



Hazelbank Road, Catford, London, SE6 1TG

Headteacher: Manda George

Telephone: 0208 697 2762

Email: admin@torridonprimary.lewisham.sch.uk

2nd February 2024

Dear parents and carers,

Hasn't it been lovely to see some spring sunshine as we move into February. This term is flying by – it is hard to believe it is almost half term!

We are so proud of our Year 3 and 4 Kurling team who were undefeated at this week's tournament. Some of the children will be going on to represent Lewisham at the next stage of the competition.

A big thank you to Rita, Hannah and the Friends of Torridon PTA for organising this week's uniform and book exchange. I know that lots of you find the exchange very helpful. We will definitely be continuing them for the rest of the academic year.

The resource base children had lots of fun on their shopping trip this week. They are looking forward to making some delicious treats with the ingredients they bought ready to share with their parents and carers at next week's pancake afternoon.

Next week, we look forward to Safer Internet Day. Children will be discussing and learning about ways in which they can keep themselves safe when they are online.

Don't forget our Woodland Dress Up day on Friday 9th February. We are inviting all the children to wear something green or to dress up as their favourite woodland creature. All donations will be used to continue to develop our woodland area and new allotment space.

Have a lovely weekend.

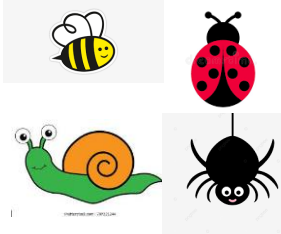
Best wishes

Manda George

Headteacher



Woodlands Friends Dress Up Day



Our woodland is turning one year old and to celebrate we invite you to come to school on **Friday 9th February** dressed as a woodland creature!

Children who do not want to dress up as a woodland friend are invited to wear green.



This is a fundraising event to maintain and expand our ever-growing woodland area.

Donations can be paid directly to ParentPay or buckets will be on the gate to accept cash.

Suggested donation of £1.00.

Nursery Admissions



If you have a child who turns 4 years old between 1st September 2024 and 31st August 2025 and you would like to enrol them at Torridon nursery, please request an application from the school office or by email from: admin@torridonprimary.lewisham.sch.uk.

We have limited spaces. To avoid disappointment, please request and submit an application form as soon as possible.

Corbett Chase – Sunday 24th March 2024



Friends of Torridon PTA is delighted to be teaming up with Sandhurst School once again for our 4th Annual Corbett Chase and Street Play Out.

9:15am - 10k and half-marathon run/walk starts at Torridon Primary School

10am-12noon - Play Street for families on Minard Road in front of Sandhurst Primary School, where run finishes

Runners, walkers, volunteers, supporters all welcome!

More details to come. In the meantime, please register interest here (either running/walking or volunteering): <https://forms.gle/gNY2LoUbwbP4bqBCA>

Sponsored Bounce Top Bouncers! Well Done!

Children and grown ups alike had a super time at the Sponsored Bounce last Friday. Multiple children broke the bounce record of 130 set last year by Oshie, but after a valiant effort he retains his title of Torridon Bounce Champion. Well done to everyone who took part, especially our top bouncers:

Resource Base	Victory	89
Nursery PM	Emmanuel	108
Blue Class	Alicja	98
Red Class	Beauden	115
Yellow Class	Emma	103
1M	Chidubem (Gerald)	104
1N	Kyrie	95
1W	Milo	110
2S	Dexter	117
2SW	Jared-Ryker	120
2V	Bobby	106
3A	Zachariyah	120
3G	Matthew	130
3S	Mordecai	114
4A	Rome	124
4L	Thashvin	146
4S	Otis	138
5C	Harley	108
5L	Azariah	104
5S	Oshie	156
6A	Shecaniah	120
6C	Lakshan	112
6L	Cayden	100

SEN Coffee Morning for Parents and Carers

Does your child struggle with emotional regulation?

Then please join us for our coffee morning on Tuesday 12th March at 9am-10am where we will discuss how you can support your child to manage their emotions using the Zones of Regulation. Staff will then support you to make your own resources and visuals which you can use at home.



