



Matthew's C.E (Aided) Primary School and Nursery Centre



'I can do all things because Christ gives me strength' Philippians 4:13

Friday Feature: 10th January 2025

This half-term we are focusing on the Christian Value of Perseverance



'I can do all things through Him who strengthens me.' Philippians 4.13

Please share the attached home school value with your child.

Dear Parents and Carers,

Welcome back to school and to the start of the Spring term.

We appreciate your support with the changing times of the gate closing. The children have come back to school ready to learn and this extra time in school ensures that everyone has the correct amount of teaching time.

I have reminded children about the reading reward today. When your child read three times or more a week at home they will put their names in the reading box on a Friday. At the end of the half-term two names will be pulled out of the box and two children will take a book home to keep.

Can I please remind parents and carers to ensure all children have a coat, hat and gloves as the weather is extremely cold at the moment. Children need fresh air and to play outside but we want to ensure they keep warm.

Archery Competition

Year 3 children were selected to participate in an Archery Competition at Wrekin College on Thursday against 18 other schools. All the children involved showed great resilience and thoroughly enjoyed the new experience of learning the skills of archery. Although not all targets were hit, they had great fun in the process. Well done team!



Weekly prayer



Father God

Thank you for being beside me.

Thank you for the New Year.

Please be there to hold my hand and help me enjoy my day.

Amen.

By R St Francis

Pupils of the Week

Nursery	Mia
Reception :St Francis	Jamie
R/1: St Teresa	Patrick
1/2: St Nicholas	Willow
2: St Joseph	Xavier
3: St Cecilia	Raisa
3/4: St Sophia	Ffion
4/5: St Kateri	Macie-Rae
5/6: St Thomas	Ryan S/Milosz
6: St Padre	Christodia



Readers of the Week



Reception :St Francis	Ugom
R/1: St Teresa	Phoebe
1/2: St Nicholas	Janelle
2: St Joseph	Taiah
3: St Cecilia	Caleb
3/4: St Sophia	Evie
4/5: St Kateri	Roxy
5/6: St Thomas	Emily H
6 St Padre	Yaw

Well Done

Well done to Christodia who has received a Certification of Participation from the Church of Grace.

This was awarded for her hard work and dedication shown on Children's Day.

Not only that but Christodia was also awarded the Sunday Star of the Year for her incredible helpfulness and positive attitude. She continues to go above and beyond.

Well done Christodia—we are very proud of you.



Future Dates

Friday 14th February	Break up for half term
Monday 24th February	Back to school
Friday 11th April	Break up for Easter
Monday 28th April	Back to school
Monday 5th May	Bank holiday
Friday 23rd May	Break up for half term
Monday 2nd June	PD Day
Tuesday 3rd June	Back to school
Friday 18th July	Break up for summer

Final Call to apply for Reception Places for September 2025

Applications for Reception places to start in September 2025 are now being taken by Telford and Wrekin Council. [School admissions - Telford & Wrekin Council](#)

Children born between 1 September 2020 and 31 August 2021 will start primary school from September 2025. Parents need to apply for a reception place by **15 January 2025**.

What Parents & Carers Need to Know about INSTAGRAM

follow

WHAT ARE THE RISKS?

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

AGE RATING

13+

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower moods, lower self-esteem, feeling as if they don't belong or undervalued.

PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

INFLUENCER CULTURE

Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media – the posts can often be identified because they state they're a 'paid partnership'. Ofcom found that young people often attempt to copy-cat influencer behaviour for their own posts to gain likes, sometimes posting content which may not be age-appropriate.

UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, their body shape, or the experiences others are having. The constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

Advice for Parents & Carers

HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

USE MODERATORS

Instagram has launched 'live moderators' on Instagram live where creators can assign a moderator and give them the power to report comments, remove viewers and turn off comments for a viewer. It's recommended to keep devices in common spaces so that you are aware if they do go live or watch live streaming.

FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website > community > parents.

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 your child about who they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lend itself to discuss what is real and not real online.

MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. 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.



NOS
National Online Safety®
#WakeUpWednesday

Sources: <https://about.instagram.com/blog/announcements/introducing-family-center-and-supervision-tools> | <https://about.instagram.com/en-us/blog/announcements/introducing-family-center-and-supervision-tools>