



School Office Friday Update

REMINDERS FOR THE WEEKS AHEAD	
Monday 7th October	• Scholastic Book Fair in School- Last day! • Football League Match- 4pm, Churchtown. You will have received a message if your child has been chosen to play.
Tuesday 8th October	• Churchtown Tots- 9.30am- All welcome. • Junior's after school sports club- Please see Parentpay for info and bookings. • Year 6 Bikeability- Level 1
Wednesday 9th October	• Swimming- Class 2.
Thursday 10th October	• Infants after school sports club- Please see Parentpay for info and booking. • Class 3 Skateboarding event- please see Parentpay for information and consent. • Hello Yellow- Please wear yellow to support World Mental Health Day
Friday 11th October	• Celebration Assembly- 3pm, you will receive an invitation if your child has been chosen to receive an award this week. • Year 6 Bikeability- Level 2
Monday 14th October	•
Tuesday 15th October	• Churchtown Tots- 9.30am-All welcome. • Junior's after school sports club- Please see Parentpay for info and bookings.
Wednesday 16th October	• Swimming- Class 2 • Class 1 Fun Run- Please see Parentpay for info and consent. • Class 3 Cross Country- Please see Parentpay for info and consent.

Thursday 17th October	• Infants after school sports club- Please see Parentpay for info and bookings. • Football League Match- You will receive a message if your child has been chosen to play.
Friday 18th October	• Celebration Assembly- 3pm, you will receive an invitation if your child has been chosen to receive an award this week. • Year 6 Bikeability Level 2 • PTA Disco- Please see letter for information.

Other news:

- We still have places available for Breakfast club and our after school Sports clubs, you can book these via Parentpay or pop into the office. **These clubs are free of charge if you qualify for free school meals.**
- **World Mental Health Day- Thursday 10th October- Young Minds, Hello Yellow!**
Children are invited to wear Yellow to raise awareness and support young people's mental health. We are not asking for money to be brought into school but if you wish to make a donation you can do so by using this link. Thank you!
[Donate](#) | [Help Young People Get Mental Health Support](#) | [YoungMinds](#)
- Just to remind you, if you pay for your child's school lunches these should be paid in **advance** of the meal being taken where possible. Thank you.
- Please ensure children have a water bottle in school everyday.
- PE kits should be in school at all times.
- Year 5 & 6- The third payment for Walesby Forest is due on Friday 25th October. Please contact the office if you have any questions or concerns.
- **Healthy Snacks-** Children are welcome to bring a healthy snack to school to eat at morning break. **Please ensure this does not include chocolate, cake or sweets.**
- Our **SENCO**, Sian Arnold, will be in school every Wednesday. She will be available for any Parents who wish to speak with her. Sian is contactable 5 days a week during school hours through the school office.

FURTHER DATES FOR YOUR DIARY	
21/10/2024	Class 1 Stay and Play
21/10/2024	Class 2 & 3 Book Look
22/10/2024	Parents Evening
23/10/2024	Parents Evening
23/09/2024	Coffee morning
24/10/2024	Thursday Church
24/10/2024	Football League Match
25/10/2024	Last day of term
04/11/2024	INSET
05/11/2024	School reopens
20/12/2024	Last day of term
06/01/2025	School reopens
14/02/2025	Last day of term
24/02/2025	INSET
25/02/2025	School reopens
04/04/2025	Last day of term
22/04/2025	School reopens
05/05/2025	Bank holiday- School closed
23/05/2025	Last day of term
02/06/2025	INSET
03/06/2025	School reopens
24/07/2025	Last day of term

The Department for Education stipulates that Headteachers/ Executive Headteachers may not grant any leave of absence during term time unless there are exceptional circumstances. There is no automatic right to any leave in term time, and any leave of absence is granted at the Headteachers/ Executive Headteachers discretion, including the length of time the pupil is authorised to be absent for. The schools within the partnership consider each application for term-time absence individually, considering the specific facts, circumstances, and relevant context behind the request.

Any request should be submitted as soon as it is anticipated and, where possible, at least two weeks before the absence, on a leave of absence request form, accessible via the school office:
info@darleychurchtown.derbyshire.sch.uk and/ or 01629 732236.

Please see our Attendance policy on our school website for more details.

Please do not hesitate to contact us on 01629 732236 or by email info@darleychurchtown.derbyshire.sch.uk with any questions or queries.

follow

WHAT ARE THE RISKS?

What Parents & Educators Need to Know about INSTAGRAM

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.

AGE RESTRICTION
13+

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.

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.

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.

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.

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.

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.



The National College