

WELCOME

A message from the Head of School

Mrs G McLaughlin

As we reflect on what has been an exceptional year at The Gateway Academy, we are filled with immense pride in our students, staff, and wider community. Our students continue to excel in all areas, with academic performance significantly above the national average and attendance levels that far exceed national figures—a testament to their commitment, resilience, and the support they receive.

There is a palpable sense of community at The Gateway Academy. Pupils thrive in their well-being due to the strong ethos of kindness and care that underpins everything we do. Families consistently praise the wide-ranging support available, including our well-attended before- and after-school learning activities, which further enhance opportunities for growth and development.

Our school environment is one where pupils feel safe, happy, and inspired to learn. Behaviour across the Academy is exemplary. Classrooms are purposeful and calm, and students are not only eager to learn but also instrumental in shaping our positive school culture. Initiatives such as our anti-bullying ambassadors play a vital role in maintaining a respectful and supportive environment for all.

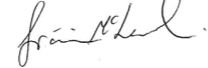
In the arts, this year's school production and dance show sold out completely, delivering a breathtaking spectacle that showcased the passion and creativity of our students. In sport, we've enjoyed incredible success—becoming NBA Champions and District Athletics Champions, among many other achievements.

Our students continue to benefit from high expectations and a broad, enriching curriculum. Whether in the classroom, on the stage, on the sports field, or in the wider community, they are doing truly incredible things.

With a staff retention rate of 97%, our talented and dedicated team remains at the heart of our success. Their unwavering commitment ensures that The Gateway Academy will go from strength-to-strength next year and continue to stand out as one of the top-performing academies.

Thank you to our students, staff, families, and community partners for making this such a successful year. We look forward to building on these achievements in the year ahead.

Mrs G McLaughlin



Headteacher



GLC Gateway Academy

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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.

CULTURE DAY 2025

The Gateway Academy was filled with colour, pride, and celebration as students and staff came together to mark this year's Culture Day, a vibrant event dedicated to embracing and showcasing the many cultures that make up our school community.

Students arrived in their traditional dress, proudly representing countries from all around the world. From beautifully embroidered saris and flowing kaftans to kilts, headwraps, and patterned tunics, the academy was transformed into a living tapestry of global heritage. The energy, colour, and sense of identity were truly inspiring.

Throughout the day, students immersed themselves in a wide range of cultural activities including craft workshops, traditional dance sessions, and the chance to sample delicious foods from a variety of international cuisines. From spicy jollof rice to fragrant curries, dumplings, sweet treats, and more, the flavours of the world were on full display and enjoyed by all.

Culture Day at The Gateway Academy is more than just an event. It is a celebration of inclusion, respect, and community. It gives our students the chance to share their heritage with pride, learn from one another, and celebrate the rich diversity that makes our academy so special.

We are incredibly proud of how our students engaged with the day, showing enthusiasm, curiosity, and kindness. A huge thank you to everyone who contributed, participated, or helped bring the day to life. It was a wonderful reminder that at Gateway, every culture is valued and every student belongs.



DATES FOR YOUR DIARIES:

DATE	Time	Event
3rd – 5th Sept		Student Launch (See parental letter)
Wed 10th Sept	18.00 – 20.00	Year 6 open evening
Mon 6th Oct		Year 11 PPE Exams (2 weeks)

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

HAIRSPRAY

Read more on page 2


hairspray

THE BROADWAY MUSICAL

THE STORY



Hairspray the musical, welcomes you to the 60's, where Tracy Turnblad, a big girl with big hair and an even bigger heart, is on a mission to follow her dreams. You Can't Stop the Beat as she sets out to dance her way onto national TV with The Nicest Kids in Town. Tracy's audition makes her a local star and soon she is using her new-found fame to fight for equality, bagging local heartthrob Link Larkin along the way!



