

WELCOME

A message from the Head of School

Mrs G McLaughlin

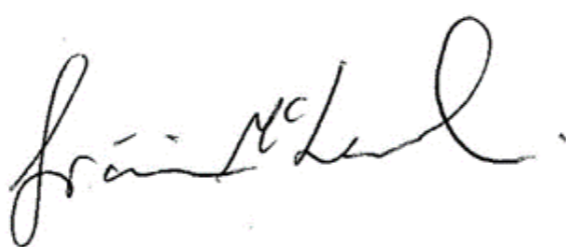
We couldn't be prouder of our exceptional students, who continue to perform significantly above the national average across so many areas of academy life. From outstanding preparation for their GCSEs to remarkable achievements in the Arts, Sports, and wider academic pursuits, our students consistently demonstrate commitment, aspiration, and resilience.

At the heart of this success is a shared belief: that every young person has the potential to excel. We see our students unlocking that potential every day—laying a strong foundation for long-term success in all their future endeavours.

As we look ahead to the next academic year, we are committed to raising expectations even further. This will require a united effort from students, parents, carers, and staff. We expect every student to arrive fully prepared for learning each day and to maintain 100% attendance. Why? Because the evidence is clear: high expectations and consistent routines help young people develop the habits and mindset that lead to future success.

Together, we share the responsibility to ensure that every student is not only achieving today but is also being equipped with the skills, discipline, and confidence they'll need for tomorrow. Let's continue to work in partnership to give our young people the very best start in life.

Thank you for your continued support.



Mrs G McLaughlin

HEAD OF SCHOOL

GLC Gateway Academy

All Different: All Equal: Together, Improving Upon Our Best

EQUIPMENT EXPECTATIONS

At The Gateway Academy, we know that being well-prepared sets the tone for a successful day of learning. As we look ahead to the 2025–2026 academic year, we're asking every student to arrive at school fully equipped and ready to engage.

Having the right tools not only supports effective learning but also encourages personal responsibility and independence—key traits we nurture in all our students.

Here's what every student is expected to bring each day:

- 2 black pens
- 1 red pen
- 15cm clear ruler
- Pencil, eraser, and sharpener
- Clear pencil case
- Yellow highlighter
- The Gateway Academy journal
- School books for the day's timetabled lessons
- Scientific calculator (Casio FX-85GT)
- Laptop and charger

We're confident that, with the right preparation and mindset, every student can thrive. Let's start strong and stay consistent—because excellence begins with the basics.

SENIOR CITIZENS MEAL

On Thursday 22nd May, Gateway Academy was delighted to welcome members of the local community for the GLC's annual Senior Citizens' Meal—an event that has become a much-loved tradition.

Guests were treated to a delicious two-course meal with refreshments, followed by an evening of entertainment including a DJ, raffle, and bingo. The atmosphere was full of warmth, laughter, and community spirit.

What made the evening truly special was the contribution of our students. They helped bake cakes, prepared a range of desserts, and supported the event throughout the evening. Their kindness, maturity, and respectful behaviour were praised by many of the senior guests, who described the evening as both enjoyable and memorable.

The Academy's catering team also played a key role, serving up a fantastic main course that was thoroughly enjoyed by all. It was a real team effort that brought generations together in a joyful celebration.

All proceeds from the evening will be donated to Thurrock Food Bank and Dementia UK—two important causes making a real difference in our community.

We're incredibly proud of all the students who took part and helped make the evening such a success. It was a wonderful example of compassion, service, and the values we aim to instil in every Gateway student.



PARENTAL CALENDAR

<https://www.theglc-gatewayacademy.org.uk/calendar/?calid=1&pid=16&viewid=1>

As well as other valuable information, for example, announcements, letters home and uniform can be found on The Gateway Academy website <http://www.theglc-gatewayacademy.org.uk/>. Please check this regularly for any update

DATES FOR YOUR DIARIES:

DATE	Time	Event
Mon 02-June	8.15	Year 10 PPE Exams begin
Mon 09-June	8.15	Years 7-8 Assessments begin
Mon 16-June	8.15	Year 9 Assessments begin
Fri 20-June	11.30	Years 7-10 finish early due to year 11 graduation
Fri 20-June	12.00	Year 11 Graduation

[Click Here](#) for the full parental Calendar

SYDNEY SHINES

Sydney, a talented young dancer, delivered a remarkable performance at his final competition as a juvenile dancer this weekend, earning multiple top-three finishes ahead of the prestigious UKA Nationals.

The event, held in Herne Bay on Sunday, saw Sydney showcase his versatility and technical skill across a range of ballroom and Latin disciplines. Competing against dancers from across the region, he secured an impressive set of results:

- 1st Place – Couples Quickstep
- 1st Place – Solo Cha Cha Cha
- 2nd Place – Student/Teacher Jive
- 3rd Place – Student/Teacher Tango
- 3rd Place – Solo Jive
- 3rd Place – Couples Jive

This competition marked a significant milestone in Sydney's dance journey, as it was his last in the juvenile category. In just two weeks, he will travel to Blackpool to compete in the UKA National Championships—his first major competition as a junior dancer.

