

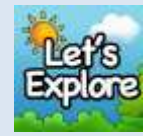


Newsletter 32  
Friday 6th June 2025

01926 640326  
admin2064@welearn365.com



# Nursery and Reception



This week, our Reception and Nursery children began their exciting new topic, *Sunshine and Sunflowers*, with a hands-on exploration of the school allotment. During this activity, the children developed their observation and investigative skills as they used spotting sheets to identify and name different plants and animals, enhancing their understanding of the natural world. They also practised early mark-making and fine motor skills by creating bark rubbings with oil pastels, encouraging creativity and introducing them to textures and patterns in nature.



I enjoyed making the bark rubbings with different colours. Harry



We found baby ladybirds!  
Joshua



UN Convention on the Rights of the Child  
Article 29: Goals of education







**ARTICLE 31** (leisure, play and culture)  
Every child has the right to relax, play and take part in a wide range of cultural and artistic activities.

Yesterday, we received a certificate from The National Gallery recognising our participation in their Take One Picture Project throughout this year.

This is a national programme for primary schools, which aims to inspire a lifelong love of art and learning.

Each year, one picture from the gallery's collection is used to inspire cross-curricular work in primary classrooms. The project involves attending online workshops to learn about the artist and picture, using this as inspiration to create our own artwork and cross curricular activities to embed our learning.

Each class submits their entry directly to The National Gallery.

By Isla, Pharrell and Bella  
Arts Ambassadors



**This year's chosen picture was A Regatta on the Grand Canal**, a 1740 landscape painting by the Italian artist Canaletto. It depicts a view of the Grand Canal in his native Venice during the Carnival season when the annual gondola regatta is being held.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture



### Soccer Aid: Supporting Children Around the World

Soccer Aid is a major fundraising event that supports UNICEF's work to help children everywhere grow up safe, healthy, and educated. The money raised goes towards providing clean water, life-saving food, vaccines, and education for children living in some of the world's toughest conditions. It's a powerful reminder that small actions—like donating or spreading awareness—can help protect children's rights and give them a brighter future. Soccer Aid shows how coming together can truly change lives.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 31: Leisure, play and culture







## Maths - Position and Movement

# Years 1 and 2

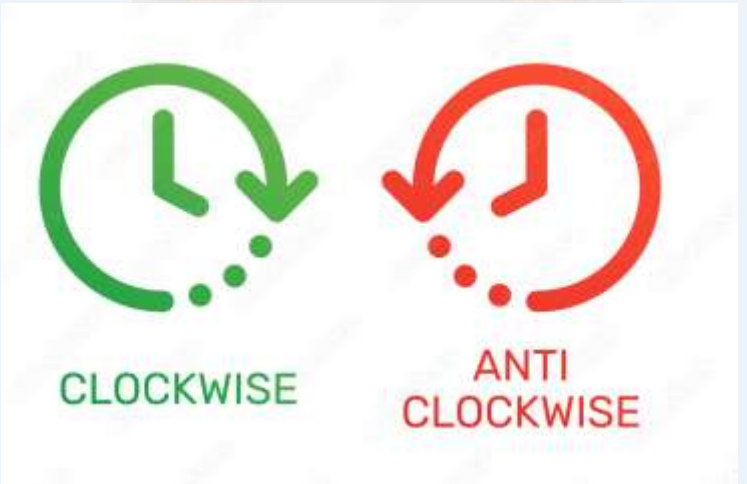
The children in Years 1 and 2 have started a new topic in Maths, learning about position and movement. This week they practised making half, quarter and whole turns in the hall and also worked in groups to instruct 'Beebot' to move in different directions.

The Year 1 children have focused on learning their 'left' from their 'right' and the Year 2's have worked hard to learn the new concept of 'anti-clockwise' and 'clockwise' thinking back to their learning about time.



We had to count the number of squares Beebot needed to move and think about the direction it would travel in to reach its destination.

We learned that two quarter turns are the same as a half turn. You can make a half turn in either direction and still face the same object at the end.



