



Gwladys Street CP & Nursery School



News Letter 23rd May 2025 - Boletín informativo 23 de Mayo 2025



0151-525-0843



admin.office@gwladysstreet.com



@GwladysStPrim



www.gwladysstreet.or

MESSAGE FROM THE HEAD TEACHER

Dear Parents and Carers,

It has been a fabulous day in school today with all our staff and pupils celebrating our rich and diverse community. The pupils have thoroughly enjoyed this, and we will be planning future events.

This term has gone extremely quickly, and the staff and pupils have worked extremely hard. This week, the pupils joined a live David Walliams event and were able to listen to him read and talk about his new book *The World's Worst Superheroes*. Some of our Year 5 and 6 pupils attended a sporting event and we have had visitors from other schools looking at our pupils' work.

Well done to the three pupils who won the Art attendance prize today, we hope they enjoy being creative over the half term holiday.

After the holiday, all pupils who have 100% attendance at the end of the summer term will be entered into a new raffle. The prize will be announced when we return.

We hope you have a relaxing half term break, and we look forward to seeing you all on Monday 2nd June. Remember, if you need support over the break, please refer to our school website

<https://gwladysstreet.org/mental-health-and-wellbeing/> or
<https://hubofhope.co.uk/>

Regards,
Ms Booth



WHAT'S FOR LUNCH?
[Click here to view](#)



You might be eligible for Free School Meals
[Apply Here](#) and receive an immediate answer.



Calendar

Please click [here](#) to view term dates for the school year.



Attendance Matters

Whole School Target: 97%

This week's Whole school attendance: **92.51%**

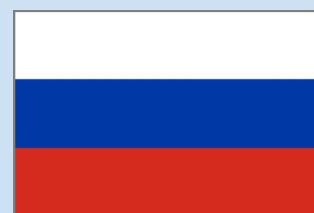


Absence—if your child is absent from school you **MUST** contact the school before 9:00am each day of your child's absence. Failure to make any contact with the school will result in a home visit from staff and Head teacher.

Appointments—should be arranged outside of the school day and if this is not possible, medical evidence should be provided.

<u>Class</u>	<u>Attendance %</u>	<u>Position</u>
Russia	96.67%	1st
Japan	96.55%	2nd
New Zealand	96.55%	2nd
Caterpillars 2	96.21%	4th
China	95.48%	5th
Butterflies	94.34%	6th
Germany	94.18%	7th
Ladybirds	94.03%	8th
Kenya	91.67%	9th
Costa Rica	91.60%	10th
Morocco	91.44%	11th
France	91.00%	12th
Australia	88.44%	13th
India	87.59%	14th
Chile	85.93%	15th
Caterpillar 1	85.52%	16th

Perfect Attendance!



EYFS/ KS1 - New Zealand

KS2 - Russia

TEAM

Stars of the Week

<u>Class</u>	<u>Name</u>
Caterpillars -	Nana P
Butterflies -	Sulayman A
Ladybirds -	Daisy G
France -	Kenzie L
Germany -	Giuliana V
Australia -	Excel A
New Zealand -	Thomas D B
Kenya -	Hussein S
Morocco -	Isaac O
Chile -	Dione N
Costa Rica -	Shindy A
India -	Eimee O
Russia -	Nyasha M
China -	Kristina U
Japan -	Clayton F

100%

Congratulations to the 359 children who had 100% attendance this week.



Congratulations!

Classes

New Zealand

and

Russia

who are this weeks Attendance winners.

Congratulations!



100% Attendance Prize Winners



Grayson



Esmail

We had 256 children achieve 100% attendance this month.
Our lucky spin the wheel winners each won a bumper art set.

We look forward to seeing your creations.
Keep a look out to see what you could win next.
REMEMBER... YOU'VE GOT TO BE IN TO WIN!



We are now taking orders for September uniform.

The information below lets you know what you will need.

To guarantee delivery for July you must place your order by

Friday 30th May.