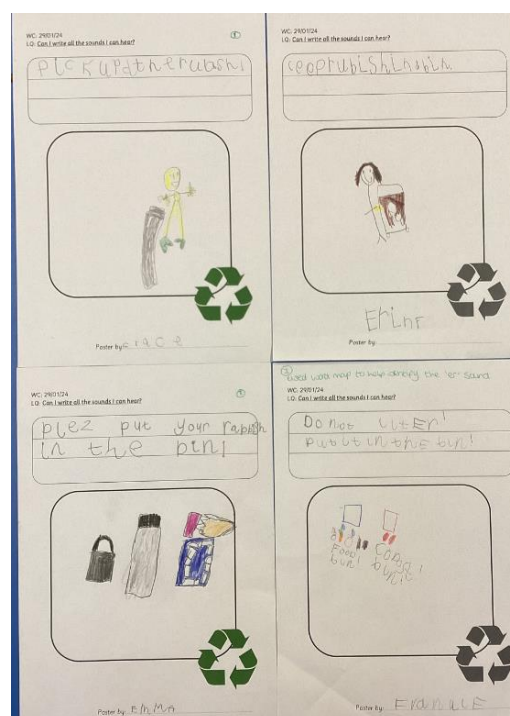
Nursery – Shapes and Colours

Nursery have been using the super power of looking to explore colours and shapes of fire engines! They noticed squares, rectangles and circles of red, yellow and grey. Then they painted their pictures and improved their brush skills!



Reception – Recycling Week

This week, our passionate Reception children have been real-life superheroes! They have been sorting the rubbish in all classrooms and reducing waste by re-using old materials, turning them into wonderful new creations. They have even made their own recycling posters to encourage respect for our environment. Take a look...



Year 1 – Moon Landing

This week, Year 1 have been learning all about the very first moon landing. We watched original footage of Apollo 11 and the moon landing. Then, we acted in role as Neil Armstrong, Buzz Aldrin and Michael Collins.

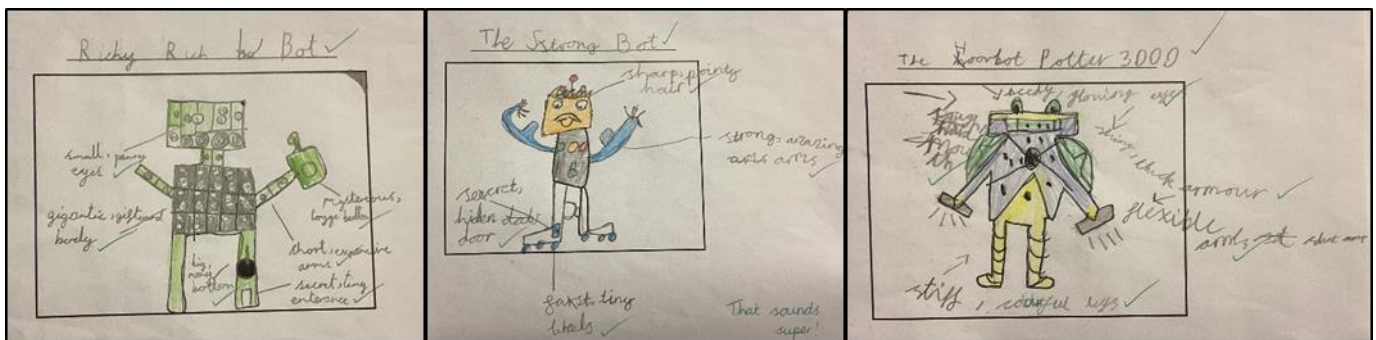


Footprint of an astronaut on the Moon
There is no wind or rain to wash them away.