UN Convention on the Rights of the Child  
Article 29: Goals of education





## Ancient Civilisations

Years 3 and 4

# Drama

This week, the classroom has come alive with drama, creativity, and collaboration as the children began working on their very own version of *A Midsummer Night's Dream* in partnership with the Royal Shakespeare Company. Using approaches from the RSC's Playmaking Pack, the children have stepped into the roles of directors, actors, and theatre-makers, making decisions about casting, movement, staging, and delivery.

We've used physical games, role play, and rehearsal room techniques to break down the story and understand the characters and relationships within the play. It's been fantastic to watch the children explore Shakespeare's language with such confidence, using their bodies and voices to bring it to life. They've really shown how powerful and accessible Shakespeare can be!

From comedic confusion in the forest to powerful performances of Titania, Oberon, and Puck, the children have thrown themselves into every rehearsal with energy and imagination. We can't wait to continue building on in the coming weeks and begin shaping it into a final performance!



UN Convention on the Rights of the Child

Article 29: Goals of education

# Play Makers Festival

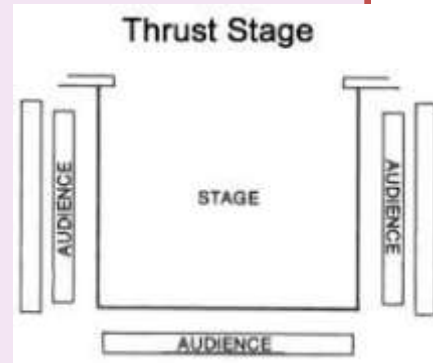


## A MIDSUMMER NIGHT'S DREAM

The children in 5/6 class have been busily preparing for their part in this years RSC Play Makers Festival which takes place on Thursday 19th June in our school hall.

The parts were distributed last half term, learned over the week off and we are now polishing our section of the famous Shakespeare play.

We worked on improving projection of our voices so we can be heard by our audience, our positioning when performing on a thrust stage (it is more tricky than the more traditional proscenium arch stage) and bringing our characters to life through our tone and actions.



Titania's  
Fairy Train

Musicians



The Mechanicals



UN Convention on the Rights of the  
Child

Article 29: Goals of education





Titania and her fairies



Oberon and Titania arguing over who will get to keep the changeling child.



Oberon's wicked plan to trick his wife and gain the changeling boy. Puck watches on.



# Emotional Wellbeing and Mental Health



Mental Health in Schools Team  
**Tips For Wellness**



## Friendship

Friendships are so important for our mental health, as they help to build our self-esteem, give us a sense of belonging and give us opportunities to share fun and happy experiences with others. We can also speak to our friends for support, or they can help to distract us through tougher times. Connecting with others is one of the NHS **5 ways to wellbeing**; the 5 types of activities we need to be doing to promote our wellbeing!

### Our tips for friendship:

- **Listen and pay attention** – this makes others feel valued and heard.
- **Celebrate their wins** – be happy for your friend when they succeed and celebrate with them, this makes them feel loved.
- **Support them** – this may be by just listening to them or helping them to find solutions to their problems.
- **Have fun together!** – making memories together makes friendships stronger, maybe try out a new hobby together!



Scan QR code  
to find out more  
about  
connecting with  
others

This week is also '**Loneliness Awareness Week**'. Use this week to connect with others and make new friendships. You can do this by:

- Saying 'Hello' to a new person in the playground.
- Letting a new person join in with your game.
- Sharing something about yourself to start a conversation.
- Offering to help someone with something.

Loneliness  
Awareness  
week 9<sup>th</sup>-15<sup>th</sup>  
June

In Coventry and Warwickshire, for any urgent mental health concerns, contact the RISE Crisis Helpline available 24/7, by calling NHS 111. Alternatively, call 999 or visit A&E in an emergency, for example if medical attention is required.

MHST are available to support you and your school throughout the school year including term time and school holidays.

Please contact your school's Mental Health Lead for information and advice.



# Emotional Wellbeing and Mental Health



Compass

## Emotional Health

Advice, support and information

**Connect  
for Health**  
Your school nursing service

It's important to consider the different elements of emotional health and how getting active, eating well, and getting good quality sleep can have a positive affect on how we feel.