SCHOOL UNIFORM



Full school uniform must be worn every day.

Please make sure it has your CHILD'S NAME in.

Exceptions can only be made if you have contacted school in advance.

Nursery (F1)

pupil's uniform will be:

- Royal blue jogging suit consisting of round neck jumper and royal blue jogging bottoms.
- White polo shirt.
- Velcro black shoes with black soles.



Reception (F2)

pupil's uniform will be:

- Royal blue jogging suit consisting of round neck jumper and royal blue jogging bottoms.
- White polo shirt.
- Velcro black shoes with black soles.
- Grey socks or tights.



Year 1 and Year 2

pupil's uniform will be:

- Royal blue round neck jumper or cardigan.
- Grey skirt/pinafore or trousers.
- White polo shirt.
- Grey socks or tights.



Years 3/4/5/6

pupil's uniform will be:

- Royal blue V neck jumper or cardigan.
- Grey skirt/pinafore or trousers.
- White shirt.
- School tie.
- Grey socks or tights.



All children from Reception through to year 6 also require a PE kit.

This consists of:

- A white round neck t-shirt.
- Royal blue shorts.
- Royal blue jogging bottoms and Sweatshirt can also be worn.
- Black pumps or black trainers only.



ORDER ONLINE: 1. www.gwladysstreet.org 2. About Us 3. Parent Pay Shop



This Weeks Wonderful Work



NURSERY



This week the children have been learning about 2D shapes and the life cycle of a butterfly. In this activity the children had to find the matching 2D shape to decorate the butterfly.

RECEPTION



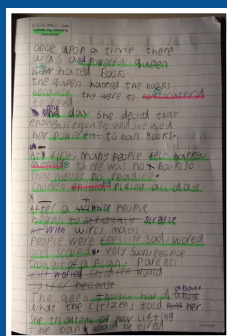
Reception have been learning about equality and diversity and how everybody is different. We have explored lots of characteristics that make us different to others and how we are all unique. We know how important it is to make everybody feel special and how to be accepting in our changing society!

YEAR 1



Izzy completed excellent work in Maths. She had to sort out the different shapes in to their groups.

YEAR 2



This week in English we have been writing our own banning narratives!

YEAR 3



We've been dealing with money this week, in Year 3. We've enjoyed working out the value of the different coins and finding change when buying items from the shop. We enjoyed finding different ways to make a certain amount. E.g. 50p with 20p, 20p and 10p or even 5 lots of 10p.



YEAR 4



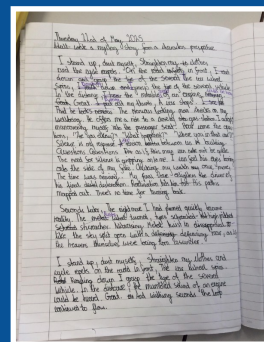
Year 4 had a brilliant zoom this week with David Walliams all about encouraging children to read more. The children really enjoyed listening to his different stories and his funny jokes.

YEAR 5



Year 5 enjoyed an interactive workshop from Everton in the Community this week. We explored the heart, blood vessels and blood using an immersive program on the iPads and by coding robots to show the journey

YEAR 6



This week we have been writing lots of different types of genre using the film 'Road's End'. This is a mystery story based on a retelling of the film.

UPCOMING EVENTS



Monday 9th June

will be our next
Parent Forum

9:00am in the KS 2 Hall.

Please come along. Refreshments will be provided. During the meeting we will discuss Positive handling.

You will also be introduced to our new Assistant Heads and have time to talk on a one to one with Ms Booth, Mr Moore and our Assistant Heads.

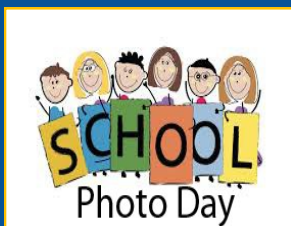
We look forward to seeing you.



Parents/ Carers of Year 1

You are invited to share your child's learning experiences in their class assembly.