Speaking after the event, Sydney's coaches and family expressed immense pride in his commitment and progress, highlighting his dedication and love for the art of dance.

As he prepares for Blackpool, all eyes will be on Sydney to see how he rises to the challenge on one of the UK's most prestigious dance stages.



MORE NEWS



VE DAY

8th May 1945 marked Victory in Europe (VE) Day — the day the Second World War ended in Europe. The war had begun in 1939 with the Nazi invasion of Poland, which led to the occupation of much of Western Europe by 1940. Britain stood alone against Nazi Germany in Western Europe for a time.

Despite Germany's attacks during the Battle of Britain and the bombing of key ports, transport links, and cities during the Blitz, British morale remained strong. The war continued for several more years and included major battles such as D-Day — the Allied invasion of Nazi-occupied France — which proved to be a turning point in the conflict.

Nazi Germany surrendered unconditionally on 7th May 1945, and this was officially celebrated across Europe on 8th May. Meanwhile, the war in the Pacific continued, with the United States fighting until Japan's surrender on 2nd September 1945.

In Britain, the end of the war in Europe was marked by street parties, mass celebrations, and the appearance of the Royal Family on the balcony at Buckingham Palace, with Princess Elizabeth (the future Queen) secretly joining the crowds incognito to celebrate.

The Gateway joined in the commemoration with bunting, a tea party, and VE Day t-shirts



CELEBRATING THE ARTS

The following students have been nominated by their teachers as Students of the Month in the ARTS. We are extremely proud of their creativity, commitment, and contribution to our school community!

Actor – Scarlet M. (Year 9)
Scarlet has been involved in various acting projects, from school musicals to drama club. She consistently seeks feedback and supports those around her. Last half term, she played a key role in devising a fantastic piece of theatre, showing both leadership and compassion in drama club sessions. Keep it up, Scarlet!

Artist – Miia A. (Year 9)
Miia has been nominated for her dedication, resilience, and compassion—both in lessons and in her own time. She consistently goes above and beyond in every task and has made fantastic progress this year. Alongside creating high-quality artwork, Miia is always ready to support others with ideas and advice, demonstrating her caring nature. Well done, Miia—keep up the great work!

Dancer – Emily S. (Year 8)
Emily goes above and beyond in every aspect of her dance involvement. Her commitment to rehearsals is outstanding—she is always present, focused, and gives her all. Emily encourages and supports her fellow dancers and is always willing to lend a helping hand. Her passion shines through in every club and lunchtime practice. Emily's dedication and positive energy make her an invaluable member of the dance department and a truly deserving winner.

Musician – Haris S. (Year 8)
Haris gives his all in every musical theatre lesson and is a joy to watch perform! His ability to show character through song is exceptional—he doesn't just sing the notes, he brings emotion and depth to every performance. Haris is always eager to improve, support his peers, and refine his skills. His dedication, musical expression, and enthusiasm make him a well-deserved Musician of the Month.

Photographer – Tamara O. (Year 10)
Tamara works tirelessly to improve her work and is regularly found in the photography room at break and lunch, showing pride in her coursework. She joined the course later than others but has made remarkable progress. Tamara is a pleasure to teach and thoroughly deserves this recognition. Well done, Tamara!



MORE NEWS

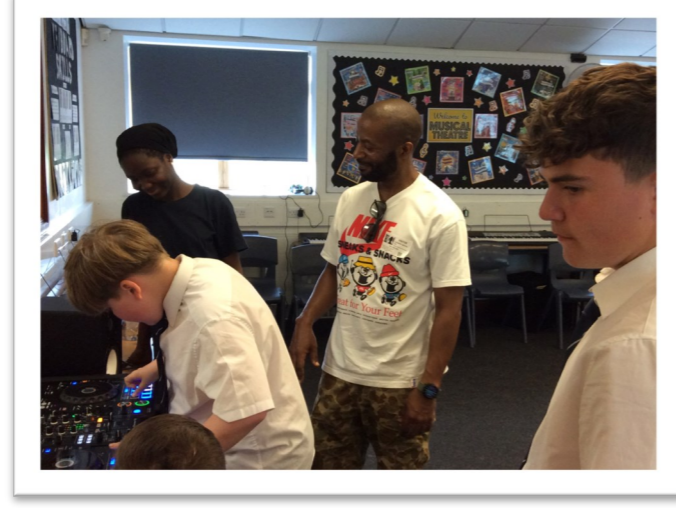
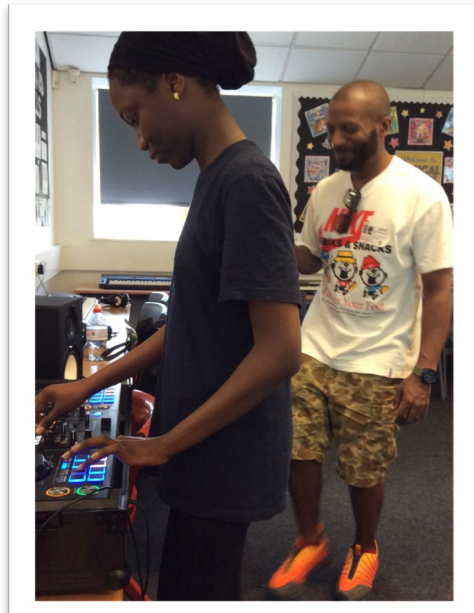


Clarinet and Trumpet Workshops: A Musical Opportunity Every Thursday Lunchtime

Every Thursday lunchtime this term, students have a unique opportunity to explore the world of music in Room 232. Clarinet and trumpet workshops are delivered by teachers from Thurrock Music Hub, where participants can try out these instruments for free, regardless of experience level. If you're curious about learning a new skill, these workshops offer a welcoming space to get hands-on with music. Don't miss this chance to discover your musical talent and enjoy making music with fellow students!