**Sleep** - So, how much sleep should you be getting every night?

**3-5 years old**

10-13 hours

**6-12 years old**

9-12 hours

**13-18 years old**

8-10 hours

- You're more likely to feel down when you are tired.
- Sleep has an important restorative function in 'recharging' the brain.
- Having a consistent bedtime routine can help you to cope better with stress.

Find out more about sleep at [www.thesleepcharity.org.uk](http://www.thesleepcharity.org.uk)



## Eating Well

- Eating foods that release energy slowly, can help to keep your sugar levels steady, reducing the chance of a sugar rush and changes in mood.
- Drink enough water. If you become dehydrated, this can make it harder to concentrate or think clearly.
- Eating fruits and vegetables can add a good range of nutrients to your diet. These nutrients help to keep us mentally and physically healthy.
- Diets higher in protein can support your mental health. Protein contains chemicals called amino acids, which your brain needs to produce chemicals called neurotransmitters. These help to regulate your thoughts and feelings.

Visit [www.nhs.uk/healthier-families](http://www.nhs.uk/healthier-families) for easy ways to eat well and move more.

## Getting Active

- better sleep - by making you feel more tired at the end of the day.
- happy mood - releases feel-good hormones that make you feel better.
- better self-esteem - make you feel better about yourself when achieving your goals.
- connecting with people - meet new and like-minded people, and make new friends.



## Connect for Health support

If you would like support you can contact us on the following contact numbers:

Text Parentline (parents/carers): 07520 619 376

Text ChatHealth (11-19 years): 07507 331 525

Call us: 03300 245 204

Email us: [connectforhealth@compass-uk.org](mailto:connectforhealth@compass-uk.org)



Visit the Connect for Health website by scanning the QR Code



# Emotional Wellbeing and Mental Health



## Sleep

Advice, support and information

**Why do we need sleep?**

If you're active throughout the day your body and brain needs time to rest. The rest gives your body a chance to recover and grow. It is important to get enough sleep:

- 3-5 years old - 10-13 hours
- 6-12 years old - 9-12 hours
- 13-18 years old - 8-10 hours

**What happens if I don't get enough sleep?**

- You will be tired, have low energy levels, have poor concentration, feel down, and are more likely to make mistakes.

**Bedtime routine- do the same thing everynight**

1. Turn off all screens, dim lights an hour or so before bedtime
2. Have a shower or bath
3. Do a relaxing activity (drawing, colouring, reading)
4. Write down anything on your mind so that you can forget about it until the morning

**Creating the perfect sleeping environment:**

- Ensure the room is well aired - crack a window during the day if needed
- Choose suitable curtains - black out blinds or curtains can be particularly useful
- Remove devices with a screen from the bedroom to avoid temptation
- Make sure your mattress and pillow are comfortable.

**Support services:**

- Compass - [sleep-compass-uk.org/help-and-support/young-people/young-people-health/sleep/](https://sleep-compass-uk.org/help-and-support/young-people/young-people-health/sleep/)
- The Sleep Charity - [thesleepcharity.org.uk](https://thesleepcharity.org.uk)

For advice and support, text us on 07507 331 525 or talk to a teacher about making an appointment with C4H, your school nursing service.





# Diary Dates



Summer Term	
June	
Wednesday 11th June	Soccer Aid, wear sporty clothes and bring a 50p donation for Soccer Aid
Friday 13th June	EYFS trip to Hill Close Gardens
Week beginning Monday 16th June	Refugee week– activities in classes
Tuesday 17th June	Family Learning maths game workshop– please book a place (see newsletter for details)
Thursday 19th June	RSC performance– KS2 children performing to other classes
Friday 27th June	Sports day led by Onside Coaching, weather permitting. Parents welcome to watch.9.30am—11.00am
Friday 27th June	Mufti (non uniform) day, please bring 50p for school funds
July	
Tuesday 2nd July	Transition day
Wednesday 9th July	Chef Idris Caldora visiting Years 5&6
Tuesday 15th—Thursday17th July	Years 5&6 residential trip to PGL Liddington
Friday 18th July	Last day of term  Mufti day

With best wishes from Mrs Westwood, Mrs Manley and all the staff at Lighthorne Heath Primary School.