Monday 9th May 2025 - KS2 Hall 3pm prompt



WEDNESDAY 25th JUNE 2025

**Whole Class Photographs
will be taken**

Full school uniform must be worn.



Week Beginning 9th June

**Year 1 & Year 2 will take
part in their
Phonics Screening**



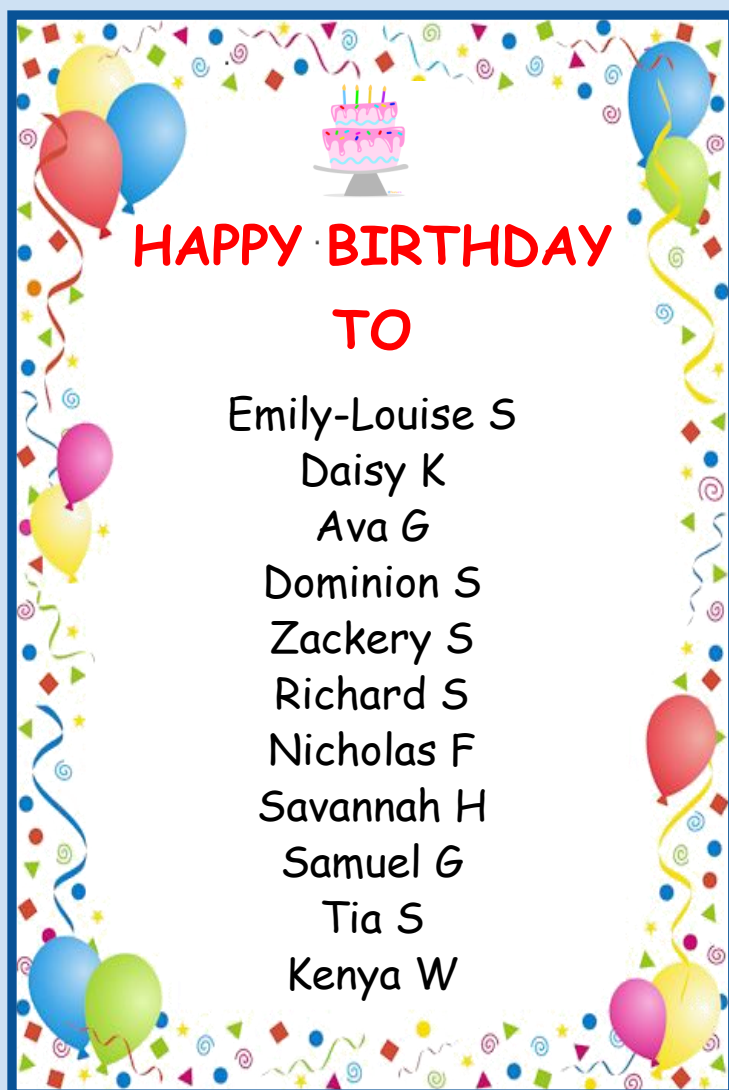
Reception Graduation
Key Stage Two Hall

Tuesday 15th July 2025
9.45am

Nursery Graduation
&

Stay and Play
Nursery Building

Wednesday 16th July 2025
10.30am & 2.15pm



PE TIMETABLE

Monday:

**New Zealand
Year 5 swimming**

Tuesday:

**Australia
Costa Rica
Year 6**

Wednesday:

**France
Chile**

Thursday:

Germany

Friday:

**Kenya
Morocco**



All children must wear their PE kit

After School Clubs

Summer Term 1	<u>Key Stage 1</u>	<u>Key Stage 2</u>
<u>Mon</u>		Dance Club Yr 5 & 6
<u>Tue</u>		
<u>Wed</u>	Forest Schools	
<u>Thur</u>	Phonics Club Yr 1 Family gardening Club	Coding Club Yr 3 & 4 Girls Football Yr 5 & 6 Family gardening Club
<u>Fri</u>		