DJ and Production Workshops: Free Skill-Building Every Monday

Every Monday in Room 234 this term, students can dive into the world of music production and DJing through free workshops. Whether you're interested in mixing beats or learning how to produce your own tracks, these sessions offer a hands-on opportunity to develop new skills. Open to all experience levels, the workshops are a great way to get creative and explore the art of music mixing and production. Don't miss out on this chance to learn from experts and elevate your musical abilities!



GLC Gateway Academy
All Different: All Equal: Together, Improving Upon Our Best

SPORTS NEWS

Three Gateway Academy Teams Through to Jr NBA London Finals

Three out of our four Gateway Academy basketball teams have qualified for the London JrNBA Finals! The Year 8 Girls, Year 8 Boys, and Year 7 Boys all secured dominant victories in their semi-final matches earlier this week, hosted right here at Gateway.

The **Year 8 Girls** delivered a strong performance with a commanding **48-25 win** over a talented Bacons College side. Katie led the scoring with 12 points, followed by 8 points each from Heaven, Allannah, and Emily.

The **Year 8 Boys** followed suit with an equally convincing **34-10 victory** against Rokeby School. Tobi was top scorer with 13 points, closely followed by Michael with 11, and contributions of 2 points each from the rest of the squad.

Continuing the winning streak, the **Year 7 Boys** put on an excellent display to beat Brampton Manor **28-11**. Vakariss led the charge with 8 points, with Zach, Ryan, and Kyngsley each adding 4 points to the tally.

Coach Lee said:
"I'm absolutely delighted to have three teams through to the finals. The Year 7 Girls have also been training incredibly hard and have made huge progress — there's still a chance we could see all four teams in the finals. That would be amazing!"

The Jr NBA Finals will take place at UEL SportsDock:

Year 7 Finals – 19th June

Year 8 Finals – 20th June

Our basketball students have shown immense dedication throughout the year — early morning sessions shooting 200 shots before school, and countless evenings staying behind for training and fixtures. Their hard work, discipline, and team spirit have truly paid off.

We couldn't be prouder of how far these players have come.

And we're only just getting started...

– Coach Lee

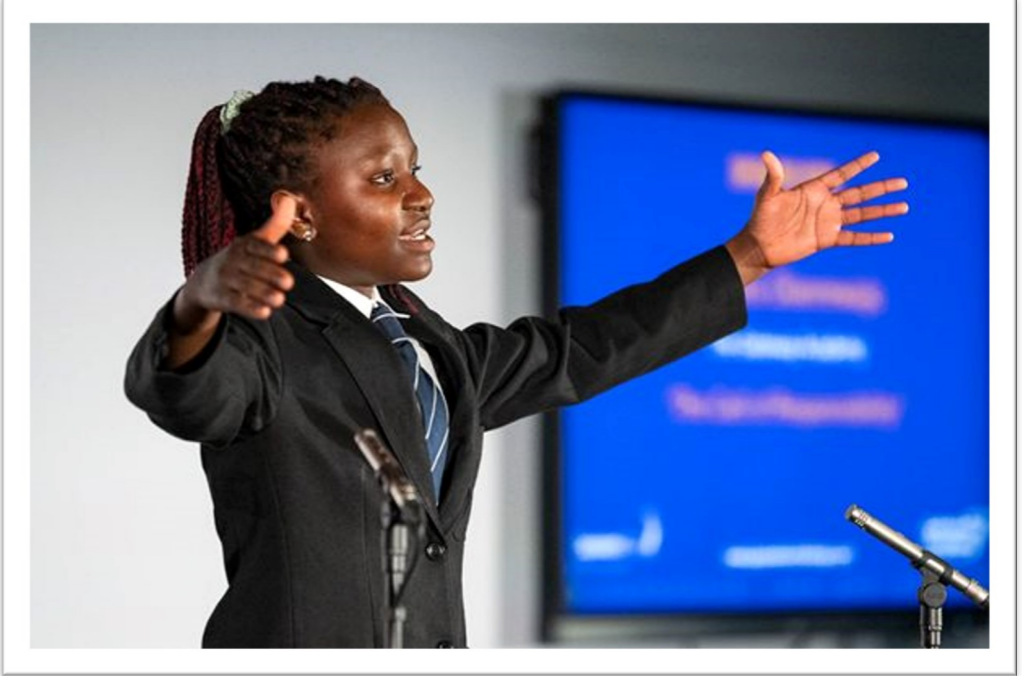


SPEAK OUT

Congratulations to Gateway Academy's very own Tamara, who secured an impressive second place in the regional final of the prestigious Jack Petchey Speak Out Challenge!