UN Convention on the Rights of the Child  
Article 29: Goals of education  
Article 5, Parental Guidance, Article 18, Parental responsibility

# Lighthorne Heath Learning Heroes

## EYFS

Ikhlas is our Reception and Nursery class learning hero this week. She really impressed us with her determination to improve when moving along the new outdoor climbing frame. Ikhlas challenged herself again and again to travel across the frame, growing in confidence with each turn. Well done Ikhlas!



Have a go

## Years 1 and 2

Our Y1 & 2 hero this week is Summer for her fantastic concentration and work ethic this week. She has really impressed us with her ability to follow instructions and when working independently to complete her work. She also designed a lovely map of the UK for her home learning in which she identified and labelled key seaside resorts. What a great start to this half term Summer, keep it going!



Concentrate

## Years 3 and 4

This week's Y 3 & 4 learning hero is Omoghene for his brilliant positivity around the classroom and for always being a great role model to others. He shows kindness, respect, and sets a fantastic example through his behaviour and attitude every single day. Well done Omoghene, we're really proud of you!



Be curious!

## Years 5 and 6

Mrs Cox's hero this week is Yusayrah. She has worked hard this week during our rehearsals for A Midsummer Night's Dream and shown a great commitment to increasing the quantity of her written work. You should feel proud of yourself Yusayrah!