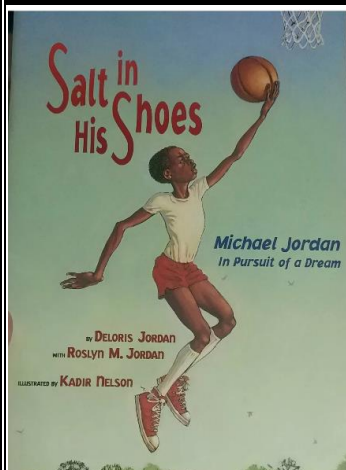


Year 2 - Incredible Inventions

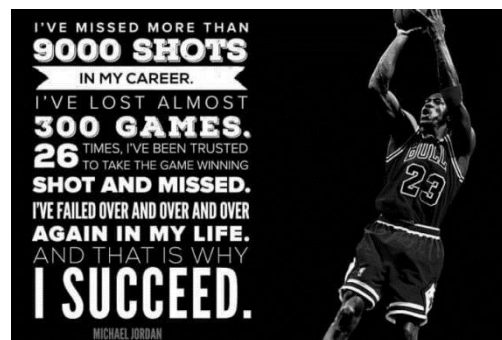
This week Year 2 received details of an exciting competition! As a result of our wonderful 'Incredible Inventions' topic, we have all been hard at work to create our own incredible invention. The brief stated it that our robot/machine **must** help others in some sort of way. With that being said, we used our imaginations to design the most incredible inventions that we thought other people would be interested in buying. Video advertisements to follow next week.



Year 3 - PSHE



In PSHE, year 3 thought about what it means to be resilient. In groups, the children discussed how they could achieve their goals and the importance of not giving up. We found out about Michael Jordan and thought about his positive attitude even when he was faced with setbacks.



Year 4 – Cricket



Year 4 - Trip



This week Year 4 visited Chislehurst Caves. We walked through part of the 20 miles of underground tunnel network. We saw layers of rock that have been there for thousands of years including chalk and flint. We saw cave paintings and imagined what it would have been like for stone age people living there.

Year 5 - Dance

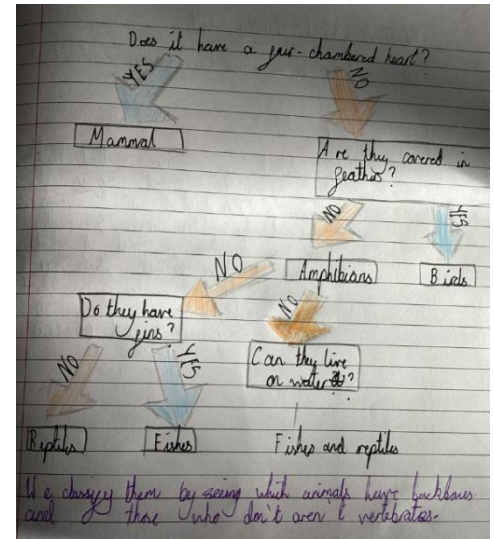
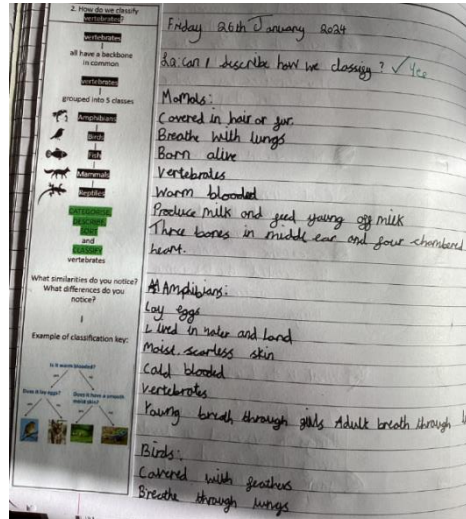
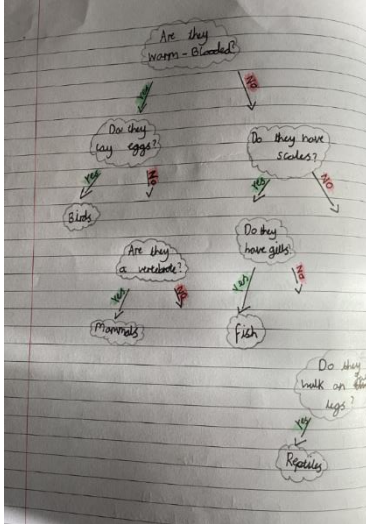
We have been exploring counterbalance and its links to force and friction. So far the year group have used a car advert with mechanical parts and professional dance to inspire and inform their ideas.

The outcomes are beautiful and highlight how well the children are working together and supporting each other.



Year 6 – Science

In year 6 we have been learning about Classification in Science. This week's focus has been learning about vertebrates and invertebrates as well as their characteristics.



Resource Base – Shopping for Ingredients

This week, Blue and Green Pathway took a trip to the shops to buy ingredients. Green Pathway have learned how to independently make their own breakfast with different foods that we bought from the shops. Blue Pathway planned the most efficient route using google maps and bought ingredients for our parent and pancake afternoon next week. Yum Yum!



