

St Martin's Newsletter



SPRING TERM - Friday 4th April

Hop for Haven

Today the children enjoyed their annual **Bunny Hop**, raising money for **Halton Haven**. Please can all sponsor forms be sent back into school by **Wednesday 9th April**. Bunny ears can still be purchased via the school gateway. Photos will be upladed to facebook.

St Martin's Stars

Well done to everyone who got a certificate this week.

Purple Tie certificates are given for children who embody our rules of being Kind Respectful and Responsible.

NURSERY: Star- Tommy W

Value- William R

YEAR R: Star- Georgie J

Purple tie- Shea H

Value- Isla B

YEAR 1: Star- WHOLE CLASS

Purple tie- ?

Value- Frankie K

YEAR 2: Star- Joshua E

Purple tie- Hannah N

Value- Kingsley N

YEAR 3: Star- Savannah R

Purple tie- Maisie F

Value- Vanessa K

YEAR 4: Star- Pennie S

Purple tie- Olina C

Value- Chimmy I

YEAR 5: Star- Oscar H

Purple tie- Oliver P

Value- Joaquin V

YEAR 6: Star- Freya F

Purple tie- Lydia G

Value- Alfie S

Attendance

Excellent work on attendance this week everyone, we have a whole school attendance of **93.1%** 😊

Next Week

Here are the Easter activities that will take place next week:

Wednesday 9th April:

School council Cake sale - Cake donations are very welcome – please bring in cakes by Tuesday

Thursday 10th April:

Whole school Lent reflection
Decorate the Egg Competition– winners will be judged by the class captains

Friday 11th April:

Easter Egg raffle and Easter Bonnet Parade
Children can wear own clothes as a reward for their hard work this term

School Finishes at 1.30pm

Parents Evening

It was lovely to see so many happy parents coming out of the Parent's evening. We are all **very proud** at how the children have worked this term. As a reward they can all come into school in own clothes on Friday 11th April.

Easter Break

A reminder that we **break up for Easter** on **Friday 11th April at 1.30pm**. There will be **NO** afterschool club on this day. We return to school at **8.40am on Monday 28th April**. We would like to wish all out families a Happy and Holy Easter, Enjoy the break.

Attendance

PreSchool- 82% 7 Lates

Year R - 96% 2 Lates

Year 1 - 95% 2 Lates

Year 2 - 90% 6 Lates

Year 3 - 93% 11 Lates

Year 4 - 96% 1 Late

Year 5 - 93% 6 Lates

Year 6 - 96% 1 Late

Well done to year 2, this week's Dojo Champs

Anyone who comes into school after 8:50am is marked as late. Please try to be an attendance



Events Calendar

As well as the messages we send out, you can also see all school events on the School Spider App and on the school website. Please check these regularly to see what is happening during the upcoming week.

Wednesday Word

The Wednesday Word is a resource for parents to use when discussing the **weekly Gospel's** with their families.

Whole School Breakfast Club

We have been chosen to start a free whole school breakfast provision from after Easter. This will run from 8.10am until 8.40am - children will need to be in school by 8.30am to give them enough time to eat their breakfast.

Wraparound care will still be available from 7.30am but will now be in the hall and there will be a cost of £1.40 per child to cover the childcare element as the breakfast itself will now be free.

This will continue to be booked via the app.

A message has been sent out with all the information you need today.

Safety Advice

This guide breaks down the latest risks on [Instagram](#), including AI chatbots, scheduled messaging, and Threads. It offers practical tips for helping children stay safe on the app.

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 INSTAGRAM

Instagram remains one of the world's most popular social media platforms, especially among teens - with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app - and what the risks are.

AGE RESTRICTION 13+

WHAT ARE THE RISKS?

- EXCESSIVE SCREEN TIME**
Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.
- AI CHATBOT CONCERNS**
Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.
- RISKS OF GOING LIVE**
The livestream feature allows real-time broadcasting to followers - or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.
- THREADS INTEGRATION**
Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.
- SCHEDULED MESSAGING**
Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.
- EXCLUSION AND LOW SELF-WORTH**
Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

- USE INSTAGRAM'S SUPERVISION TOOLS**
Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.
- SET BOUNDARIES FOR THREADS AND AI**
Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.
- OPEN UP THE CONVERSATION**
Talk regularly to the children in your care about what they enjoy on Instagram - and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.
- BE MEDIA-SAVVY WITH INFLUENCERS**
Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions - and how online personalities can shape opinions and behaviour.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

#WakeUpWednesday
The National College

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