Enjoy learning

UN Convention on the Rights of the Child

Article 29: Goals of education



Co-operate

Persevere

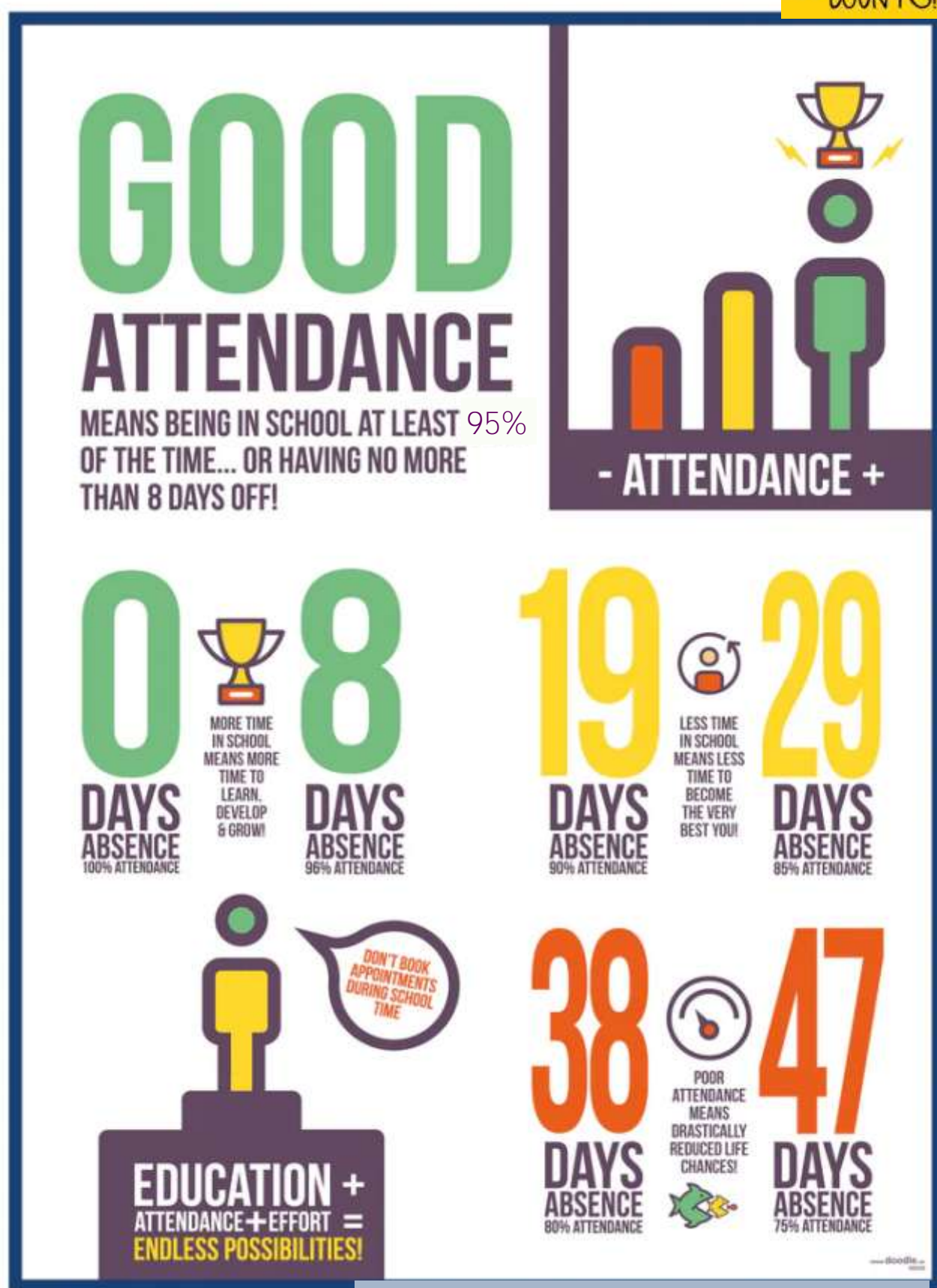
Keep on improving

Use your imagination





# Attendance and Punctuality



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 5, Parental Guidance, Article 18, Parental responsibility





We want to provide the healthiest possible environment for all our children to thrive.

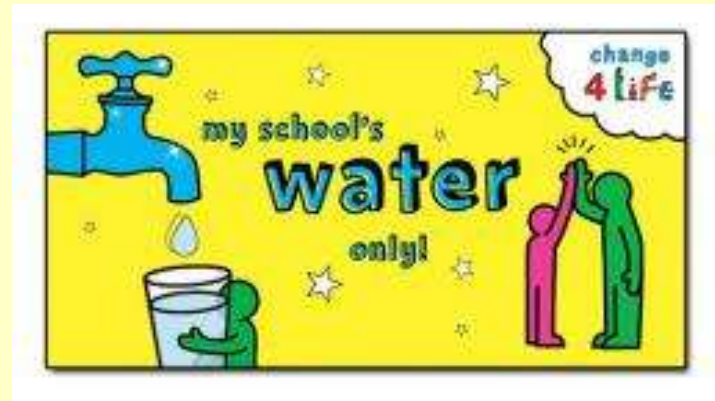
Please remember that we are a water only school and children are not permitted to bring juice or squash to drink during the day. This is in line with NHS advice.

We have a water cooler in school and children are welcome to fill up their bottles when they need.



The NHS states that the best drinks to give children are water and milk.

Children should avoid sugary fizzy drinks, squash and juice drinks completely. Children who drink a lot of sugary drinks are more likely to become overweight. The added sugar in these drinks can also damage teeth.



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 18: Parental responsibilities

Article 24: Health and health services





## **SUN SAFETY**

This week, we have seen increased temperatures and several particularly sunny days at school.

During warm weather, please make sure that your child is safe at school by ensuring the following:

### 1. Sun Hat

Make sure your child brings a sun hat to school every day.



### 2. Named Water Bottle

Send your child with a named water bottle (water only, please).

They can refill their bottles throughout the day from our water cooler to stay well hydrated.



### 3. Apply Sun Cream

Please apply sun cream before school.

Children will be outside throughout the day—using the playground, school field, and class gardens.

While we provide access to shade and avoid extended sun exposure, we recommend a long-lasting sunscreen for added protection.



**Let's Work Together to Keep Everyone Safe in the Sun!**



### Monday



Moroccan Chicken Pasta G

### Vegetarian Customers Only



(v) Broccoli and Sweetcorn Pasta Bake G.D

### Tuesday



(v) Rustic Pizza Wedge G.D.SB



(v) Jacket Potato with Cheese D.

### Wednesday



British Roast Chicken, Stuffing G.



(vg) Quorn Roast G. Optional Stuffing G.

### Thursday



Pork Sausages G.SU.SB



(v) Plant Power Sausages with Gravy

### Friday



Crispy Salmon Fishcake F.G.



(vg) Plant Power Burger in a Bun G.

### Educaterers' New Menu

Next week, we will be on Week 2 of the new Educaterers menu.