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For more interesting articles go to <http://www.theglc-gatewayacademy.org.uk/>

Issue # 6 with 10 pages

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MORE NEWS

BRONZE BRILLIANCE—DOE

Eleven determined students have successfully completed their Duke of Edinburgh (DofE) Bronze Award expedition, conquering a challenging 25km route over two days.

With rucksacks packed full of tents, stoves, sleeping bags and food, the group embraced the true spirit of adventure. They navigated varied terrain, cooked their own meals and relied on teamwork, resilience and good humour to keep going even when the going got tough.

From preparing dinner under the stars to making breakfast in the early morning chill, the students showed real independence and grit. Hiking with heavy packs is no easy feat, but their determination never wavered.

Each student completed the expedition with pride and a well-earned sense of achievement. It was a fantastic effort from start to finish, a true testament to what can be accomplished with perseverance and teamwork.

Well done to all involved, an unforgettable experience and a brilliant milestone in your DofE journey!



HAIRSPRAY

The energy at the Hairspray audition was simply outstanding! We're so excited to begin rehearsals for this amazing show after the summer. Year 6 students are also welcome to join us from September!

Our first key rehearsal date is Thursday 4th September, 3:00pm-4:30pm, where we'll be gathering in The Ellis to watch Hairspray the movie. Students can bring popcorn and a drink, and get comfy for this movie night!

hairspray
AUDITION PHOTOS

REHEARSALS EVERY THURSDAY

All rehearsals are 2:50-5pm unless stated

FIRST FEW KEY DATES FROM THE SCHEDULE

Date (Thursdays)	Act/Scene	Characters	Songs
4th September 3:00-4:30pm	Hairspray the Movie	Bring your popcorn and a drink! Feel free to change your clothes and get comfy.	Watching the Movie
11th September	Prologue (Pgs. 1-3)	Tracy/ Ensemble	Good Morning Baltimore – Tracy, Ensemble
	Act 1, Scene 1 (Pgs. 4-13)	-Tracy, Penny, Edna, Wilbur, Prudy -Corny, Council Members (Amber, Brad, Tammy, Fender, Brenda, Sketch, Shelley, IQ, Lou-Ann, Link), Velma, Spritzer	Nicest Kids in Town – Corny, Council Members, Elite Singers

MORE NEWS



OUR VERY FIRST GLC TEATIME CONCERT

Our four talented Gateway musicians – Szymon D. (Year 9), Anna T. (Year 8), Emmanuel O. (Year 10), and Sydney F. (Year 7) – joined primary students and staff members in June to take part in this family-friendly event, showcasing their skills and talent.

It was truly inspiring to see their confidence and the support they showed each other throughout the concert. They not only demonstrated musical maturity but also served as excellent role models for others.



SPORTS NEWS



As the academic year draws to a close, it gives us a chance to reflect on some of the outstanding achievements of our students over the past year.

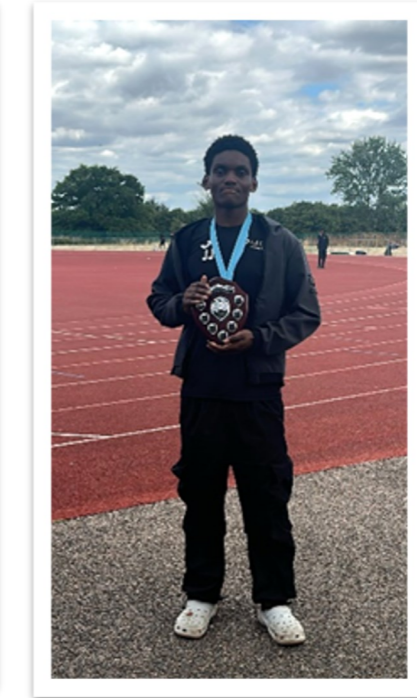
Our basketball programme has continued its impressive upward trajectory, with our U14 boys once again qualifying for the Essex Cup final. We also competed in the JNR NBA finals with our U12 boys, and U13 boys and girls. It has been a pleasure to see our pupils thrive in such competitive environments, a true reflection of their dedication and the expertise of Coach Lee.

