during term time and leave will not be authorised.

Unauthorised absence from school is likely to result in a Penalty Notice being issued

All absence and lateness will be monitored and may be referred to the Education Welfare Service if it occurs regularly.

Good	Worrying	Serious Concern
Attendance is 95% and over	Attendance is below 95%, but above 90%	Attendance is below 90%

Class Attendance for the Second Half of the Summer Term

<u>Class</u>	<u>Attendance</u>
Reception – Rosen – Miss Lewis	93.28%
Year 1 – Murphy – Mrs Jamal	93.93%
Year 2 – Bryon – Mrs Purewal	97.13%
Year 2 – Donaldson – Miss Shah	95.48%
Year 3/4 – Dahl – Mrs Shukla	94.97%
Year 3/4 – Rowling – Miss Kaur	95.83%
Year 3/4 – Morpurgo – Mrs Chelley	95.11%
Year 5 – Rauf – Miss Saddington	94.46%
Year 5 – Zephaniah – Mrs Nai	92.62%
Year 6 – Almond – Mr Maile	93.84%
Year 6 – Blackman – Mrs Patel	92.17%

Reception - Rosen

Using our Imaginations!

Children's imaginations have been captured through the use of lengthier stories in Talk for Writing. During our learning of the Pirates Love Underpants book (by Claire Freedman), children enjoyed designing their own treasure maps and adapting the story as a class. Children also loved dressing up as pirates and creating pirate ships in the outdoor area.

There were also some amazing adaptations made to The Gruffalo (by Julia Donaldson) story when children designed and used adjectives to describe their own versions of the Gruffalo. Our final book, On the Way Home by Jill Murphy, encouraged children to make up their own short stories in the same style as the book.



Positional Language and Using Maps

As part of our learning in maths, we have focused upon securing positional language and using maps. Children are becoming increasingly familiar with left and right, and understanding and using positional language to describe the location of things.

Children used a map of the playground hoping to find lots of treasure to fill their treasure chests! This was not only a challenge to develop simple map reading skills, but also to work as a team to collect the most treasure.

Library Visit, Sports Day and Class Assembly

Additionally, Class Rosen enjoyed a trip to the library, took part in Sports Day and showcased their class assembly.

Well done for such a productive final term in reception Class Rosen!

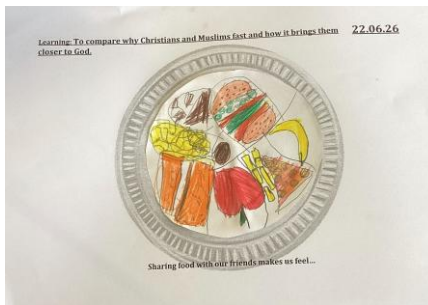
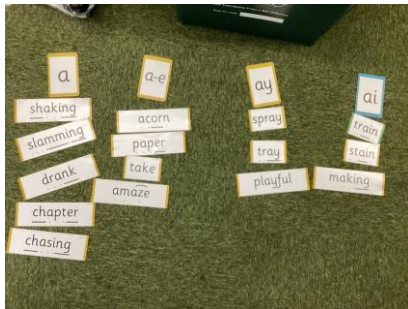


Year 1 –Murphy

English - Phonics

The children have been learning to master all of the different ways to spell the long 'a' sound. We have looked at the ai and ay digraphs, the a-e split digraph, and the single letter a. We even challenged ourselves with some really tricky multi-letter sounds, including the eigh spelling in eight and the aigh quadgraph in straight.

The children have been brilliant at spotting these sounds during our reading time. Have a look out for them when reading your books together at home this week!



Religious Education – Lent & Ramadan

We have been learning that fasting means choosing to go without food or drink for a little while during special times like Lent and Ramadan. The children found out that doing this helps believers to appreciate food, focus on prayer and feel closer to God. To help us understand the big question, the children drew a wonderful plate of their favourite foods. Drawing our favourite treats helped us think about what people give up during these times, and it reminded us to be extra grateful for the food we have.