Jacket potato and choice of fillings available daily

### Free School Meals

If you think that you may be eligible for free school meals applications can be made online at <https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals>



Mrs. Manley and Mrs Hendriksen are happy to help with FSM applications, please ask if you require assistance.



## Guide to Supporting Your Child's Reading

Questions to ask your child when reading fiction:

Predicting:

What do you think this book will be about based on the title and cover?

Have you read any books by this author before? What were they like?

What do you already know about this topic?

Understanding the Story:

What is happening in the story so far?

Who are the main characters? What do we know about them?

Where and when does the story take place?

Making Connections:

Does this story remind you of anything in your life?

Have you read another book like this before?

How do you think the character is feeling? Why?

Vocabulary and Language:

What does this word mean? Can you use it in a sentence?

Are there any words that you don't understand?

How do the illustrations help to tell the story?

Encouraging Critical Thinking:

What do you think will happen next?

Why do you think the character made that choice?

If you were in this situation, what would you do?

Summarising and Reflecting:

Can you tell me what happened in the story in your own words?

What was your favourite part? Why?

Did the book end the way you expected?

Extending the Story:

If you could ask the author one question, what would it be?

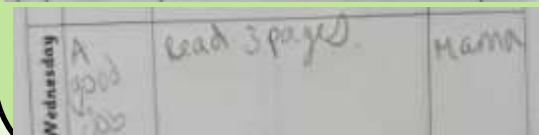
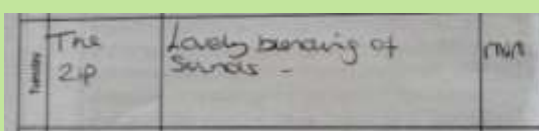
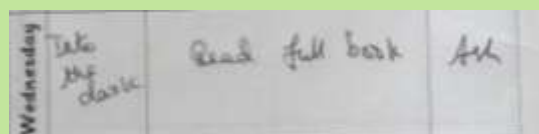
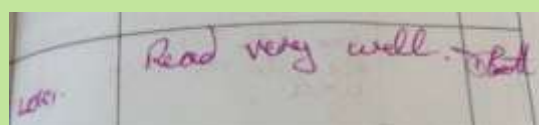
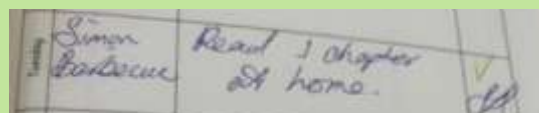
Can you think of a different ending to the story?

What lesson did you learn from this book?

Filling in the reading record:

When signing your child's reading record, please include the date that your child read, the title of the book (or the material that they read) and your initials.

You are welcome to include additional information about your child's engagement, comprehension and confidence or some praise if you would (and this is useful) but you don't have to.



READING INCENTIVE

**REMEMBER...YOU'VE GOT TO BE IN IT TO WIN IT!**

1. Share a book with an adult at home at least 3 times each week (you can read your school reading book or any other reading material).
2. Ask the adult to sign your reading diary each time they share a book with you.
3. Make sure that your reading diary is in school each day. On Friday, bring this to the office and show the Learning Detectives. If your diary is signed 3 times or more for that week, you will receive a raffle ticket.
4. The raffle tickets will go to celebration assembly and prizes will be given each week for raffle tickets drawn.



# educaterers



## A FOOD STORY

Executive Head Teacher  
Stratford Road  
Mrs Juliette Westwood  
Lighthorne Heath

Leamington Spa

Warwickshire

CV33 9TW

Tel: 01926 640326

Fax: 01926 641818

Email: admin2064@welearn365.com



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

20 May 2025

Dear Parents/Carers of Year 2 Children

As you are aware your child is currently eligible for a free school meal under the Governments Universal Infant Free School Meal Scheme and children from Reception class up to and including Year 2 are eligible.

With effect from 1 September 2025 your child will no longer be eligible for a meal under this scheme and if you wish your child to continue to have school meals there will be a cost to you. The current school meal price that our external catering provider charges is £2.88 per day. Please note this may be subject to change.

If you think you may be eligible for free school meals please visit <https://www.warwickshire.gov.uk/education-learning/apply-free-school-meals> to make an application. If successful, this will allow your child to continue to receive free school meals.

Please do not hesitate to contact the school office if you require further information.