Kurling Tournament

After a successful morning at the Kurling tournament our year 3 and 4 SEND pupils were able to bring home 1st place medals. Team A did an amazing job and showed great sportsmanship and Team B were undefeated and won every game. We are so proud of how hard they worked together, considering they have never played before! We will receive a lovely plaque for the school and team B will go on to represent Lewisham Borough at the next event.



Forest School News



Construction of our Greenhouse begun this week with Allotment club hammering the staples into the bamboo canes to secure the bottles onto the timber frames that Tom and Darryl have built.



The children even started to clear one of the old large planters and were very excited to find potatoes!

Next week we aim to construct the roof panels in readiness for the Greenhouse build over the half term break.






STARS OF THE WEEK




Class	Name	Reason
Nursery FT	Avery	For his amazing counting this week. Well done, Avery 😊
Nursery AM	Asmithaa	For being brave when climbing on the climbing frame. Well done, Asmithaa 😊
Nursery PM	Liseta	For her fantastic name writing. Well done, Liseta 😊
Blue Class	Preziosa	For growing so much in resilience and having a positive attitude to her learning. Well done, Preziosa!
Red Class	Lorcan	For his recent positive and pro-active attitude to his learning. Keep it up! 😊
Yellow Class	Albert	For always working hard and trying his best. Well done!
1M	Ja'Nae-Lee	For a positive attitude towards her learning and for always being polite and well-mannered. Well done, Ja'Nae-Lee! 😊
1N	Myles	For his mature behaviour and the excellent progress he has made in reading. Keep up the great work!
1W	Rae	For slowly developing her independence in the classroom and participating more in lessons. Keep up the amazing effort Rae!
2S	Dexter	For his fabulous effort in creating an incredible invention this week! Your 'Strong Bot' sounds amazing and your description of it was fantastic! Well done, Dexter 😊
2SW	Cedar	For being so kind to others and helpful around the classroom! She is a great role model! Well done Cedar, keep it up! 😊
2V	Amarachukwu	For being engaged in carpet sessions and participating in class discussion. Great job, Amarachukwu! Keep it up! 😊
3A	Zenab	For being a good friend and a positive role model. Thank you!
3G	Siddy	For his positive attitude towards his learning and always trying his best.
3S	Josann	Well done for making a real effort in the presentation of your work.
4A	Edward	For being really helpful and always thinking of the other people in our community.
4L	Ivanna	Because she has been trying her best in her Maths learning this week, working really hard on fractions. She is always in a good mood and enthusiastic about school. Well done Ivanna!
4S	Kai	For setting such a good example to his classmates by settling down to learning quickly, staying focused in lessons and trying his best in all subjects.
5C	Niromika	For the positive attitude she has shown in all her learning this week. She is also a great role model for her peers as she displays excellent manners. Well done!
5L	Baenla	For always producing learning of a high standard and showing a mature approach towards his learning.
5S	Jaron	For showing remarkable dedication. His unwavering positive attitude towards learning, paired with an eagerness to actively participate and share knowledge, has been a beacon of inspiration for our class. Keep it up! Well done!
6A	Noble	For his quest for knowledge and always looking for avenues to share, challenge and improve his learning. Keep it up!
6C	Sharazad	For working exceptionally hard in writing this week and for her engagement and focus during learning. Keep it up!
6L	Sangheeth	For his consistent enthusiasm for learning. Sangheeth enjoys sharing his thoughts and ideas within group learning as well as in front of the class. Well done!
RB Blue	Nadiya	For excellent learning and joined handwriting. Well done, Nadiya!
RB Green	Joshua	Well done for great week of learning and trying your best to have a positive week.

Weekly Attendance

Class	Attendance		Class	Attendance		Class	Attendance	
1M	93%		3A	94%		5C	89%	
1N	93%		3G	97%		5L	90%	
1W	97%		3S	99%		5S	90%	
2S	99%		4A	99%		6A	86%	
2SW	94%		4L	90%		6C	86%	
2V	96%		4S	95%		6L	93%	

Well Done to all classes who achieved close to 100% in attendance! Keep up the good work!


