



# EDITH CAVELL PRIMARY SCHOOL

*Ambitious, Achieving and Nurturing*

Manton Lane, Bedford. MK41 7NH

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<https://www.edithcavellprimary.co.uk/>

## ***Newsletter – February 2025***

### **A message from Miss Cooke**

We are now into the second half of the academic year and new learning, exciting events and warmer weather are approaching thick and fast. As the days are getting longer, lighter in the mornings and getting darker later in an evening, it is great to be enjoying the additional activities that can take place on the longer days.

One of the exciting new developments for the school is extending our Pre-school provision. Responding to positive parental responses to the proposal to extend Pre-school provision, from Monday 28<sup>th</sup> April 2025 for existing children and Tuesday 29<sup>th</sup> April 2025 for anyone new joining Little Treasures, we will be offering full day sessions (8.45am – 3.30pm) and morning sessions (8.45am – 11.45am). Therefore, **all** children will attend the morning sessions. For children who are entitled to 30 hours of child care, they may stay at school until 3.30pm for four afternoon sessions. For parents entitled to 30 hours of free child care who want their child to attend pre-school all day on five days a week which equals 33  $\frac{3}{4}$  hours, they may pay for the additional 3 $\frac{3}{4}$  hours if they wish.

If any parents are unsure how many free hours of childcare that they may be entitled to, please see Mrs Pearce, the school family worker, who will be able to assist you with applications. If you know of any family not currently connected with the school, who may be interested in their child attending Little Treasures, please contact the school office for details and costs.

We have also extended the timings of GEMS After School Club (ASC). School aged children may now be booked into Gems up until 6pm. Before Christmas we asked parents if this facility of extended ASC hours would be useful to them, and the overwhelming response was 'YES'. We have had some children booked in and attending Gems up to 6pm, but this has not been as many parents as responded to the questionnaire before Christmas. If you require assistance with booking ASC, please contact the school office.

In the January newsletter I informed parents that we planned to hold an event to celebrate Edith Cavell Primary School's Golden Anniversary on Tuesday 25<sup>th</sup> March, a 1970's Day. We have postponed this day until the summer term to enable us to plan the day more carefully and ensure that parents are not overburdened with a number of non-uniform/dress up days in this half term.

We hope to welcome all parents to school this half term to one or more of the many opportunities to come in to school and support your child. From breakfast events, to consultation evenings and our Parent Showcases, we hope to see all parents. Please see details of these events later in this newsletter.

If you have any questions or queries, please do not hesitate to speak to me in the playground or make an appointment to come and see me.

*Miss Cooke*



### **Sponsored Skip - Thursday 27th February 2025.**

Last year's Sponsored Skip was such a success that we have decided that our sponsored event this year will again be a sponsored skip.

Skipping is an activity that can be completed outside, can improve fitness, and stamina, and be fun with rhymes and games.

Do you remember some rhymes or games that you played when you were younger? Please teach them to your children so they can share them with their friends, classmates, and teachers in school.

We are looking to raise funds this year to further update and extend our reading book collection and playground equipment. We want to ensure that the stock of reading books that the children have access to offers extended choice, and is up-to-date and exciting for the children to read.

Sponsor forms have been sent and we ask that all children attempt to raise some money to support this event as all children will benefit from the new books and equipment that we will be able to purchase. Please look out for the sponsor forms.



### **PE Kit and Footwear**



Across the school, we have seen an increase in the number of children not having their PE kit in school on the correct days and also not having correctly fitting footwear.

It is important for Health and Safety that children are able to change their clothing into more loose fitting, less restrictive clothing to take part in PE lessons and even more importantly that they have correctly fitting shoes

that are appropriate for physical activity.

PE kits can remain in school for the half term to ensure they are available on any day that the class engages in PE activities, or if your child is part of an after-school PE-based club.