Tamara captivated the judges and audience alike with her confident delivery, compelling message, and clear passion for public speaking. Her hard work and commitment were evident, and her powerful voice left a lasting impression on everyone in the room.

This remarkable achievement marks an exciting milestone in Tamara's journey, and we couldn't be prouder. Well done, Tamara—this is only the beginning, and we can't wait to see where your voice takes you next!



MORE NEWS



YEAR 7

Mrs Dixon

Year 7 pupils have had an outstanding start to the summer term and we are very impressed with their dedication and enthusiastic approach to their studies.

We held a Year 7 and 8 Movie night where pupils attended with their friend and enjoyed snacks and some social time, it was a huge success and look forward to the next year 7 event. Thank you for supporting us with these events and allowing your son/daughter to attend. Our next rewards event will be at the end of the summer term.

As a year group we got to take part in a community event, Thurrock 100, where each year 7 pupil supported a reception or year 1 student. It was a 2 hour event and pupils were exceptional. All of the year 7's were supporting, guiding and encouraging the younger students of the Gateway Primary Free School which was fantastic to see and be a part of. I would like to take this opportunity to thank all pupils for their mature approach to the event and their impeccable behaviour throughout.

Pupils have achieved so much already this academic year and we are so proud of their achievements. Five pupils received a head teachers award and received a letter from the MP for their dedication to the gateway academy, we are so proud of their achievement and want to take this opportunity to congratulate them and thank them.

Another pupils who we would like to celebrate is, Harry S. He took part in a youth cabinet presentation competition where he won 1st place. Harry delivered an incredible speech and his dedication shone through. For a year 7 pupil to achieve this is just incredible and we are extremely proud of Harry. Thank you for your hard work, dedication and passion.

Many of our year 7's have taken part in extracurricular activities this academic year and it has helped build additional knowledge, confidence and social skills, please encourage your son/daughter to continue to attend these in the final half term of this academic year. Lots students took part in the dance show which was brilliant to see and they did an amazing job, well done. I have had the luxury of observing our year 7's across their subjects and they are working fantastically well, please congratulate them on an amazing half term.

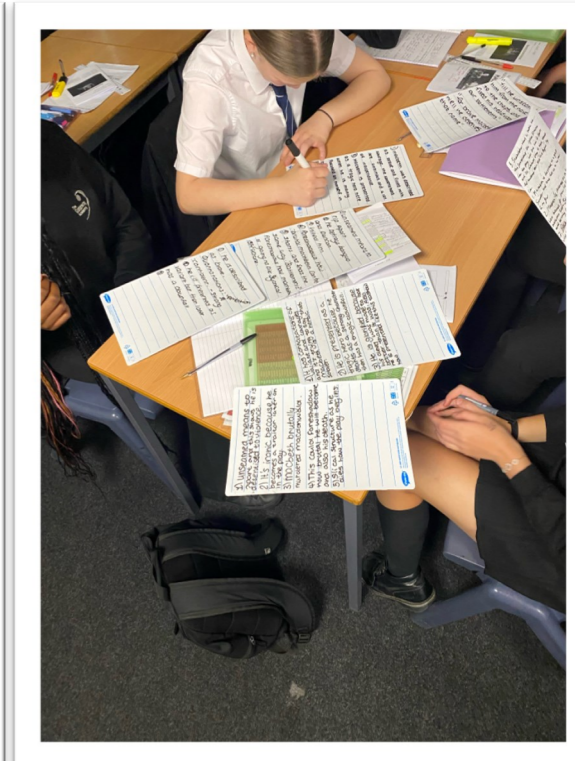
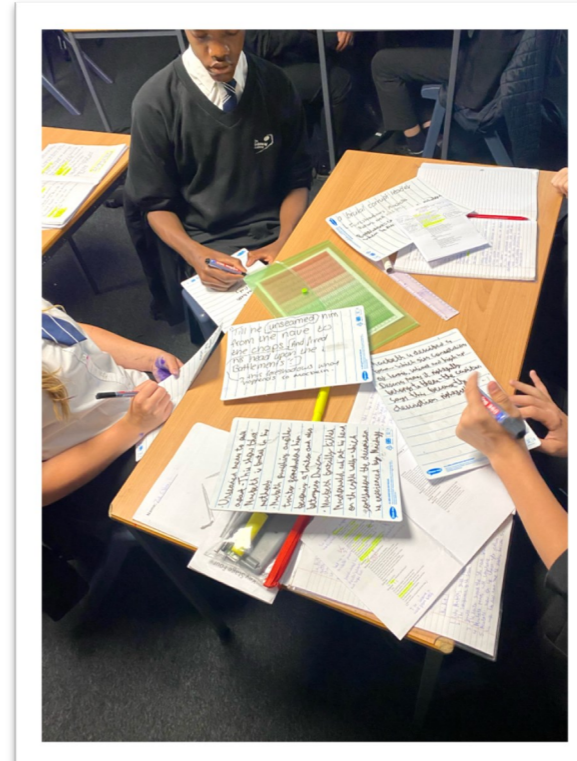
Lastly, on our return to school pupil will have a mock run through of entering and exiting the formal exam space (sport hall), this will take place on the first day back. Pupils have been prepped for this during tutor time to ensure they are ready and know how to conduct themselves in this setting.