Keeping Your Child's Teeth Healthy


King's College Hospital
NHS Foundation Trust

Keeping Your Child's Teeth Healthy for Parents, Carers and Guardians of Under 5s

King's College Hospital's Oral Health Promotion team would like to invite parents/carers/guardians to attend a free online event.




Get some practical tips for looking after your child's teeth.



Our aim is to reach as many people as we can across: Lambeth, Southwark, Lewisham, Croydon, Merton, Sutton, Kingston, Richmond and Wandsworth.

Event details:
You can find the dates and times of the online events on the second page. Scan the QR code to register and secure a place.

HOW TO SCAN: OPEN, AIM & TAP

Open the camera on your phone Aim it at the code Tap the banner that appears


Tooth decay is a leading cause of children aged five to nine years old in England being admitted to hospital.

Dental decay among young children remains an important public health issue as it leads to pain and distress, sleepless nights for children.

Parents also averaged 2.5 absent days from work per year because of their children's dental problems.


Dental decay is largely a preventable disease.

Reference: 1 Oral health survey of 5-year-old children 2019 - HCN UK (www.gnuc.uk)



looking after little teeth


KING'S HEALTH PARTNERS
An Academic Health Sciences Centre for London Pioneering better health for all


King's College Hospital
NHS Foundation Trust


Keeping Your Child's Teeth Healthy for Parents, Carers and Guardians of Under 5s

King's College Hospital's Oral Health Promotion team would like to invite parents/carers/guardians to attend a free online


Event Details : Virtual session on Microsoft Teams 13:00-14:00
Tuesday 6th March 2024




Event Details : Virtual session on Microsoft Teams 13:00-14:00
Friday 22nd March 2024




Event Details : Virtual session on Microsoft Teams 13:00-14:00
Thursday 28th March 2024



Event Details : Virtual session on Microsoft Teams 13:00-14:00
Thursday 11th April 2024

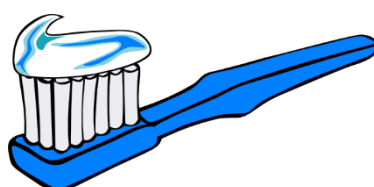


Event Details : Virtual session on Microsoft Teams 13:00-14:00
Thursday 26th April 2024



For any queries, please contact the Oral Health Promotion team: ljch-tr.oralhealthpromotion@nhs.net

KING'S HEALTH PARTNERS
An Academic Health Sciences Centre for London Pioneering better health for all



Term Dates

2024-2025

AUTUMN TERM 2024

INSET DAYS	Monday 2 nd and Tuesday 3 rd September 2024
First Day of Autumn Term	Wednesday 4 th September 2024
HALF TERM HOLIDAY	Monday 28 th - Friday 1 st November 2024
INSET DAY	Friday 22 nd November 2024
Last Day of Autumn Term	Friday 20 th December 2024
CHRISTMAS HOLIDAY	Monday 23 rd December 2024 – Friday 3 rd January 2025

SPRING TERM 2025

First Day of Spring Term	Monday 6 th January 2025
INSET DAY	Friday 17 th January 2025
HALF TERM HOLIDAY	Monday 17 th - Friday 21 st February 2025
Last Day of Spring Term	Friday 4 th April 2025
EASTER HOLIDAY	Monday 7 th – Monday 21 st April 2025

SUMMER TERM 2025

First Day of Summer Term	Tuesday 22 nd April 2025
BANK HOLIDAY	Monday 5 th May 2025
HALF TERM HOLIDAY	Monday 26 th May – Friday 30 th May 2025
INSET DAY	Friday 20 th June 2025
Last Day of Summer Term	Tuesday 22 nd July 2025