School Activities & Trips



	<u>Summer Term 1</u>	<u>Summer Term 2</u>
<u>Nursery</u>		Trip to the beach
<u>Reception</u>	Stanley Park (Seasonal Change)	Imagine
<u>Year 1</u>	Toys then and now Museum	Bus Tour of Liverpool
<u>Year 2</u>	Local Area Walk	Kings and Queens Day virtual tour of Buckingham Palace
<u>Year 3</u>	Greek day	Barnstondale Visit
<u>Year 4</u>	Museum Roman Artifacts	
<u>Year 5</u>	NLA Problem solving workshop	Catalyst Science Museum -making medicine
<u>Year 6</u>	Walker Art Gallery	Cinema



A huge thank you to Bootle Cricket Club who came in to deliver some cricket taster sessions with some children from years 1-6. The sessions were really fun and engaging and the children had a great time.

PIC•COLLAGE



Date: 19th, 26th June 3rd July 2025
Time: 9.30am till 12 noon
Venue: Church of Mossley Hill Childrens Centre, Herondale Road, L18 1LB

Dear Parent/Carer,

We would like to offer you the opportunity to attend a course on Autistic Spectrum Disorder (Your child must have an ASD diagnosis) The course will allow you to build your knowledge on autism and meet / share information with other parents.

(All three sessions need to be attended to complete the course).

If you wish to attend, please contact the team on the email below.

Email: asdtrainingteam@liverpool.gov.uk

If the above dates for the workshop are not suitable, please view the Liverpool Local offer Page / Liverpool ASD training team for future training and workshops.

[Liverpool ASD Training Team](#) | [Liverpool Family Information & SEND Directory](#)

We look forward to meeting you.

Yours sincerely
ASD Training Team

Liverpool City Council, Autistic Spectrum Training Team
Email: asdtrainingteam@liverpool.gov.uk



LivPaC SEND

Coffee & Connect Drop in Session

Wednesday 25th June 2025
9:30am - 11:30am

Are you a parent or carer of a young person with a Special Educational Need and/or Disability (SEND)?

Come along and join us, at Fountains Family Hub and have a cuppa and a chat, but also meet other like minded parents and carers and get information, support and guidance.

Call the Family Hub for more information on 233 4741

Fountains Family Hub,
Fountains Road
Kirkdale,
L4 1QH
fountainscc@liverpool.gov.uk

Is my child too ill for school? Click [HERE](#) for more information

NHS
Providing NHS services

Most pharmacies can help you with **seven common conditions** without needing a GP appointment



- Sinusitis
- Sore throat
- Earache (children)
- Infected insect bite
- Impetigo
- Shingles
- Urinary tract infection (women)

Ask your pharmacy for more information about this free* NHS service

Visit your Pharmacy First!

*NHS prescription charge rules apply where a medicine is supplied

NHS
Alder Hey Children's NHS Foundation Trust

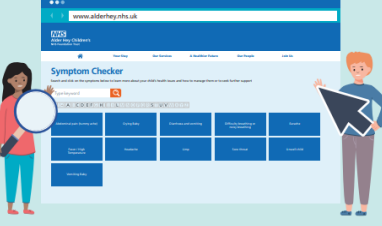
Click [here](#) to use the online Symptom Checker

DOES YOUR CHILD NEED TO COME TO A&E?

CHECK YOUR CHILD'S SYMPTOMS AND WHAT YOU CAN DO FOR THEM WITH

ALDER HEY'S Symptom Checker

IT'S FAST EASY TO USE RELIABLE



Should you visit A&E?
Or can you treat symptoms at home?

OUR NEW SYMPTOM CHECKER WILL OFFER YOU ADVICE YOU CAN TRUST.

Developed by the clinicians at Alder Hey for children
Visit: www.alderhey.nhs.uk

Mental Health Support
for children & young people in Liverpool



Make an **online referral** to Liverpool's Children & Young People's Mental Health Support

Children and young people, parents and carers in crisis can access support
24 hours a day, seven days a week, freephone 0800 196 3550.