Students have also been preparing for their next round of assessments; completing their revision timetable, highlighting their assessment times and planning their revision materials. Year 7 assessments begin on Monday 9th June, all assessment timetable have been sent out via Edulink and google classroom. All pupils have revision material on their google classroom page and can use this when revising in their own time.

Have a wonderful half term and we look forward to welcoming you back for the final seven weeks of year 7.

English news

Students in Year 9 are working collaboratively in groups to prepare for their upcoming summative assessment on Shakespeare's *Macbeth*. They have been exploring key themes such as ambition, power, and fate, while deepening their understanding of the characters and language used in the play. Through group discussions, dramatic readings, and analytical tasks, students are developing their ability to interpret complex text and express their ideas clearly. This approach not only helps to build confidence and critical thinking but also allows students to support one another in preparing thoughtful, well-structured responses for their assessment. We're looking forward to seeing the insight and creativity they bring to their final pieces.



E-SCOOTERS ARE NOT WELCOME HERE

It is against the law to ride a privately owned e-scooter in a public place

Possible penalties include points on your driving licence, or future driving licence if you are under 17, and the seizure of your scooter



Find out more 

thurrock.gov.uk

MORE NEWS



YEAR 8

Mrs Bruce

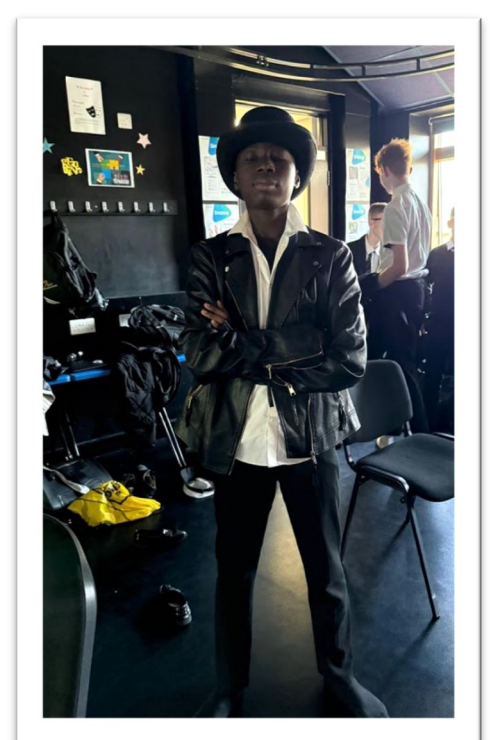
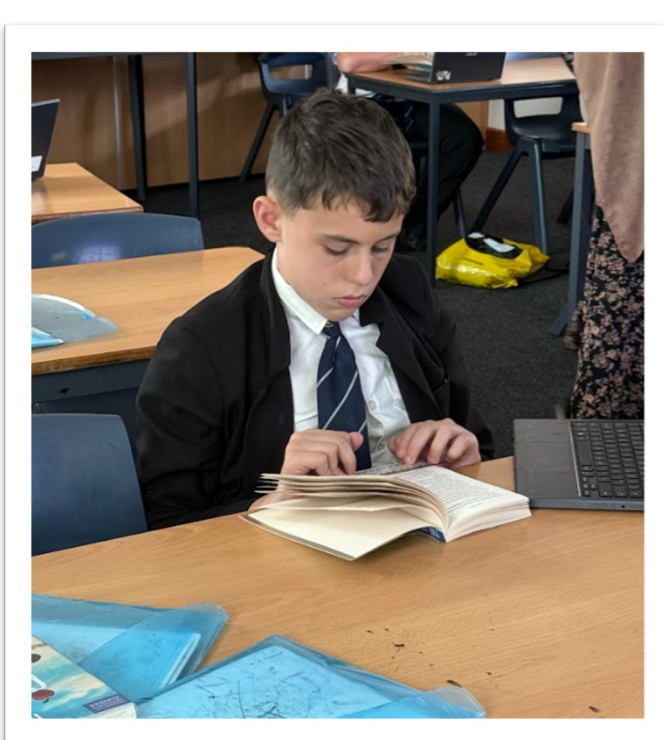
Year 8 have been working incredibly hard this term, and it has been a pleasure to see them striving for more and demonstrating such a strong work ethic. Students have followed a varied and full curriculum across all their subjects. They have been reading aloud in English, performing excellent pieces in Drama, and preparing selfies for their All About Me art project.

The third and final round of assessments begins after the half-term break, with the first assessment for some students taking place on Friday 6th June. Assessments will continue until Friday 20th June. During this period, students will sit assessments in Maths, English, Science, History, Geography, and Spanish in the sports hall. We believe this is a valuable opportunity to prepare students for future GCSE exams by familiarising them with the exam environment, helping to reduce anxiety, and setting clear expectations for exam conditions.