PE lessons are a vital part of the school curriculum and help to build a healthy attitude to exercise as well as develop gross and fine motor skills for life. All children need to be able to take part fully and comfortably.

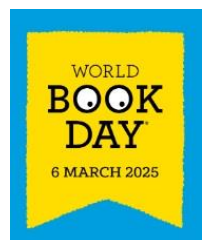
### **World Book Day is Friday 7<sup>th</sup> March 2025.**

The national World Book Day is Thursday 6<sup>th</sup> March, but due to the LKS2 visit to St Albans on that day, we will be celebrating World Book Day on Friday 7<sup>th</sup> March.

Children are invited to dress as their favourite character from a book. This does not have to be a purchased expensive costume, most book characters in books wear normal everyday clothes.

For example, Horrid Henry is a school boy who wore normal children's clothes and Gemma in Jacqueline Wilson's Best Friends wore normal children's clothes. There are many book characters who wear normal children's clothes. Have that conversation with your children about who are characters in books that they have enjoyed and what they wore. World book day is all about talking about books, enjoying books and learning about new books, it is not about parents spending lots of money on costumes for a dress up day.

Please note Celebration Assembly will be in the afternoon on this day.



### **Mother's Day Breakfast – Friday 28<sup>th</sup> March 2025**



Our now annual Mother's Day Breakfast will take place on Friday 28<sup>th</sup> March. Children along with their Mums, step mums, Grandmothers or significant female carers are invited to join us for Mother's Day Breakfast on Friday 28<sup>th</sup> March in the school hall.

Doors will open at 8am. There is no cost for this event, but there will be a bowl for donations for anyone wishing to make a donation.

Breakfast club will take place in Sapphire room on this day.

## **Parent Consultations and SEND co-production meetings – Mon 10<sup>th</sup>, Tue 11<sup>th</sup> and Wed 12<sup>th</sup> March.**

Spring Term Parent Consultations, will also incorporate SEND Parent Co-production consultations, and will be offered as either face to face or virtual meetings. However, please note that **ALL** bookings are to be made via School Cloud using the following link. <https://edithcavellprimary.schoolcloud.co.uk/> Parents should all have their own personal log on to this system from using it in the autumn term.

### **ALL PARENTS MUST BOOK A CONSULTATION APPOINTMENT WITH THEIR CHILD'S CLASS TEACHER.**

The table below outlines when class teachers will be available for consultation meetings. We respectfully ask that parents make all efforts to be available on these days and times as having to arrange additional alternative dates to meet with parents significantly adds to teacher's workload.

Phase	Class	Face to face in school	Time	Virtual/ on line or Face to Face	Time
Reception	Amber Topaz	Monday, 10 <sup>th</sup> March	2pm – 6pm	Wednesday, 12 <sup>th</sup>  March	3.50pm –  6pm
Key Stage 1	Emerald	Monday, 10 <sup>th</sup> March	2pm – 6pm		
	Jade				
	Aquamarine				
Lower Key Stage 2	Sapphire	Tuesday, 11 <sup>th</sup> March	2pm – 6pm		
	Ruby				
	Garnet				
Upper Key Stage 2	Quartz	Tuesday, 11 <sup>th</sup> March	2pm – 6pm		
	Pearl				

**All appointments MUST be booked via the School Cloud system for a face to face or virtual consultations.** This system allows you to choose your own appointment times with teachers and you will receive an email confirming your appointments. **School Cloud will be opening for bookings from 12pm, Wednesday, 26<sup>th</sup> February 2025.**

### **Parent Showcases – March 2025**

Our popular Parent Showcases, will take place again this term. The showcase is an opportunity for parents to come into school to view their children's school books, see art work, presentations and have discussions with staff and children about the learning that the children have been engaged with this term.

These Key Stage Showcases will take place in the hall from 2.30pm.

