



# FRIDAY NEWS

27TH  
SEPTEMBER  
2024

The official newsletter of St James CE Primary School



## STARS OF THE WEEK

Class 1 - Genesis M

Class 2 - Yusuf A

Class 3 - Oluoma N

Class 4 - Rohaan N

Class 5 - Ibrahim S

Class 6 - Faith A

Class 7 - Jakub B

Class 8 - Jessica C

Class 9 - Roshaan

Class 10 - Joan I

Class 11 - Haider A

Class 12 - Jemil M

## DRESS LIKE A ROCK STAR DAY

Yesterday, we were visited by Rock Kidz, who helped us to show respect, and the importance of being kind, and told us how amazing it is to be ourselves.

The children had a wonderful time, rocking out to the songs that were learnt and showing off their best 'air guitar' dance moves.

The day ended when we all came together in the hall for a whole school concert and the children performed together, along with some amazing dance moves from some of the staff.

## CALENDAR OF EVENTS



## HOLIDAY DATES



## GOLD SCROLL

Lilly-May H, Liliana C,  
Olly B, Scarlett S  
Isaac W, Ronnie B,  
Blaine D, Tallulah-Rose L,  
Souhaila L, Andy S,  
Henry W, Toby S,  
Hope C

## CHRISTIAN VALUES

Our Christian value this half term is **Respect**.

“Do to others what you would have them do to you.”

**Matthew 7:12**

# REMINDERS

## SCIENCE EVENT HIT WITH YEAR 5

Today, our Year 5 classes had the pleasure of hosting a fascinating science event. Neil West from the Bolton Science Technology Centre visited our school to explore the fascinating world of sound and its impact on the human brain.

Through a series of engaging listening activities and through musical instrumentation, he demonstrated how our brains process and interpret different sounds. The children learned about pitch, tone, and the complex ways in which our ears and minds work together.

The event was a resounding success, sparking curiosity and enthusiasm for science among our young learners.



## WAYS TO IMPROVE ATTENDANCE

**1. Regularly, Find out your child's absence.**

**2. Talk with your child about school and how they feel about it. More likely to attend if they feel supported and their anxieties are listened to.**

**3. Phone us as soon as possible to tell us why your child is absent, and when you expect them to return.**

**4. Only grant days at home for genuine illness. (you will know!!)**

**5. Avoid taking holidays in school time**





# 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.

## 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

Livestreaming 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 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.