We are also delighted to have selected over 80 students for the end-of-year rewards trip to Adventure Island in Southend. This recognition is based on students' attendance, behaviour, and achievement points—a huge well done to everyone invited!

It's hard to believe we only have one half-term left of Year 8, but I'm looking forward to finishing the year strong and ensuring we are in the best position as we move into Year 9.

Thank you for your continued hard work, Year 8—I look forward to seeing your brilliant efforts continue into Summer 2.



GCSE PHOTOGRAPHY

The GCSE photography classes recently enjoyed an exciting and inspiring trip to Tilbury Cruise Terminal, where they had the opportunity to capture a diverse range of stunning images for their coursework portfolios. The unique setting—rich in architectural detail, industrial textures, and dramatic lighting—provided an ideal backdrop for students to experiment with composition, perspective, and storytelling through photography.

Throughout the visit, students demonstrated a keen eye for detail and creativity, exploring both the historical and modern elements of the terminal. Many used the opportunity to refine their technical skills, experimenting with depth of field, leading lines, and light contrasts. The photos taken during the trip will form an important part of their GCSE coursework and reflect the high level of thought and skill each student brings to their artistic development.

Well done to all involved—it was a fantastic day that really showcased the talent and ambition within our photography classes!

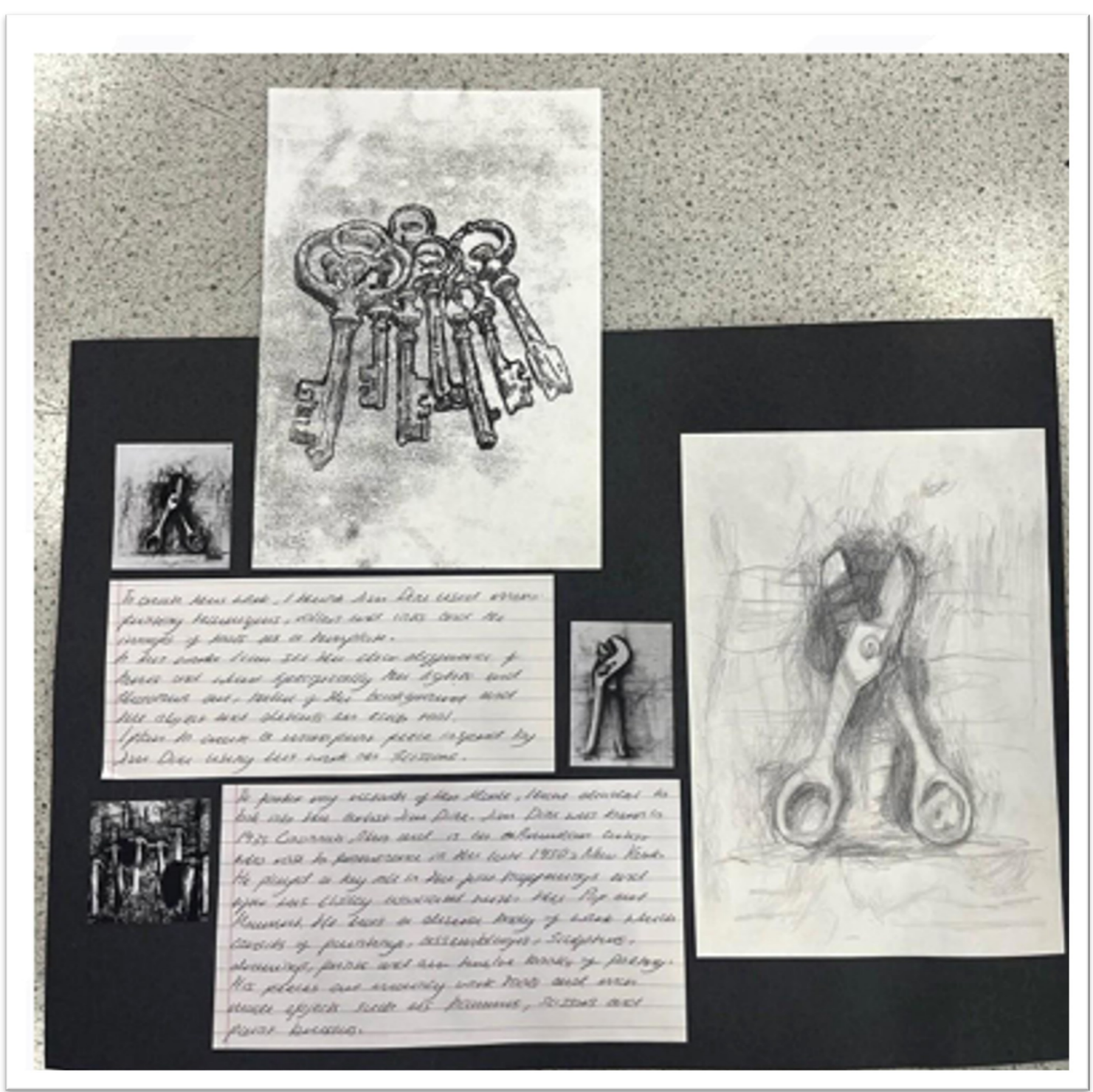


YEAR 9 PROJECT

Year 9 Man-Made Project: Artist Research on Jim Dine and Mono-Print Recreation by Rahma

As part of the Year 9 *Man-Made* art project, students have been exploring the work of American artist Jim Dine, known for his expressive use of line, texture, and everyday objects—particularly tools. Rahma has produced an outstanding piece of artist research, demonstrating a deep understanding of Dine's distinctive style and creative process. She has thoughtfully analysed his use of mark-making and symbolism, linking these elements to her own ideas.