Computing – Programming Animations

The children in year 1 have been learning about programming animations in computing. The children have been using the program Scratch Junior. Children have learnt how to design and program the movements of a character to tell stories.

Geography

This term in geography lessons, Class Murphy have been learning all about coastlines. We found out that a coast is simply the place where the land meets the sea. The children enjoyed looking at maps and had great fun using a map of the UK to find and label different places.

We also looked at how Leicester and thought about how it is different from the seaside town of Skegness.



Year 2 – Bryon & Donaldson

PE - Athletics

This term in PE lessons, children have been developing their athletic skills by practicing sprinting, javelin and various jumping events. This focused training has been excellent preparation for sports day. Additionally, the children have caught the World Cup spirit by practicing their football skills and making fantastic use of our brand-new goalposts.

Maths - Measurement

In year 2, the children have been developing their practical measurement skills. They have learnt how to measure temperature as well as capacity and mass using millilitres, litres, grams and kilograms. Following this, the children explored position and direction, as well as mastering full, half and quarter turns. Most recently, the class has been introduced to statistics by learning how to interpret and read various forms of data.



School Visit to Twycross Zoo

To enhance the children's learning in science about animal life, children visited Twycross Zoo. They thoroughly enjoyed discovering and interacting with a diverse range of species, including butterflies, primates, capybaras and various birds. A particular highlight of the trip was exploring the 'Gruffalo Discovery Land' where the children were delighted to meet the Gruffalo in person!



Year 3/4 – Dahl, Rowling & Morpurgo

Science – Animals and the Environment

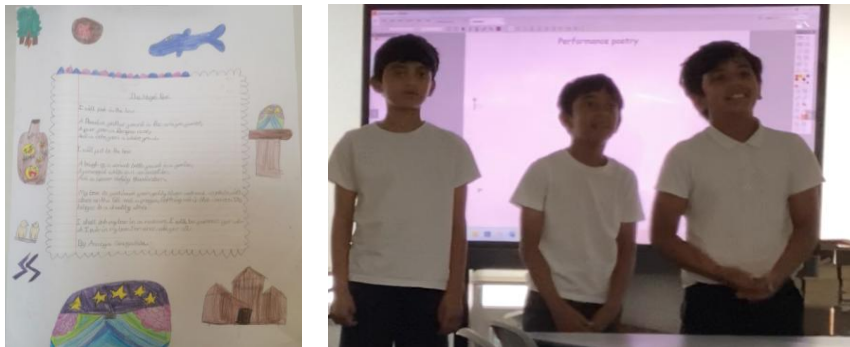
This term, to mark the 100th birthday of Sir David Attenborough, we have learnt about animals and their habitats.



English – Poetry – Writing and Oracy

In English lessons, we have written our own poems about the Magic Box in the style of Kit Wright.

The children in year 3 and 4 have also performed a variety of poems focusing upon their body language, projection of their voice and expression. The children also provided constructive feedback and praise to one another.



Year 3 - School Visit to the Sealife Centre

The year 3 children had a great time at the Sealife Centre. They saw different species of fish and learnt a lot about the variety of sea creatures. The children were able to attend workshops which taught them how plastic pollution effects sea creatures, and how we can reduce and prevent plastic from harming our environment.



Year 3/4 – Dahl, Rowling & Morpurgo

Year 4 Visit to London

The year 4 children from Class Dahl, Class Rowling and Class Morpurgo enjoyed an exciting educational visit to London as part of their writing curriculum.

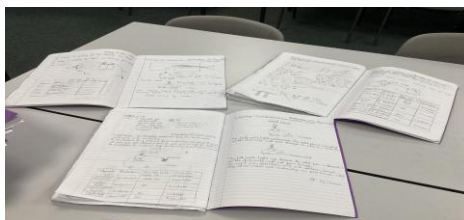
During the trip, they explored the Natural History Museum, where they visited the dinosaur, mammal, fish and amphibian exhibits, gaining a wealth of knowledge to support their learning. They also visited the Science Museum, exploring the space and flight galleries to learn about the planets, aviation and important inventions.