Children do not come to school on INSET Days

Dates For Your Diary

Tuesday 6 th February	Resource Base parent and pancake afternoon
	Safer Internet Day
Friday 9 th February	Year 5 and Year 6 athletics regional finals
	Woodlands Friend Dress Up Day
Monday 12 th – Friday 16 th February	HALF TERM
Wednesday 21 st February	Year 3 and Year 4 Tri-Golf tournament
Wednesday 28 th February	Year 3 and Year 4 boys' football tournament
Thursday 29 th – Wednesday 6 th March	School Book Fair
Monday 4 th March	Year 4 visit to Natural History Museum
Tuesday 5 th March	Kickstart to Live Dance 2024
	National Dental Programme Reception and Year 1
Wednesday 6 th March	Unity to Live Dance 2024
Thursday 7 th March	World Book Day
Friday 8 th March	International Women's Day
	Year 5 and Year 6 swimming gala
Week beginning 11 th March	Whole school assessment week
Monday 11 th March	Nursery to Surrey Docks Farm
Wednesday 13 th March	Year 5 and Year 6 boys' football tournament
Friday 15 th March	Red Nose Day
Tuesday 19 th and Thursday 21 st March	Open evenings for parents and carers
Sunday 24 th March	Corbett Chase & street play out
Thursday 28 th March	Last day of term – 2pm finish
Friday 29 th March – Friday 12 th April	EASTER HOLIDAY
Monday 8 th – Thursday 11 th April	Year 6 Easter school
Monday 15 th April	First day of the summer term
Thursday 18 th April	Year 5 and 6 tag rugby tournament
Monday 22 nd April	Key stage 2 athletics tournament
Friday 26 th April	Year 5 and 6 Tri-Golf tournament

Christ's Hospital School Open Morning



To book now sign up here:

[Book an open morning at Christ's Hospital](#)

Half Term Activities

CAMP OLYMPIA

AGE 5-12 YEARS

FEBRUARY HALF TERM CAMP

14-16TH FEBRUARY
9:00 AM - 3:00 PM
ST MARK'S HALL
BAUDWIN RD, SE6 1QB

PRICE
 3 DAYS £90
 ONE DAY £30
 BREAKFAST CLUB £5/DAY
 AFTER CAMP FUN £5/DAY

BOOK NOW
campolympia@outlook.com
 07838917851

@CAMP_OLYMPIA_

Kent County Cricket Ground, Worsley Bridge Road, Beckenham BR3 1DR

12-16 FEB 2024

FEBRUARY HALF TERM TENNIS & MULTI-SPORT CAMPS 2024

INC NEW EARLY RISER &/OR LATE LEAVER OPTIONS 4-15 YEARS OLD

LTA

PRICING
 Mon - Thurs 9am to 3pm = £28.00 pp per day
 Or Mon - Fri 9am to 12.30pm = £25.00 pp per day
 (Tennis and Tennis Games only)
 Early Risers Mon - Fri 8.00am to 9.00am = £5.00 pp per day
 Late Leavers Mon - Thurs 3.00pm to 3.30pm = £2.50 pp per day
 Only in conjunction with your day/half day booking

ACTIVITIES:
 *Tennis *Football *Basketball *Golf *Baseball *Hockey *Volleyball
 *Cricket *Table Tennis *Badminton *Tug of War and much more

Equipment provided

Grouped in age & ability

Bring £1 for the tuck shop!

Wet weather program

Martin on 07528 319723
 or martin@bluetennis.co.uk

Book & pay www.clubspark.lta.org.uk/bluetennis

MULTISPORTS FEB HALF TERM CAMP

When: 12/02/24 - 16/02/24
 (Please note that your child can attend one or all of the above dates)

Times: 9:00AM - 4:00PM
 (Please provide your child with a packed lunch for the day)

Where: SYDENHAM SCHOOL
 DARTMOUTH RD,
 LONDON,
 SE26 4RD

BOOK NOW TO GUARANTEE YOUR SPACE!

All of our coaches are:

- ✓ FA Qualified
- ✓ DBS Checked
- ✓ Child Safeguarding Trained

£25 A DAY

AGES: 4-14

TO BOOK
 Discount is available for children in receipt of FREE SCHOOL MEALS

SEND US AN EMAIL OR GIVE US A CALL
0207 1013 652

@BALLERSSPORTSCOACHING
admin@ballerssportscoaching.com

BALLERS

BALLERS MULTISPORTS HALF TERM CAMP

MONDAY 12TH - FRIDAY 16TH FEBRUARY

AGES: 4-14 ALL ABILITIES BOYS & GIRLS

LOCATION:
 SYDENHAM SCHOOL
 DARTMOUTH RD,
 LONDON,
 SE26 4RD

£25 PER DAY

BOOK NOW! 0207 1013 652
ADMIN@BALLERSSPORTSCOACHING.COM

CHILDCARE VOUCHERS ACCEPTED

Parent Support



**Parent
Champions**

Lewisham Parent Champion Coffee Morning

When: Tuesday, 6th of February, 2024
10:00am-11:30am

Venue: Civic Suite, Catford SE6 4RU

Family Information Service would like to invite parents and carers for an informative coffee morning.

