



Clenchwarton Primary School Weekly Newsletter – 27th September 2024



Hello Everyone,

We would like to Thank the PTA for re-vamping the conservation area during the summer it's looking great.

At the beginning of the week Year 5 and 6 visited a local farm, On Thursday Year 3 enjoyed a day at Holkham Hall and the week ended with Year 4 going off to West Stow.



Thursday next week is a special Ice Cream factory lunch menu. There will also be a menu change on Thursday 24th October to Fish Fingers and Chips or Veggie Nuggets and Chips.

On Wednesday Mrs Ryan will be holding an information session for year 4 parents on the multiplication check at 315pm.

Please note there has been a change to the dates for the Reception Intake Open Afternoons.

As always, we want to ensure that your experience at Clenchwarton Primary is a positive one and we will keep you informed of your child's progress or any other incidents which happen in school. If you have any concerns, in the first instance, please telephone or email the school office.

Best wishes

Ms J Borley
(Executive Headteacher)



Attendance

| | | | |
|-------------------|---------------|----------------|---------------|
| Reception: | 86.02% | Year 4: | 97.5% |
| Year 1: | 94.09% | Year 5: | 97.1% |
| Year 2: | 94.44% | Year 6: | 94.26% |
| Year 3: | 97.27% | | |

Congratulations to *Year 4*



www.clenchwartonprimary.co.uk

Governors email address:
r.wenn@westnorfolkacademiestrust.co.uk



Year 3 Trip—Holkham Hall





Diary Dates



***Please be aware that dates are for guidance only and are subject to change.**

Please note that the West Norfolk Academies Trust school calendar for 2024/2025 can be located from the school's website. School holiday dates are slightly different to NCC.

| | |
|-------------------------------------|--|
| Monday 30th September 2024 | Active Kids—Selected Year 2 Pupils |
| Tuesday 1st October 2024 | NCCF Boys Football Event—Selected Pupils |
| Wednesday 2nd October | Y4 Parent information Session—Multiplication Check at 315pm Scholastic Book Fair |
| Thursday 3rd October | SSP Quicksticks Hockey Event—Selected Pupils Special Ice Cream Factory Menu |
| Wednesday 9th October | Lynn News—Reception Class Photo |
| Wednesday 16th October 2024 | PTA—School Disco KS 1 445-545pm KS 2 6-7pm |
| Monday 21st October 2024 | Year 4 Class Assembly Times to follow—Parents Invited |
| Tuesday 22nd October 2024 | Year 1 Class Assembly Times to follow—Parents Invited |
| Wednesday 23rd October 2024 | Cross Country Event—St Clements—Selected Pupils Used Uniform Sale Year 2 Class Assembly Times to follow—Parents Invited |
| Thursday 24th October 2024 | Break up for Half Term Reception Class Assembly Times to follow—Parents Invited Menu Change—Fish Fingers or Veggie Nuggets and Chips |
| Monday 4th November 2024 | Return to School Y6 National Child Measurement Programme (NCMP) PTA Meeting 6-7pm |
| Wednesday 6th November 2024 | Individual School Photos |
| Tuesday 19th November 2024 | PTA Bingo 6-8pm Year 3 Class Assembly Times to follow—Parents Invited |
| Monday 25th November 2024 | PTA Cake Sale for Leavers Hoodies |
| Tuesday 26th November 2024 | Open Afternoon for Reception Intake 330-415pm Rock Steady Concert 10am—Participating children only PTA Cake Sale for Leavers Hoodies |
| Wednesday 27th November 2024 | Used Uniform Sale |
| Thursday 28th November 2024 | NHS Flu vaccination programme. More details to follow. |
| Friday 6th December 2024 | PTA Christmas Fair 330-530pm |
| Thursday 5th December 2024 | Open Afternoon for Reception Intake 330-415pm |
| Thursday 12th December 2024 | NHS Flu vaccination programme —Follow up session (if applicable). More details to follow. |
| Wednesday 18th December 2024 | Used Uniform Sale |
| Friday 20th December 2024 | Last Day of Term |

What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

follow

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

Advice for Parents & Educators

AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

Meet Our Expert

Dr. Claire Sutherland is an online safety consultant at @CyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram/2024>



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