As the children travelled through London, they spotted famous landmarks including Big Ben, Buckingham Palace and the Houses of Parliament before enjoying time at the London Eye and relaxing in a nearby park. The visit was a memorable and enriching experience that brought learning to life. The children were a credit to the school, demonstrating excellent behaviour and enthusiasm throughout the day. Staff and children alike thoroughly enjoyed this fantastic visit!



Science – Electricity

The children have been learning about electricity and the importance of staying safe when using electrical equipment. As part of their learning, they designed and made their own switches using a range of materials, including split pins, paper clips and foil. The children then tested their switches in a simple circuit to find out whether they worked successfully. They also investigated conductors and insulators, developing their understanding of how electrical circuits work and which materials allow electricity to flow. Through these practical investigations, the children demonstrated excellent curiosity, problem-solving skills and scientific thinking.



Year 5 – Rauf & Zephaniah

History – Evolving Fashion

The children have been making and designing their own hats linked to our history learning about how fashion and style evolved after the second world war. The pupils used mod rock, papier mache and paint.

Oracy – Passion Projects

As part of our oracy showcase day, the children created a project about their passions and presented this to pupils in different year groups. The children were able to enhance their PowerPoint presentation skills whilst preparing for this.



Author Visit – Dev Kothari

We were visited by an author named Dev Kothari who shared her inspirations for writing and explained why she chose to be an author. The children were also given the opportunity to participate in a mystery story writing workshop where Dev shared some tips to help the children with writing.



Sports Day

Sports day was a great success with pupils working in mixed groups. The children showed great sportsmanship and team effort. It was great to see the children all working collaboratively across different year groups!



Year 6 – Almond & Blackman

Year 6 – Author Visit

The author Dev Kothari who wrote *Bringing Back Kay-Kay* came to school to talk to the Year 5 and 6 children about her background, experiences, inspirations and how she became an author.

The children enjoyed interacting with an author in person and finding out all about her and how to become an author. She is a positive role model who has experienced a lot of things through education and travelling across many continents. Many children managed to get her autograph too which they were very excited about!



Greek Statues

The children made Greek statues in a seated position in art lessons. They first made an armature out of wire and then sculpted the clay onto the armature frame to create clay statues in various seated positions. This fitted in well with their history topic about Ancient Greece.



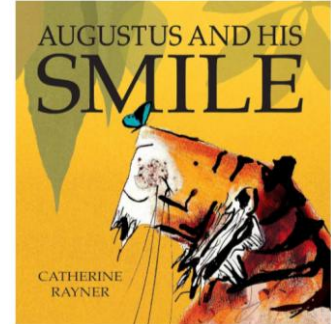
Recommended Reads - Staff

Reception and Year 1/2

Mrs. Purewal recommends: Augustus and His Smile by Catherine Rayner

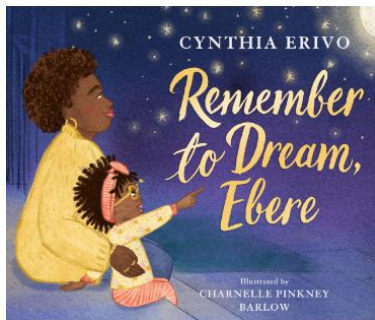
Augustus is a tiger who has lost his smile. One day, he decides it's time to set off and find it. He looks everywhere! Even after searching high and low, he can't find his smile.

I recommend this story as it explores feelings and emotions as well as showing ways to be happy in the world around us!



Reception and Year 1/2

Mrs. Purewal recommends: Remember to dream Ebere, by Cynthia Erivo



When Ebere goes to bed at night, Mummy always encourages her to remember to dream. Every night Ebere dreams bigger and bigger and Mum simply says, *'tonight, when you go to sleep, don't forget to dream Ebere.'*

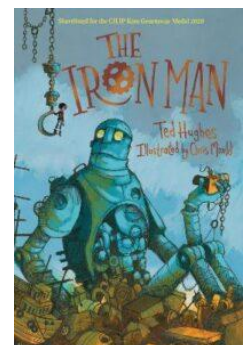
This is an inspirational story that encourages children to dream by developing their imaginations as much as possible. I recommend this story because it will encourage all children to be confident enough to dream big!

