

This term's Christian Value is:

*Justice*

Learn to do right. Seek justice.  
Isaiah 1.17

Attendance

Attendance this week: 97.8%  
10 classes this week have had 97+% attendance  
Whole school attendance to date: 96.7 %  
This academic year our target is 97%



Lightcliffe 100 – this week's words have been: **organise outcomes overcome**

What an amazing World Book Day!

Our school was bursting with creativity today – from fantastic costumes to brilliant spoon-character entries, everyone truly brought the magic of reading to life. Children enjoyed taking part in our book swap, a variety of exciting quizzes, and our very own Masked Reader, which was great fun for all! A huge thank you to Mrs Ball for her incredible enthusiasm for reading and for organising this wonderful event once again – we're so grateful for the joy and excitement she brings to World Book Day every year.

The Scholastic Book Fair returns to our school next week! A perfect chance to discover new stories and support our school.



Mrs Dunkley



Mrs Hustler

Upcoming Events

- 16-18<sup>th</sup> March Y5 residential visit to Robin Wood
- Thurs 19<sup>th</sup> March Y2 visit to Yorkshire Air Museum
- Fri 20<sup>th</sup> March Comic Relief non-uniform day
- Mon 23<sup>rd</sup> March Hand to Mouth RE visitors
- Tues 24<sup>th</sup> March Y3 trip to Magna Science Museum
- Fri 27<sup>th</sup> March School Closes for Easter break



## Comic Relief

On Friday 20<sup>th</sup> March, we will be supporting Comic Relief and helping to raise money for children and families in need across the UK and around the world. We're inviting all pupils and staff to wear something red. It could be a red top, red socks, a red accessory, or even a full-red outfit! We kindly ask for a £1 donation, which can be sent into school on the day. Every contribution, big or small, helps to make a real difference. Thank you for your support and for helping us spread kindness, laughter, and hope through this fantastic cause!

## Rotakids Art Exhibition and Competition

Friday 13<sup>th</sup> March 3.20 - 4pm  
Saturday 14<sup>th</sup> March 9.30 - 10.30am



The Rotakids warmly invite you to attend the art exhibition and vote for your favourite competition entry.

The entries with the highest number of votes in each age category will win a prize.

To vote: Buy our special tokens to vote for your most favourite pieces of artwork on the theme 'What Makes Me Happy'. We have had a range of entries this week and cannot wait to exhibit them.

Raising funds in aid of the Forget Me Not Children's Hospice.

Before and after school places available.  
Contact OOSCAL on 07905627157

Yeah!  
Spring is here!



## Lightcliffe Eco-Council's Litter Pick Project

**We are excited to launch the Lightcliffe C of E Primary Eco-Council Litter Pick Project, starting this Monday!**

**To help keep our local community clean and green, the Eco-Council will be lending out litter-picking equipment to families.**

**If you're heading out for a walk — after school, over the weekend, or during a daily dog walk — why not take a litter picker with you and help make a difference?**

### How to Take Part

- **Borrow a litter picker and equipment set from school (available from the office).**
- **Take it along on your walk and collect any litter you spot.**
- **Snap a photo of your family taking part.**
- **Send your picture into school so we can celebrate your efforts on our Eco-Council display and school website.**

**Every small action helps protect our environment, and we can't wait to see our Lightcliffe families getting involved and helping our school community shine!**



# What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so entrails young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK ... and knowing what to do about content that upsets them.

## 1. UNDERSTAND THE ALGORITHM

Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

## 2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

## 3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds: if alarm bells ring, it could be time for a more in-depth talk or to seek support.

## 4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

## 5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces: involving your child in creating this agreement makes them more likely to stick to it.

## 6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

## 7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

## 8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

## 9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

## 10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like offline life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

## Meet Our Expert

Shazia Sarwar-Aziz is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



Sources: <https://www.bbc.co.uk/news/technology-6204805>  
<https://sproutsocial.com/insights/social-media-algorithms/>

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