Topics include:

- Parent Champion programme
- Empowering Parents Empowering Communities: Being a Parent
- Lewisham Childcare Online Directory
- A short introduction to the changes to early education entitlements commencing April 2024

Light refreshment will be provided.

Register your interest:

Email address: fts@lewisham.gov.uk

Call/Text: 020 8314 3940 / 073 9286 2138



**Parent
Champions**

Want to help parents just like you? Become a Lewisham Parent Champion Volunteer

If you are a parent who is able to give few hours a week to talk to other parents about the local services available to them in the borough, including childcare and Early years services and activities for children 0-5 years.

We want you to join our Lewisham team!

Parent Champion Training Dates:

18 th of March 2024	10:00am to 13:00pm	Civic Suite, Catford
19 th of March 2024	10:00am to 13:00pm	Civic Suite, Catford
21 st of March 2024	10:00am to 12:00pm	Catford Library

What benefit do I get?

- Further training or employment prospects
- Have opportunities to give back to others in your community.
- Find out more about how to best support and help your own family.

What support can I get?

Our Parent Champion Scheme provides full training and day-to-day support.

Want to find out more?

Please visit: [Become a Parent Champion | Family and Childcare Trust](#)

Register your interest by emailing:

parentchampion@lewisham.gov.uk

Call /Text message 0208 3143940 / 07392862138

Free support for local families



NHS
Lewisham and Greenwich
Mental Health Trust

Eating Well for Less

Would you like to eat more healthily as a family, but you're not sure where to begin or how to manage it without breaking the bank?

This workshop helps the whole family to eat well for less including:

- Tips for a cheaper, healthy shopping basket
- Healthy meal planning to make the most of the food you buy

"This programme
changed my life"



Looking after ourselves

Family life can be stressful. This workshop helps you to find ways to look after yourself and stay calm so you can juggle everything better.

- Share feelings and develop realistic expectations and coping strategies
- Gain practical strategies to reduce the stresses of family life



"We're healthier and
happier and I put
that all down to
HENRY"

Understanding Children's behaviour

Find out what's driving your child's behaviour.

- Understand feelings and needs behind children's behaviour.
- Find out about parenting styles – balancing being in charge and being responsive
- Learn how to use evidence-based parenting skills to hold boundaries and encourage cooperation

Contact us to book your place

Tel: 02030493415 email: ls.shshealthylifestyle@nhs.net
Workshop location: Torrington Primary School
Tues at 9:30am (27th Feb, 5th Mar and 12th Mar)
Thurs at 3:30pm (29th Feb, 7th Mar and 14th Mar)



"This is the best
thing I could
possibly have done
to help me to be
a better mum"

Scan to find out
more
about HENRY



LEWISHAM AUTISM SUPPORT

Support for families of children with a diagnosis of autism living in Lewisham

What we offer:

- 1-hour clinic appointment with experienced Family Support Coordinators who provide support for parents/carers in:
 - Understanding more about autism.
 - Information about accessing local services and benefits.
- For families resident in Lewisham, access to ongoing support (Comeback Service).
- A drop-in service at Kaleidoscope on the first Monday of each month (term-time only) 10.00 – 12.00.

How to access our service:

- Paediatricians and other Kaleidoscope diagnosing teams can automatically refer families after diagnosis. This includes families diagnosed at Kaleidoscope but living in other boroughs. These families will receive an initial 1-hour clinic only.
- We accept referrals from other professionals working with diagnosed children living in the borough.
- Families of diagnosed children can also self-refer.

Contact details:

- Tel: 020 8699 3066
- Email: lewisham.familysupport@nas.org.uk

What Parents & Carers Need to Know about **PERSUASIVE DESIGN ONLINE**

WHAT ARE THE RISKS?

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

KEEP SCROLLING

SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

Advice for Parents & Carers

ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.



NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being sucked back into the online world.



ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.



Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of education, and health education (HEHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on fire for the Department of Education.



The
National
College



National
Online
Safety

#WakeUpWednesday