Year 3/4

Mr Maile recommends: The Iron Man by Ted Hughes

The Iron Man by Ted Hughes is a story that is full of mystery and intrigue. Mr Maile always enjoyed the descriptions of the Iron Man eating spare pieces of metal for food and imagining what the Iron Man's home must have looked like.

This book also has a great message about understanding others and accepting them for who they are rather than fearing them. Mr Maile would recommend this book to anyone who enjoys atmospheric stories and stories with otherworldly creatures.



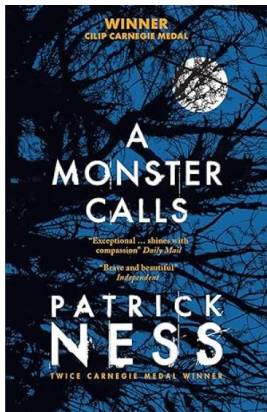
Recommended Reads – Staff

Year 3/4

Miss Kaur recommends: *The Worst Witch* by Jill Murphy

Mildred Hubble begins her first year at Miss Cackle's Academy for Witches. She must learn to follow all the new rules, do well in her lessons and get better at flying. Mildred always seems to be the odd one out and things tend to go wrong!

Although this book is set in a make-believe world, Miss Kaur thinks that Mildred Hubble has the same worries as children in a primary school. Mildred is a never give upper and even when things do not go well and bullies make trouble for her, she is always resilient-like children at Herrick!



Miss Lewis recommends: *A Monster Calls* by Patrick Ness

I am a big fan of many books by Patrick Ness. *A Monster Calls* is a powerful and emotional story about grief, courage and healing. The book follows a young boy named Conor who is struggling to cope with his mother's illness.

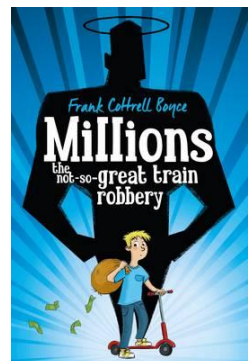
One night Conor is visited by monster, who does not wish to scare him, but to tell him stories and help him face the reality of his situation. The beautifully written book handles some very difficult topics with compassion.

Year 5/6

Miss Odedra recommends: *Millions* by Frank Cottrell Boyce

When Damian and Anthony find a bag stuffed full of money, their imaginations run wild as they start to think of all the things that they can buy, but there's a problem. They only have a few days to spend the money before it becomes worthless!

Miss Odedra thinks that *Millions* is an engaging and thought-provoking book that will not only make you laugh, but also make you really think about the importance of friendship. Once you start reading *Millions*, you won't want to put it down. Expect lots of excitement and twists!

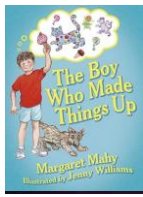


Recommended Reads - Children

Fit and Well

I love this book because it teaches you how to be healthy! I have learnt that you must brush your teeth, wear sun cream and a sun hat and you need to wash your face.

Taskeen – Reception: Rosen



The Boy Who Made Things Up by Margaret Mahy

I love this book because I read it with my parents before bed. In this story, a boy called Michael tells his dad funny stories. Michael likes to play pretend. This book is funny because the little boy is good at telling stories.

Riya – Year 1: Murphy

Letters To a Monster by Patricia Forde

This book is about a girl named Sophie who hears a monster breathing whilst she is sleeping. Sophie decides to start writing letters to the monster. I really like this book because you can read about different adventures.

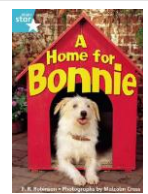
Iyla – Year 2: Donaldson



A Home for Bonnie by F. R. Robinson

Bonnie the dog cannot find anyone to care for him. A little girl helps Bonnie by giving the dog water, food and a nice walk. In this book, you learn about how to care for a dog and what you need to do to look after your pet. This is a non-fiction book, so it gives us information.