Visit the [emergency advice page](#) for more information.

Cheshire & Merseyside mental health services - [click here to view](#)

HOGLETS
A Happy Hedgehog Sports Company

OUR CLUBS: TODDLERS & INFANTS

- GYM TASTIC**
Building confidence, balance, strength and co-ordination
- SOFTBALL**
Toddlers introduction to the beautiful game
- DANCE Mania**
Building children through a world of movement and music

MEMBERSHIP
£30 a month ex VAT
(includes FREE TRIAL on first week)

SESSIONS WILL RUN ALL YEAR ROUND
(EXCLUDING CHRISTMAS & NEW YEAR)

SATURDAY MORNING
Childwall CE Primary School
L16 0JD

Book now online at:
www.hoglets.net
info@hoglets.net

happyhedgehogsports
X sports_hedgehog

PLUS A FREE T-SHIRT

Three spaces to explore!

Community Store
Packed with quality food, at affordable prices.

Community Hub
Providing life-changing learning and development opportunities.

Community Kitchen
Healthy and delicious meals for you to enjoy.

OPEN for more **Community Shop**

For every attendee there is a chance to win prizes, including 2 tickets to the Royal Court to see Speedo Mick, LFC Stadium Tour Tickets, and more...

MEN'S Community HEALTH FAIR

Wednesday 28th May

Lee Jones Centre
Limekiln Lane
L5 8SN
10am - 3:30pm

Get Free Screenings & Information

- Mental Health
- Blood pressure
- Cancer Screening
- Stop Smoking Advice
- Addiction Support
- Disability Services
- Training & Career Advice

Come to our Community Health Fair and find out information regarding your health state.

For more information:
Email: communitychampion@daisyuk.com

FACE Summer Timetable

all sessions delivered live online via zoom £24 each 90 minutes long
book online at facefamilyadvice.co.uk Recordings available for 48 hours

Supporting Healthy Sleep	16 June 10am
Decreasing Depression	16 June 7pm
Raising Self-Esteem	17 June 10am
Understanding the Teenage Brain	17 June 7pm
Understanding Addictive Behaviour	23 June 10am
Supporting a Child with ADHD	23 June 7pm
Improving Family Communication	24 June 10am
Autism Improving Communication	24 June 7pm
Facing Defiance	30 June 10am
Anxiety Based School Avoidance	30 June 7pm
Understanding Anger	1 July 10am
Supporting Healthy Screen Use	1 July 7pm
Introduction to OCD	7 July 10am
What is ACT?	7 July 7pm
Cannabis & Ketamine Awareness	8 July 10am

ISSP Multi Activities Holiday Camp

Tuesday 27th May - Friday 30th May

Kirkdale St Lawrence
Fonthill Rd, Kirkdale,
Liverpool L4 1QD

Time: 9am - 3pm
Cost: £10 per day
(Includes breakfast & lunch)
FREE to eligible children

Ages: 5-11 Years

Boys and Girls of all abilities welcome

Please bring: drinks, snacks, warm clothing and appropriate footwear for indoor and outdoor surfaces

All staff are fully qualified and DBS checked

Please apply sunscreen when needed

Have fun, make new friends & play sport

CONTACT TO REGISTER:
Email: camps@lssp.co.uk Tel: 0151 530 3010

Website: lssp.co.uk | X: @Liverpool_ISSP

Scan the QR Code to register

STUDY SMART
Free Online Courses

spire Education **ncfe** **cache**

LIVERPOOL CITY REGION COMBINED AUTHORITY

Fully Funded School Support Course

Available in Levels 1, 2 & 3

6 Week Course
Mon - Fri
Daily sessions

*Please go to our website for more detailed information.

1st session 9:30 - 11:30am
2nd session 12:30 - 2pm


www.studysmartuk.online

We are looking to fill 150+ School Support vacancies in local schools (e.g. SEN Support, Behaviour Mentors, 1-1 Classroom Support, Cover Supervisors etc). These roles are available in both full time and part time positions.