Yours sincerely

*Juliette Westwood*

Juliette Westwood  
**Executive Headteacher**



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 24: health and health services







Warwickshire  
Adult & Community Learning

## Family Learning Making and Playing Maths Games Workshop



For children and their parents to attend together  
**Lighthorne Heath Primary School Tuesday 17th June**  
**9.00—10.30am**

**Spend time with your child having fun with maths.**  
**Practice your skills with fun games and activities.**  
**Things to take home so you can keep playing!**

For more information email [amanda.davies@warwickshire.gov.uk](mailto:amanda.davies@warwickshire.gov.uk).

Please book your place with the school office.

All adults must complete an enrolment form for funding.



[www.facebook.com/warksac1](https://www.facebook.com/warksac1)

[www.twitter.com/warksac1](https://www.twitter.com/warksac1)

[www.instagram.com/warksac1](https://www.instagram.com/warksac1)

I would like to attend the Family Learning course (Games Workshop)

Adult's name \_\_\_\_\_ Tel \_\_\_\_\_

Child's name and class \_\_\_\_\_



Warwickshire  
County Council



UN Convention on the Rights of the Child

Article 29: Goals of education

Article 3: Leisure, play and culture



**Immunisation & Vaccination Service**  
**Community Health & Wellbeing**  
 Wayside House  
 Wilsons Lane  
 Coventry  
 CV6 6NY

Date: June 2025

## We're changing how we get consent for vaccinations, and it should save you time.

Dear Parent/Carer

Our local school-aged immunisation service has been working with NHS England on improving how vaccinations in schools are managed.

As part of this work, the School-Aged Immunisation Service Team will now contact you directly to request consent for vaccinations. The new approach will make it quicker and easier for you to give or refuse consent for vaccinations.

This new process will allow the follow up of uncompleted consent forms to happen automatically if we have not received them.

What we will share with the school-aged immunisation service team:

When the School-Aged Immunisation Service Team asks our school for class lists, we will provide email addresses and phone numbers for parents and guardians of children who are eligible for vaccinations. The School-Aged Immunisation Service Team will use these contact details to send consent requests and reminders to parents and guardians.

For further information about the role of the School-Aged Immunisation Service Team in supporting vaccinations, please click [here](#).

### Keeping your contact details safe



All personal data will be securely stored in line with NHS guidelines. Only the School-Aged Immunisation Service Team will have access to your contact details.

If you have any questions about this change, please contact the School-Aged Immunisation Service team via email [SouthImms@covwarkpt.nhs.uk](mailto:SouthImms@covwarkpt.nhs.uk).

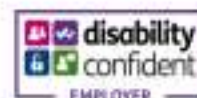
Kind regards,

**School-Aged Immunisation Service**  
**Children's Directorate**  
**Coventry and Warwickshire Partnership NHS Trust**  
 Tel: 01926 353899  
 Website: [Home](#) | [Coventry and Warwickshire Partnership NHS Trust](#)

Eamonn Kelly - Chair  
 Melanie Coombes MBE - Chief Executive



**Coventry and Warwickshire Partnership NHS Trust**  
 Wayside House, Wilsons Lane, Coventry, CV6 6NY  
 Tel: 024 7636 2100 Fax: 024 7636 8949



Community information






# JOIN US FOR A PLATE PAINTING HEDGEHOG-THEMED ACTIVITY!

Date: Saturday 14 June

Time: 12 noon – 2pm

Location: Upper Lighthorne  
Allotments



Come and paint your own  
happy hedgehog plate  
to take home

and learn a little bit  
more about your  
hedgehog friends

**ALL MATERIALS  
PROVIDED**





## Warwickshire Family and Relationship Support

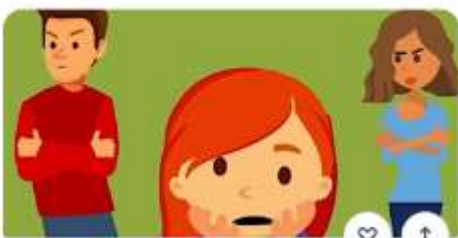


Our workshops and programmes are only available to parents/carers living in Warwickshire.