Aahil – Year 2: Bryon



The Land of Magic Medicines: A Faraway Tree Adventure by Enid Blyton

In this book, there is a group who travel up high into the sky and they discover a new world. The children need to work together to find some medicine to help their mother. This book is great for people who like adventure as you never know what is going to happen next!

Kian – Year 3/4: Rowling

Pet Tales by Kathy Henderson

This book has mini stories about animals. The one I like the best is about Tess the dog. Tess is a cheeky dog who runs all around the town and barks at everything she sees. Her owner Sam has to follow her everywhere.

Lila – Year 3/4: Dahl

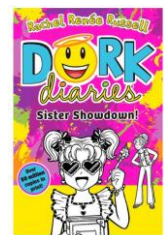


Recommended Reads - Children

Dork Diaries – Sister Showdown by Rachel Renee Russell

This is a book about two sisters named Nikki and Brianna. This book is written as a diary. In the diary, you can read all about Nikki's life, her friends and how she argues with her little sister! I like this book because it is written like a diary, and it is funny and the characters are all really interesting.

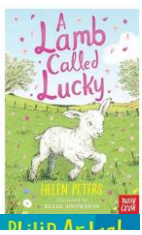
Ananya – Year 3/4: Morpurgo



A Lamb Called Lucky - Helen Peters

In this book there are two orphaned baby birds to care of and they need a lot of attention! The main character Jasmine is trying her best to care for the animals, including a Lamb named Lucky. In this book, there is a lot of information about how to care for animals.

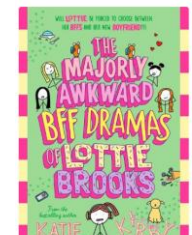
Darshni – Year 5: Rauf



The Majorly Awkward BFF Dramas of Lottie Brooks by Katie Kirby

My favourite book that I am reading at the moment is Lottie Brooks because I really like the characters Lottie, David and Poppy. In this book, Lottie tries to make resolutions to improve her life such as waking up early. I think that Lottie will achieve her resolutions!

Prisha – Year 5: Zephaniah



The Christmasaurus and the Winter Witch by Tom Fletcher

This book is about a boy called William who discovers the last dinosaur. However, the dinosaur is covered in icicles. The dinosaur has the ability to fly like a reindeer! William needs to work together with his new friends to try and save Christmas.

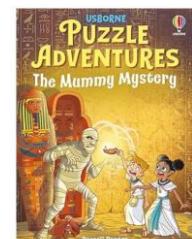
Khush – Year 6: Almond



The Mummy Mystery - Puzzle Adventures

Mummy Mystery is a comic book with puzzles inside! In the book, two children travel back to the past and they are trying to discover what happened to the pyramids. The children are trying to stop a thief from stealing gold from the pharaoh's tomb.