The children will choose their favourite or piece of work that they are proudest of to be on display in the hall and will show that to their parents along with explaining how the particular piece of learning fits in to the programme of learning that they have been engaged in this term. (slightly different for Reception)

- Reception Showcase – Wednesday, 19<sup>st</sup> March from 2.30pm
- KS1 Parent Showcase – Tuesday 18<sup>th</sup> March from 2.30pm
- LKS2 Parent Showcase – Monday 17<sup>th</sup> March from 2.30pm
- UKS2 Parent Showcase – Wednesday 20<sup>th</sup> March from 2.30pm

Children and siblings may go home with their parents after they have visited the Showcase



## **Red Nose Day – Friday 21st March 2025**

We will again be marking Red Nose Day by holding a non-uniform day. Children can dress in Red or dress as a Superhero for the day and make a minimum £1 donation either on Parent Pay or in cash on the day. Think outside the box about dressing as a superhero – there were some wonderful costumes last year as children dressed as scientists, doctors, firemen and nurses.



## **Careers Day**

On Friday 14<sup>th</sup> March we will be holding our inaugural Careers Day. The children will be thinking about the different careers that they might like to consider when they are older. We want to inspire and enthuse the children to think about the different jobs that could be open to them in their future and the paths that they can take to achieve their aspirations. We hope that the children will have the opportunity to meet, talk with and question visitors who are working in a huge range of professions about their career paths, what they enjoy about their work as well as the down sides, unknown or unseen impact or consequences of their jobs. If you can help with this, please get in touch with Miss Cooke.

## **Attendance – 92% National Threshold**

Due to very high levels of sickness and illness since the start of the school year across all year groups, the levels of attendance for many children have fallen below the national expectation of 92%. Thank you to all parents who ensure that they contact the school on the first day that their child is absent and on subsequent days. This ensures that we are fully informed of the reason why a child is absent and can update our records accordingly.

As a school we constantly monitor levels of attendance and in accordance with The Bedford Borough Attendance Toolkit we formally review levels of attendance each month. When a child's attendance falls below the national expectation of 92% we will write to parents to inform them that their child's attendance has fallen below the national expectation of 92%. We will write to all parents where their child's attendance has fallen below 92% regardless of the reason for the fall in attendance.

Learning moves on so quickly in school and if your child is absent for a considerable amount of days their learning and progress will suffer. If your child is absent for ½ a day every week, their attendance will only be 90% - equivalent to 4 weeks of school and learning missed over the year. If 90% attendance continues over 5 years that is equivalent to half a year of school and learning missed.

All children should be at school every day unless they are too ill to attend. If you are not sure, please send them in to school and we will send them home if they are unwell. If they seem a little unwell in the morning and make a recovery during the day – please bring them in. Establishing good attendance habits is important early in a child's school career, as this is a trait that will serve them well throughout life.

Attendance Matters!



Every Student, Every School, Every Day

## **Fun reading on a Friday**



We would like to remind you that we are continuing with our fun reading with your child on Friday mornings 8.45am – 9am. For those of you who are new to our school, all parents and grandparents

[www.edithcavellprimary.co.uk](http://www.edithcavellprimary.co.uk)

are invited in to school on a Friday from 8.45-9am to listen to your child read. Just go along to your child's classroom.

### **Midday Supervisors needed**

We currently have vacancies for Midday Supervisors.

If you feel that you would suit this role in our school please see the school website for information about the post and an application form.

<https://www.edithcavellprimary.co.uk/vacancies/>

### **Class DoJo**

Since September 2024, across the whole school we have been using Class DoJo as an interactive reward system. Children can earn Dojo points by demonstrating positive behaviours and displaying school values in their actions. However, children can also lose Dojo points for breaking the Golden Rules, including not respecting themselves or others, not taking care of the property of others or not keeping safe hands and feet.



**ClassDojo**

We are now going to extend the use of Class DoJo and invite parents to join the platform. Once you have signed up, you will be able to see what your child is doing in school through the 'Class Story' feature. Class Story will be updated regularly and will include key events and photographs.