Please go to our website address given above, or scan the QR code for more information.

This is a 6 week course, full time, intensive course, with online guided learning sessions within school hours.
If you are earning less than £23,500 per annum or are in receipt of any benefits, you will be eligible for a fully funded place with us.





MORNING	Vauxhall	Fountains	County	Walton
Monday	In need of a service not on the timetable? Call us to discuss: Vauxhall site: 0151 298 2918 Fountains site: 01512334741 County site: 0151 233 3760	10:00– 12:00 Healthy Me Course (creche available) 9 weeks. To build healthier lifestyle for your family, prepare a meal each week to take home	9.30-10.30 PEEP Stay and Play A fun, interactive play group for 0-5's to help prepare children for school.	Salvation Army Food Bank 10am-12pm Please ring for further information 0151 525 4785
Tuesday	9:30–10:30 PEEP Stay and Play A fun, interactive play group for 0-5's to help prepare children for school	09:30 – 10:30 Chatter Matters - 1 to 2 years (Bookable) Concerned about your child's speech? Want techniques to help them? 6 weeks—please call to book your place.	9:30-11:30 Nurture (10 week course, creche available) Build your confidence in understanding your child's social and emotional development including strategies to support routines and boundaries.	 @VFCW_CC Follow us on Instagram for updates!
Wednesday	10.00-11.00 Baby Massage 6 weeks+ Discover how to massage your baby which supports bonding and baby's emotional and physical Development. Bookable Session	9:30 – 10:30 SWAN Group (Support with additional Needs) Stay and play session offering information, advice, and support for children with additional needs. 10.30-11am Development Matters (Bookable) Support and advice for children with additional needs	09:30 – 10:15 Once Upon a time.... 1 to 3 years A Magical group bringing stories to life through creative activities	10:00 – 11:00 Baby Massage 6 weeks+ Discover how to massage your baby which supports bonding and baby's emotional and physical Development. Bookable Session
Thursday	10.00-11.00 All About Baby/Baby Connect Babies 0-12 months Each session covers different themes which you will use to create a memory book.	10.00-11.00 Introduction to solids (Bookable) First Thursday of every month, First tastes for 6 months + (confidence Faye House 10-12)	10:30 – 11:15 Spello Library Hub. Story, Song and Rhyme time. Fun session to support speech and language development 0-5 years	9:30 – 10:30 Early Communication (Bookable) Play based targeted group offering advice and strategies to support children's communication skills.
Friday	11:00-11:45 Mini Munchers (Bookable) Come and have a healthy brunch with us. 6 Months +	09:30 – 10:30 PEEP Stay and Play Group A fun, interactive play group for 0-5's to help prepare children for school.	9:30 – 10:30 Early Communication Group (Bookable) Play based targeted group offering advice and strategies to support children's communication skills.	Walton Salvation Army is closed on a Friday. Please contact Fountains, County or Vauxhall for further advice.