Rahma's mono-print recreation, inspired by Dine's tool series, showcases her technical skill and attention to detail. The final print captures the raw, layered aesthetic typical of Dine's work while also incorporating her own artistic flair. A fantastic example of research-led creativity—well done, Rahma!



MORE NEWS



YEAR 9

Mr Scott

As Year 9 students head into the May half-term break, it's another ideal moment to reflect on and celebrate their continued achievements. This term has seen the year group sustain their impressive momentum, further cementing their reputation as an ambitious, resilient, and high-performing cohort.

With end-of-year assessments beginning on Monday 16th June, Year 9 students have shown great maturity and focus in their preparations. Their engagement in lessons, participation in after-school interventions, and commitment to independent revision have been commendable. Staff across all departments are confident that, with continued effort, this cohort is on track to achieve outstanding results.

Beyond the classroom, Year 9 have continued to excel in sport, proudly representing the Gateway Academy in a variety of competitions. The girls' football team reached the finals, showcasing exceptional teamwork, determination, and skill. Their commitment and sportsmanship have been exemplary, and they continue to be role models for the rest of the school.

What's also been particularly impressive this term is the support Year 9 students have shown for our Year 11s during their exam season. From helping maintain a calm, focused atmosphere in shared spaces to offering words of encouragement, their maturity and compassion have been deeply appreciated by both staff and peers.

Many students have also taken full advantage of after-school enrichment opportunities, including technology and food clubs, sports training, and the growing success of the F1 Club. Their participation reflects not only personal passion but also a strong sense of community and aspiration.

To celebrate the hard work and dedication shown throughout the year, a well-deserved rewards trip to Adventure Island has been planned. This exciting day out will offer students the chance to relax, enjoy themselves, and reflect on how far they've come—both academically and personally.

As always, their success is deeply rooted in the Gateway Academy's core values—Responsibility, Resilience, Compassion, and Aspiration. Whether on the pitch, in the classroom, or within the school community, Year 9 continues to demonstrate the integrity, ambition, and unity that define them.

As we approach the final stretch of the academic year, we have every confidence that Year 9 will continue to rise to the challenge and finish the year stronger than ever. Wishing all our students a restful and rewarding half-term—you've earned it!



YEAR 10

Ms Mead

Well done, Year 10, on yet another fantastic half term!

Over the last few weeks, students have worked relentlessly in preparation for their upcoming assessments. It has been fantastic to see so many of you revising in the library both before and after school, as well as making use of our new break and lunchtime silent study room. During tutor time, students have also been exploring a range of revision strategies to find the methods that work best for them. It's been truly inspiring to witness how well-prepared you are and how much progress you've made since the last round of assessments. We're really excited to see what you go on to achieve in the final Year 10 assessment window.

This term also saw our Gateway Academy Dance Show, where the Year 10 dancers were absolutely outstanding. They were a real credit to the dance department—your dedication, commitment and hard work shone through in every performance. A huge well done to all involved!

Our Year 10 student leaders played a key role in the *Kinetika Beach of Dreams* event, organising, planning and leading activities on the day. They even delivered workshops to Year 7 students and local primary pupils, inspiring the next generation with their enthusiasm and leadership.

Finally, our Year 10 hospitality and catering students did a fantastic job representing the Academy at the senior citizen meal hosted at Gateway. From baking cakes and desserts to serving food on the evening, their professionalism and warmth were exceptional. They were an absolute credit to our year group.

Well done, Year 10—we're incredibly proud of you!



MORE NEWS

SAFEGUARDING

<https://www.ceop.police.uk/safety-centre/>

Has something happened online that has made you feel worried or unsafe?

Make a report to one of CEOP's Child Protection Advisors

Should I make a report to CEOP?

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

What happens when I make a report?

One of our experienced child protection advisors will be there to make sure you get the help that you need.

How can CEOP help me?

Online abuse affects many children and young adults every day, CEOP has helped thousands of people in need of support.

Make a Report

We have the button at the web

If you have been a victim of online abuse or you're worried about somebody else, let us know securely

Worried about a child?

You can phone or write to The MASH about your concerns. Phone immediately if you believe it is urgent.

- Thurrock MASH (Multi Agency Safeguarding hub), Civic Offices, New Road, Grays, Essex, RM17 6SL, Tel: **01375 652802**.
- Emergency Duty Team (for out of hours) **01375 372468**.
- Police Child Abuse Investigation Team **01277 266822** or call **999** if you are concerned a child needs immediate protection.
- Childline **0800 11 11** www.childline.org.uk
- NSPCC **0808 800 5000** www.nspcc.org.uk; www.facebook.com/nspcc

How to stay safe on TikTok

Choosing to **make your account private** allows you to approve or deny followers and restrict your uploaded content to followers only. To make your account private:

- Tap on the profile tab
- Go to the **three-dot** menu in the top-right corner
- Tap on **Privacy**
- Then toggle **Private account**

You can keep your identity secure by not including any personal information, such as name, address, phone number or age in your profile.