We would like all families to join by signing up for a parent account on ClassDojo! You can use it on any device: it's a simple, **free** mobile app for iOS and Android, and can also be accessed from your computer at <https://www.classdojo.com/ul/p/addKid?target=school&schoolID=5ce7e583e065420001dbdf85>

Your child will be bringing home a unique code, that when you enter it to the downloaded app, will enable you to become part of their class community.

If you have misplaced the Class DoJo codes and QR codes that your children brought home, please contact the school office for a replacement or scan the QR code outside your child's classroom.

### **Advance Warning**

#### **Early finish on Friday, 4<sup>th</sup> April 2025**

We would like to give parents the opportunity to collect their children early on the afternoon of the last day of term, Friday, 4<sup>th</sup> April 2025. Children may be collected at **1.45pm**.

Any child may stay in school until the normal end of the school day if parents are working or they do not wish to collect them early.

**Please note: Year 5 and Year 6 children will not be allowed to leave early without the school receiving a completed form from parents.** Forms have been emailed to parents.

Parents may collect their child/ren at the early finish time from their normal class. Any children not collected at the early finish time, will be cared for in their phase groups until the normal end of day.

#### **GEMS – Afterschool Club**

The after-school club will be available **until 4.30pm on Friday, 4<sup>th</sup> April 2025** and bookings should be made in the normal way via Parent Pay.

### **Message from Friends of Edith Cavell –(FoEC)**

Thank you to everyone for attending the disco. We hope you all had a great time.

It was great to see so many children enjoying themselves and our ears are still ringing from the screaming to Taylor Swift!

After half term we have another Lego Club running for years 1-4.

And we will also be running a Mother's Day shop on Thursday 27th March.

**Abi**





### **For Parents - Tips to Promote Positive Body Image**

Concerns around social media influence in particular and the negative effects of this influence on body image for girls and boys have been around for years. In the age of generative AI this can only increase. My social feeds are awash with photorealistic images and they're all the same: so-called perfect body, composition, beauty. There's nothing in the way of different body shapes, diversity in people of colour etc. Simply speaking, AI can be very biased.

Internet Matters have some great, practical advice for parents about self-image, body image and identity which you can find [HERE](#).

### **For Parents - How to Deal with Online Scams**

ParentZone have put together a very simple but really useful webpage guide for parents.

<https://parentzone.org.uk/article/howdeal-online-scams-parent-guide>

### **How Safe is WhatsApp for Children– NSPCC**

WhatsApp is one of the most popular instant messaging apps, used by over 2 billion people in 180 countries. It allows you to send and receive messages, as well as make voice and video calls. You can connect with people individually or join group chats where lots of people can contribute. All you need to set up a WhatsApp account is a phone number. However, children and young people can easily subvert the restrictions placed on its access. Although rated at 16+, all that is required is a phone number. All it takes is one child in a class to be on WhatsApp, and all the others will wish to join. This can lead to increased vulnerabilities for child users. The NSPCC has released its own analysis about the dangers of the app.

<https://www.nspcc.org.uk/keepingchildren-safe/online-safety/onlinesafety-blog/2023-01-12-is-whatsappsafe-for-my-child/>

Are you aware that the age restriction for What's App is 13?

<https://parentzone.org.uk/article/whatsapp>

Also see National College guidance on WhatsApp [below](#).