Liverpool's Family Hubs network



AFTERNOON	Vauxhall	Fountains	County	Walton
Monday	In need of a service not on the timetable? Call us to discuss: Vauxhall site: 0151 298 2918 Fountains site: 01512334741 County site: 0151 233 3760	1:00 – 2:00 Early Communication Group (Bookable) Play based targeted group offering advice and strategies to support children's communication skills	1:00 – 2:00 Baby Sensory 0 – 12months. Sensory themed activities, all play based to support development. BAMBIS 2.00–3:00 Breastfeeding Support and play sessions.	In need of a service not on the timetable? Call us to discuss: Vauxhall site: 0151 298 2918 Fountains site: 01512334741 County site: 0151 233 3760
Tuesday	1:00 – 2:00 SWAN Group support with additional needs Stay and play session offering information, advice, and support for children with additional needs. 1.30–2.30 Smoke Free Support (bookable), Call 0151 374 2535 3.30-5.30 Welcome to the World (6 weeks bookable)	1:30 – 2.30 Tiny Tots PEEP Stay and Play Under 2's stay and play to support all areas of development. (6 month to 24 months)	1:00-3:00 Confidence course Bookable Creche is available 6-week course to build confidence and resilience	Salvation Army Community Meal 12pm Please ring to book: 0151 525 4785
Wednesday	1.30 – 2:15 Once Upon a time.... 1 to 3 years A Magical group bringing stories to life through creative activities	1:30 – 2:30 Baby Sensory Sensory themed activities, all play based to support development. 0 – 12months. 5.30-7.30pm Newborn Know How (Bookable) last Wednesday every month antenatal session on how to care for a newborn	1:00-3:00 You and Me, Mum (10 week course creche available) Understanding the impact of Domestic Abuse, building positive relationships moving forward. 1.30-2.15pm Sing and Sign in Spello Lane Library	 @VFCW_CC Follow us on Instagram for updates!
Thursday	In need of a service not on the timetable? Call us to discuss: Vauxhall site: 0151 298 2918 Fountains site: 0151 233 4741 County site: 0151 233 3760	1:30 – 2:15 Big Art (WTP) 1-4 years Activities and ideas to support children's development through creative play	1:00 – 2:00 SWAN Group Support with additional Needs Stay and play session offering information, advice, and support for children with additional needs. Development Matters 2-2.30pm (Bookable)	In need of a service not on the timetable? Call us to discuss: Vauxhall site - 0151 298 2918 Fountains site - 0151 233 4741 County site - 0151 233 3760
Friday	 Vauxhall children centre Titchfield Street L5 8UT 0151 298 2918	 Fountains children centre Fountains Road L4 1QH 0151-233-4741	 County children centre Arnot Street L4 4ED 0151 233 3760	 Walton children centre Salvation Army, Cavendish Drive L9 1NB 0151 233 3760



Liverpool's Family Hubs network





**BBC
CHILDREN
IN NEED**

PUDSEY'S PAUSE



PAUSE, breathe, and focus on something you can see, hear or touch

SPOT any feelings you notice - and where you feel them in your body

SHARE the feelings you've noticed with a grownup you trust



Give your mental healthiness a boost with Pudsey's Pause

© BBC 2012. All rights reserved. BBC Children in Need is a registered charity in England and Wales no. 262802 and Scotland no. SC039517



All Things Dementia

The unbelievable statistics are that one in three people born today will get dementia in their lives. For this reason we are focusing our next community day on dementia, the support out there for both people living with it and the people caring for them.

Friday 30th May

10am - 12pm

Dementia Action Alliance	Merseycare
EitC	Raise
Life rooms	Tide (Together In Dementia Everyday)
Our House	House of Memories
Free Pre Loved Clothes	Free Lunch

1pm - 2.30pm

All Things Dementia... A talk from Merseycare and Liverpool Dementia Action Alliance about the causes, symptoms, what dementia is and living with dementia (Free Tea Coffee and Scones)

Community Shop, 211 Walton Road, L4 4AJ.

Community Hub

OPEN for more



Liverpool Occupational Therapy Services support young people to reach their full potential

Our OT services can help with:

- Fine and Gross Motor Challenges
- Sensory Processing Difficulties
- Self-Care and Independence Skills
- Access to Education
- Regulation Difficulties

We can also provide Service Level Agreements to support within a FULL school environment.

Get in touch with us:

✉ info@liverpool-occupational-therapy-services.co.uk

☎ 07736809181






May Half Term Edition Kids Activity Pack

•••••

Packed full of family friendly fun activities and challenges for everyone!