None of us were taught how to be parents and sometimes we may find what we're doing isn't working or we just want some different strategies in our toolbox. In Warwickshire, parents to be, parents, carers and grand-parents have access to a variety of parenting resources and advice. Support can be accessed online, face-to-face through informal advice, one-to-one consultations, group programmes and workshops.

This is part of the information, advice and support that is often referred to as 'universal support' as it is freely available to all families.

For more information on any of our workshops or programs please email [ehparenttrainers@warwickshire.gov.uk](mailto:ehparenttrainers@warwickshire.gov.uk)



**Keeping Your Child In Mind (4 week programme)**

Wed, 18 Jun, 12:30 BST

Free



**Understanding Your Children's Behaviour- (Harbury)**

Thu, 19 Jun, 09:30

Harbury C of E Primary School

Free



**Understanding Your Teenager Workshop Southam**

Fri, 20 Jun, 13:00

Southam College

Free





# Peep child development groups

FREE

peep

## What is Peep?

Peep supports parents and carers in understanding and enhancing their child's development through sharing fun, simple, low cost ideas and information with each other, and helping to create strong support networks.



## What are Peep groups like?

Our 5-6-week groups offer opportunities to do more of the little things, like talking, listening, playing, singing and sharing books. Groups are small (4-6 families), encouraging, non-judgemental and friendly.

For 1-2yr olds (or 3yrs with SEND)

## Where can I find a group?

Stratford Children & Family Centre (CV37 9PB)

Alcester Children & Family Centre (B49 6AG)

Lighthorne Heath Children & Family Centre (CV33 9TW)

Shipston Scout Hut (CV36 4EW)

For more information, please contact:

Sarah Walker

[peep@homestartsouthwarwickshire.org.uk](mailto:peep@homestartsouthwarwickshire.org.uk)

07435 117 198

To reserve your space





Perfect for  
Father's Day

# PURSUIITS FESTIVAL WARWICK

**RETURNS**

## 14-15 JUNE

ST NICHOLAS PARK, WARWICK

**FAMILY FRIENDLY**

**FREE COMMUNITY EVENT**

**LIVE MUSIC      FOOD & DRINK**



[WWW.PURSUIITSFESTIVAL.CO.UK](http://WWW.PURSUIITSFESTIVAL.CO.UK)





# INTERNET SAFETY

**Date: 25<sup>th</sup> June 2025**

**Time 5pm-6pm**

**Location: Join Zoom meeting ID 765 294 7590**

This workshop highlights the sexual abuse risk online, provides key knowledge around apps our children use and support available. If you would like to attend please confirm by emailing **PEI@safeline.org.uk**. Please reference the school your child attends.



Some useful information for parents and carers, including online webinars can be accessed via The National College (formerly National Online Safety). At school, we teach the children about safe online behaviours but it is important that these messages are reinforced at home at that parents and carers are aware of how to support their children if issues arise.



## What Parents & Carers Need to Know about

# WHATSAPP

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, 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. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging. WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.



in UK and Europe;  
rest of the world 13

## WHAT ARE THE RISKS?

## 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 that they want to message. If your 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 your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

## FAKE NEWS

WhatsApp's connectivity and ease of use allows 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.

**'VIEW ONCE  
CONTENT'**

the facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open 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 increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

**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's safely on the way home, for example. However, anyone in your child'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 & Carers ...TYPING...

**EMPHASISE CAUTION**

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message 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 your child's WhatsApp settings (go to 'Privacy', then 'Groups') 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 your 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.

## THINKING BEFORE SHARING

Help your child to 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 to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

**CHAT ABOUT PRIVACY**

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. You can be a good parent, you can be a good teacher, you can be a good friend, you can be a good person, you can be a good person who talks about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

## Meet Our Expert

Dr Claire Sullivan is an online safety consultant, educator and researcher who has developed and implemented a self-bullying and cyber safety policy for schools. She has written various academic papers and carried out research for the Australian government on comparing internet use and seeing between use of young people in the UK, USA and Australia.



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Some useful information for parents and carers, including online webinars can be accessed via The National College (formerly National Online Safety). At school, we teach the children about safe online behaviours but it is important that these messages are reinforced at home at that parents and carers are aware of how to support their children if issues arise.