## **Attendance**

Each week in school we award the 'Attendance Bear' to the class that has had the best attendance in the school. The children enjoy having Attendance Bear in their classroom for the week and eagerly await the results each week. Please help your child's class earn the privilege of looking after Attendance Bear for the week by ensuring that your child attends school every day. The winners of Attendance Bear so far in January and February have been:

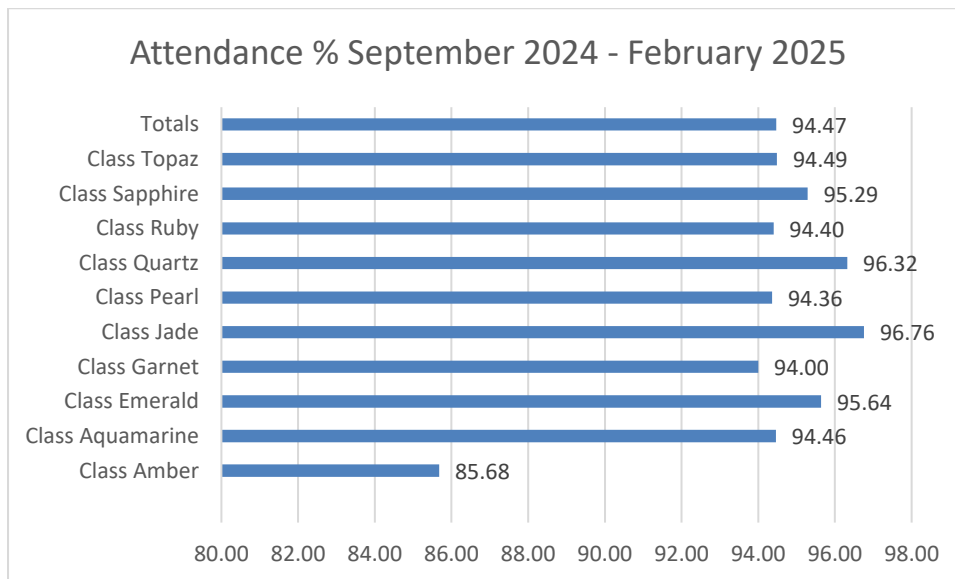


27<sup>th</sup> Jan – 31<sup>st</sup> Jan – Topaz

3<sup>rd</sup> Feb – 7<sup>th</sup> Feb – Emerald

10<sup>th</sup> Feb – 14<sup>th</sup> Feb - Jade

## **Attendance**



**Stars of the Week**  
**Jan. 2025/Feb. 2025**

Amber  
Armias  
Murad

Topaz  
Sienna

Pearl  
Whole Class  
Whole Class

Emerald  
Hollie  
Yousuf  
Muntaha

Jade  
Whole Class  
Anaya

Ruby  
Tola  
Adriana  
Elizabeth

Garnet  
Kade  
Dalton  
Ethan

Quartz  
Ann  
Charlie  
Isla

Aquamarine  
Isla B  
Whole Class

Sapphire  
Chassidy  
Olivia



## **Important Dates - Spring 2025**

Mon 24 <sup>th</sup> Feb	First Day back at school
Thur 27 <sup>th</sup>	Sponsored Event
Tue 4 <sup>th</sup> March	New to Edith Cavell Parent meeting – 9.10am NSPCC Speak out – Stay safe workshops – Y2, Y5 & 6
Wed 5 <sup>th</sup>	Coffee Morning – 9.10am FoEC – Lego club
Thur 6 <sup>th</sup>	LKS2 – Visit to St Albans
Fri 7 <sup>th</sup>	World Book Day Celebration Assembly in the afternoon
Mon 10 <sup>th</sup>	Reception & KS1 Parent Consultations – From 2pm
Tue 11 <sup>th</sup>	Ruby – Sports festival KS2 Parent Consultations – From 2pm
Wed 12 <sup>th</sup>	Parent Consultations – From 3.45pm FoEC – Lego club
Fri 14 <sup>th</sup>	Careers Day
Mon 17 <sup>th</sup>	LKS2 Showcase – 2.30pm
Tue 18 <sup>th</sup>	KS1 Showcase – 2.30pm
Wed 19 <sup>th</sup>	Rec Showcase – 2.30pm FoEC – Lego club
Thur 20 <sup>th</sup>	UKS2 Showcase – 2.30pm
Fri 21 <sup>st</sup>	Red Nose Day
Wed 26 <sup>th</sup>	Jade class – Sports festival FoEC – Lego club
Thur 27 <sup>th</sup>	8am – Governors
Fri 28 <sup>th</sup>	Mother’s Day Breakfast - 8am
Fri 4 <sup>th</sup> April	End of Term – Early finish