Users can also manage their experience through the **Digital Wellbeing** tool in their settings, using 'Screen Time Management' and 'Restricted Mode', to limit the type and amount of content viewable.

Thurrock foodbank

Since April we have distributed **TOP 5 FOOD ITEMS NEEDED: 1,606 food parcels** to our Thurrock clients, **746 of them being children.**

Our demand is still very high and we are short of quite a few items.

We are appealing for the following items

1. Custard
2. Noodles
3. Tinned Meat
4. Packet Mash
5. Tinned Fruit

WHAT TRUSTED ADULTS NEED TO KNOW ABOUT: SOCIAL MEDIA & MENTAL HEALTH

Social Media is often scrutinised as having a negative impact on children's mental health. Children and young people are now growing up in a technology dominated world, and social media plays a major role in their social lives. This balanced guide focuses on both the positive and negative impacts that social media can bring to young people and their mental health.

POSITIVE IMPACTS

EASY ACCESS TO SUPPORT AND HELP

Due to delays in young people getting help for their mental health, such as experiencing low mood, or suffering from anxiety, they may sometimes reach out to access support from others online. Sharing problems or issues with family, peers and broader social networks can be met with positive reactions, with nearly 7 in 10 young people reporting to receive support on social media during tough or challenging times. Where there are moderated communities, adult support and guidance children can be provided with a great source of support.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong adolescent friendships can be reinforced by social media interaction, allowing children to create stronger bonds with people they already know. Online relationships can actually make children more relationship-oriented, thoughtful, and empathic. By sharing comments on photos, videos and posts, it can create long-term friendships as they can continually keep in touch, even with a distance between them.

A SENSE OF BELONGING

Support can be found to various places online sometimes this is known as 'finding your tribe'. Online platforms and groups can provide a wonderful sense of belonging for children. They can find peers with similar interests and communities which can sometimes be difficult to find in real life. As a result, this can create stronger connections and help to build confidence.

NEGATIVE IMPACTS

SELF-ESTEEM & BODY IMAGE

There are 10 million new photographs uploaded to Facebook alone every hour, providing an almost endless stream for young people to be drawn into appearance based comparisons with others. As well as the issue of how they portray themselves online, it can be hard to see the best part of someone. The pressure to fit in and conform to expectations, which can become a driving force for children to replicate what they see through, comparison and approval seeking. This pressure then contributes to anxiety, low mood and a feeling of inadequacy. As a result, it can lead to a feeling of your substance with your own face.

FAKE NEWS

The online world provides the opportunity for anybody to spread and share photographs, videos, audio files, text messages and more. Children may click on this, which could potentially encourage them into making decisions and not get the facts that they need. It's important that you teach your child to differentiate between what is true and what's false and what is false.

HARMFUL ADVICE

The online world provides the opportunity for anybody to spread and share photographs, videos, audio files, text messages and more. Children may click on this, which could potentially encourage them into making decisions and not get the facts that they need. It's important that you teach your child to differentiate between what is true and what's false and what is false.

ADDICTION AND COMPULSIVE CHECKING

Social media addiction is thought to affect around 2% of teenagers. The Office for National Statistics found that children who spend more than 3 hours a day on social media use more than twice as likely to report poor mental health. Furthermore, compulsive checking due to Fear Of Missing Out has been linked to poor and disturbed sleep, as well as difficulty to rise during mornings. One in five young people say they wake up during the night to check messages on social media. Young people to be more aware of how they feel constantly need to check on their classmates who don't use social media during the night.

CYBERBULLYING

Research from 2018 study showed that cyberbullying is one of the biggest challenges for young people. Cyberbullying has a bigger effect on wellbeing and mental health than other types of bullying. 7 in 10 young people have experienced cyberbullying, with 10% of young people saying they experience cyberbullying on a high frequency basis. Young people are twice as likely to be bullied on Facebook than on any other social network.

Meet our expert

This guide has been written by Anna Bateman, Anna is passionate about giving protection at the heart of every school, safeguarding social wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

HELPFUL APPS:

- Mind of Peace
- MindSpace
- Wellbeing Wheel

SOURCES OF HELP:

- Childline 0800 1111 or visit their website www.childline.org.uk
- NSPCC 0800 5000 2222
- Young Minds Parents line 0800 402 1544

www.nationalonlinesafety.com Twitter - @natonlinesafety Facebook - /NationalOnlineSafety

Thurrock Frontline

FIND LOCAL HELP EASILY!

- addiction
- advice
- disability
- family
- mental health
- elder people
- neurodiverse
- young people
- wellbeing

DOWNLOAD THE 'FRONTLINE REFERRALS' APP

Download on the App Store | Get it on Google Play

Please visit us online thurrock.essexfrontline.org.uk

NHS Mid and South Essex Integrated Care Board | thurrock.gov.uk | Thurrock CVS