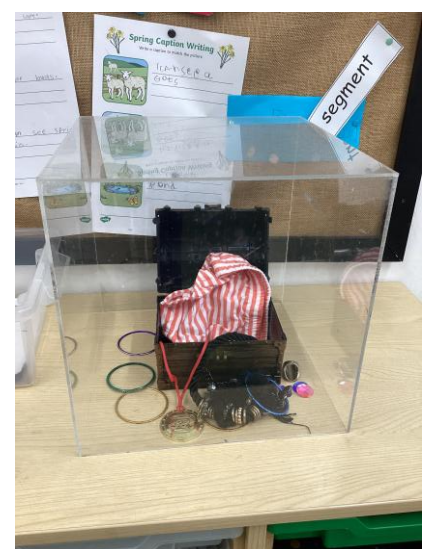
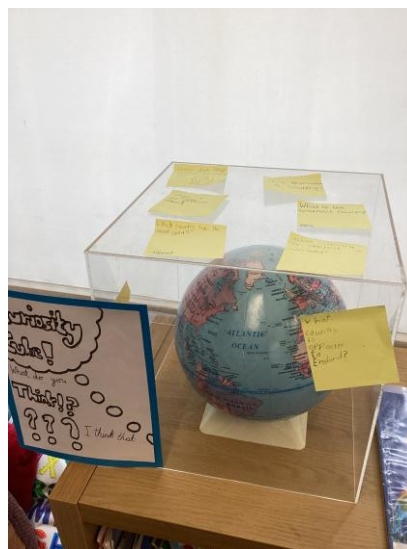
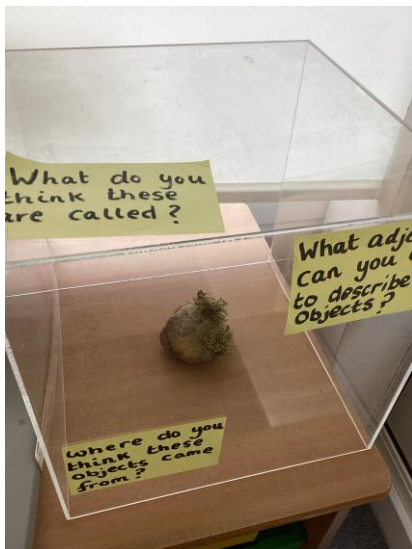
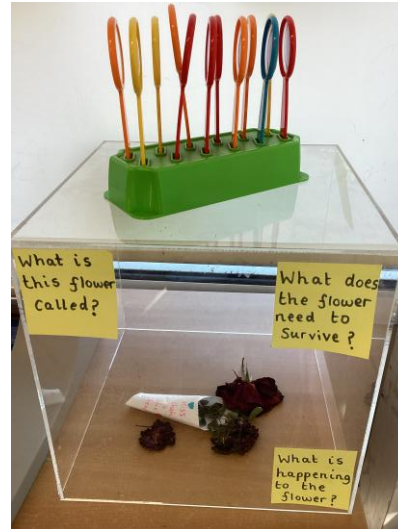
Rawezh – Year 6: Blackman



Curiosity Cubes

Oracy

Our children have been showing curiosity by posing questions about items in their classroom Curiosity Cubes.



Summer Holiday Activities

During the summer holidays, make sure to get outdoors and get some fresh air. There is a lot more to do than just sit in front of a screen!

Here are some activities that you might want to try.

Make sure to ask your adults for permission first.

Summer Reading Challenge

You have all had the opportunity to visit Rushey Mead Library this academic year.
Why not take part in the summer reading challenge!

This link will provide you with further information - <https://libraries.leicester.gov.uk/-/summer-reading-challen-1>



Museum Discovery

Step back in time by visiting a local museum.

Local museums offer free entry all summer long.



Summer of Savings

From 25 June to 1 September 2026, the Government is temporarily cutting VAT from 20% to 5% on children's meals in restaurants, children and family tickets to cinemas, theatres, concerts and exhibitions, and admission to a wide range of attractions.

Combined with free bus travel during August for children aged 5 to 15 in England, families and young people will be able to enjoy experiences that make summer special, including visits to the kinds of cultural and educational attractions that enrich children's lives outside the classroom.



Online Safety



SafeguardED

SIX TOP TIPS

For Parents To Keep Your Children Safe Online

Most parents & carers think their children and young people spend too much time on devices. **DON'T FEEL BAD!** Lots of it is perfectly healthy anyway. Instead, follow these tips to keep them safe, happy and healthy.

Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or video calling Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



Check the safety settings are turned on

Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? What about safe search and Youtube? See parentsafelgfl.net for more.



Get your children to show you their apps and games

You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** reviews.



Don't try to hide news about scary things in the news

If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.



Remind them of key online safety principles

There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at reporting.lgfl.net, including ones to tell your kids about (they might not want to talk to you in the first instance).



Online Safety

E-Safety Updates – Screen Time, Balance & Wellbeing

As we approach the summer holidays, it is a good time to reflect on healthy screen habits.

While technology can be fun and educational, balance is important for children's wellbeing.

Encourage your child to:

- Take regular screen breaks
- Enjoy offline activities and family time
- Talk about how being online makes them feel

Creating positive routines around screen use helps children build healthy digital habits for the future.



Useful advice for families can be found at www.thinkuknow.co.uk.

TALKING TO CHILDREN ABOUT LIFE ONLINE

Find conversation starters, story time ideas and top tips to reinforce key safety messages at parentsafe.lgfl.net