### **Academic Year 2024 – 2025**

#### **Spring Term 2025**

Training Day – Monday 6<sup>th</sup> January 2025  
Children return – Tuesday 7<sup>th</sup> January 2025  
Half term – Monday 17<sup>th</sup> February 2025  
Children return – Monday 24<sup>th</sup> February 2025  
Term ends - Thursday 4<sup>th</sup> April 2025

#### **Summer Term 2025**

Training Day – Tuesday 22<sup>nd</sup> April 2025  
Children return – Wednesday 23<sup>rd</sup> April 2025  
May Day – Monday 5<sup>th</sup> May 2025  
Half term – Monday 26<sup>th</sup> May 2025  
Children return – Monday 2<sup>nd</sup> June 2025  
Term ends – Friday 18<sup>th</sup> July 2025

The school term dates for 2025 – 2026 are available on the school website.



# 10 Top Tips for Parents and Educators

## SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

### 1 REDUCE DOOMSCROLLING

It's concerning how common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

### 2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising of a product – and that they know how to spot that the creator is being paid to talk about it.

### 3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

### 4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime; they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

### 5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when made to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

### 6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

### 7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

### 8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

### 9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

### 10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important. Set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

### Meet Our Expert

John Inasley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/top-tips-for-safety-on-social-media>

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# What Parents & Educators Need to Know about WHATSAPP

AGE RESTRICTION  
**13+**

## WHAT ARE THE RISKS?

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

### EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency' – plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

### CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user they want to message. Therefore, if a child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that the child might be added to a group chat or community (by one of their friends, for example) containing other people they don't know.

### FAKE NEWS

WhatsApp's connectivity and ease of use allow news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

### CHAT LOCK AND SECRET CODES

In 2023, WhatsApp introduced a feature that lets users keep their chats in a separate 'locked chats' folder, saved behind their phone's passcode, fingerprint or face ID. There is an additional feature – 'Secret Code' – where users set a unique password for locked chats. Unfortunately, this creates the potential for young people to hide conversations and content they suspect their parents wouldn't approve of.

### VIEW ONCE CONTENT

The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive texts, knowing that the recipient can't reopen them later to use as evidence of misconduct. People used to be able to screenshot this disappearing content – but a recently added WhatsApp feature now blocks this, citing protection of privacy.

### VISIBLE LOCATION

WhatsApp's Live Location feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child is safe while out, for example. However, anyone in a user's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Educators

### EMPHASISE CAUTION

Encourage children to treat unexpected messages with caution; get them to consider whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

### ADJUST THE SETTINGS

It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. You can give permission to My Contacts or My Contacts Except... Additionally, if a child needs to use Live Location, emphasise that they should enable this function for only as long as they need – and then turn it off.

### CHAT ABOUT PRIVACY

Check in with the child about how they're using WhatsApp, making sure they know you only have their safety at heart. If you spot a Locked Chats folder, you might want to talk about the sort of content they've stored in there, who they're talking to, and why they want to keep these chats hidden. Also, if children send any View Once content, it could be helpful to ask them why.

### DISCUSS GROUP CHATS

Make children aware that there could be members of a group that they don't know well and that words can be misinterpreted. Encourage them to leave a good impression, to avoid joining in if conversations turn towards bullying, and to respond to such situations in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable – or for any reason, in fact.

### THINK BEFORE SHARING

Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content that a user posts to be shared more widely, even publicly on social media. Encourage children to consider how an impulsive message or forwarding might damage their reputation or upset a friend who sent something to them in confidence.

### 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

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/whatsapp-2025>

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