Trans Pennine Trail

www.transpenninetrail.org.uk



PLACES WHERE KIDS EAT FREE (OR FOR £1) MAY HALF TERM 2025

moneysavingcentral.co.uk/kids-eat-free



ANGUS STEAKHOUSE

Kids under 8 eat FREE daily, 12pm to 5pm

ASDA

Kids eat for £1 daily, with no adult spend

ASK ITALIAN

Kids under 10 eat for £1 during school holidays

BEEFEATER

2 kids under 16 eat for FREE with 1 adult breakfast

BELLA ITALIA

Children eat for £1 with any adult main

BILLS

Kids Eat Free, weekdays, Mon 26th – Fri 30th May

BREWERS FAYRE

2 kids under 16 eat for FREE with 1 adult breakfast

BREWDOG

2 Kids eat free with 1 adult, Mon 26th – Fri 30th May

BURGER KING

From 26th May - 1st June 2025,

Kids Eat Free with every adult meal, via the app.

COCONUT TREE

Kids Eat Free from Sun 25th May to Sun 1st June.

DOBBIES GARDEN CENTRES

Kids eat for £1 with an adult breakfast or lunch

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Friday
23rd to Friday 30th of May. Sign Up Required

FUTURE INNS

Under 5s eat for free with any adult meal

GORDON RAMSEY RESTAURANTS

Kids under 10 eat FREE all day, every day

HUNGRY HORSE

Kids eat for £1 on Mondays

IKEA

Kids get a meal from 95p daily from 11am

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

MARCO PIERRE WHITE

Kids under 12 Eat FREE daily with an adult spend

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

PREMIER INN & TRAVELODGE

2 kids eat for FREE with 1 adult breakfast

PRETO

Kids up to age 10 eat free with 1 paying adult

PUREZZA

Kids under 10 get free pizza with every adult meal

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

SIZZLING PUBS

Kids eat for £1. Every Monday to Friday, 3 - 7pm

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult

TGI FRIDAYS

Kids Eat Free with any adult meal (Via App)

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

YO! SUSHI

Kids eat free all day (weekdays) in school holidays









Staying Safe Online

Online Safety

Follow the SMART rules to help stay safe online.

S Stay **safe** online by not sharing your personal information.

M Do not **meet** anyone who you have only become friends with online.

A Do not **accept** messages and friend requests from people you do not know.

R Not everything online is **reliable**. People online are strangers and you can't always trust everything they say.

T Tell an adult you trust if anything happens online that you do not like.

Be careful what you share online!
Stop and think before you share information online.
Don't say or do anything that you wouldn't do in the real world!

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

WHAT ARE THE RISKS?

MENTAL HEALTH AND TRAUMA
Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short-term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'tough off' violent content to fit in with friends, even when they find it distressing.

BEHAVIOUR CHANGES
Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

ESCALATION AND PARTICIPATION
Violent videos often go viral quickly. What begins as an online argument can spiral into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

DESENSITISATION
Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children often tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

HARMFUL IDEOLOGIES
Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

DISPROPORTIONATE IMPACT
Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

Advice for Parents & Educators

CREATE SUPPORTIVE SPACES
Many children feel adults are too busy or aren't understanding their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently suggest trusted services they can turn to for support.

KNOW WHAT'S ILLEGAL
Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is report harmful content.com.

Meet Our Expert
Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit onlinemedialaw.co.uk for more.

AVOID HARSH RESTRICTIONS
Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices; instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

UNDERSTAND TECH AND TRAUMA
Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

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Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

Under 13

- Roblox
- PopJam
- FaceTime

13+

- Twitter
- Facebook and Messenger
- Viber
- WeChat
- Monkey
- Yubo
- Dubsmash
- Instagram

16+

- TikTok
- Skype
- Google Hangouts
- Reddit
- Snapchat
- Pinterest

17+

- WhatsApp
- Telegram Messenger
- Tumblr
- Line
- Sarahah
- Tellonym

Sourced from NSPCC website October

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Click [HERE](#) to find out more.

Keeping children safe online

We all have a part to play in keeping children safe online. Find out how with our online safety guides.

in a

WORLD

where you can

BE ANYTHING

choose to be

KIND!