The summer term saw another incredibly successful athletics season. Our pupils competed once again in the ESAA National Schools' Athletics competition, with our Intermediate Boys qualifying for the regional A final for the first time in the school's history. This placed them among the top 20 schools in the country for athletics, which is an incredible achievement.

There were standout performances from Sean M-O in the triple jump, Emmanuel O-A in the shot put, and Joshua J in the hurdles. However, we are proud of the entire team and their exceptional performances throughout the season.

The final event of the year was the district athletics competition, a title we've held for the past two years. We're proud to announce that Gateway once again emerged as overall winners. This continued success is a testament to the pupils' hard work and unwavering commitment to excellence.

A huge well done from everyone in the PE department on a fantastic year of sport, and we wish all our athletes a well-earned rest over the summer.



YEAR 7 BOYS CROWNED JUNIOR NBA LONDON CHAMPIONS

We are delighted to share some incredible news from the basketball court. Our Year 7 boys' team has been crowned Junior NBA London Champions after a thrilling performance in the finals on Thursday.

Competing in the highly competitive London league this year, the team proved themselves to be the best in the capital. They edged past their semi-final opponents with a narrow two-point win, before clinching victory in the final with a dramatic one-point lead secured in the dying seconds of the game. This was a performance filled with grit, skill, and determination.

A huge congratulations to the team and to Coach Lee, whose dedication and patience with our students has clearly paid off. Your commitment is building not just athletes, but confident and resilient young people.



MORE NEWS



YEAR 7—WOW, WHAT A YEAR

Mrs A Dixon

We are so proud of each and every one of you and everything you have achieved this academic year. From districts, MP awards, community speeches, school shows, trips, Culture Day, in-house events, values badges, reward tokens, and extracurricular clubs to exams and assessments, you have been outstanding. The opportunities you've embraced have been incredible.

Thank you to all pupils who took part in extracurricular activities across the academy. We really appreciate you giving up your time to develop your passions and make progress across different subjects. We hope your enthusiasm continues into Year 8 and that you take part in even more clubs and trips.

A massive well done to everyone who took part in Culture Day. The entire day was amazing, and you made such a positive impact across the academy. Please continue to get involved in these events in the future.

So many values badges were awarded this year because of your fantastic attitude. If you earned one, you should be incredibly proud of yourself. Please continue to wear your badge with pride next year and keep living our values daily to earn even more for your blazer.

Well done on a fantastic year, and thank you for being the BEST. We hope you all have a wonderful summer and stay safe.

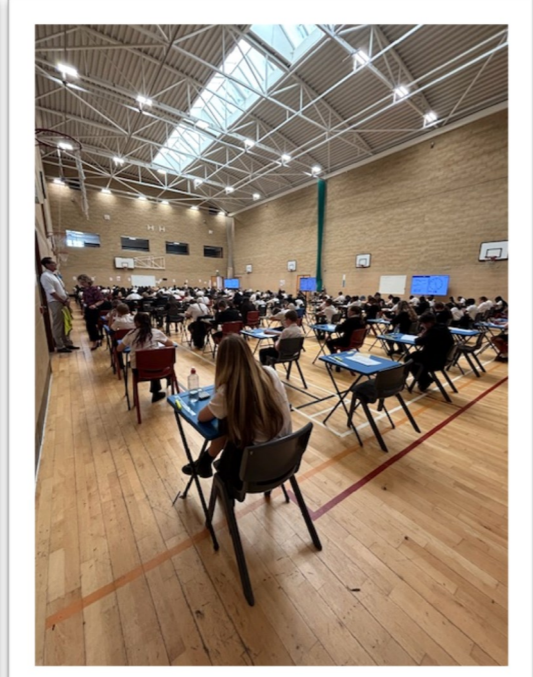
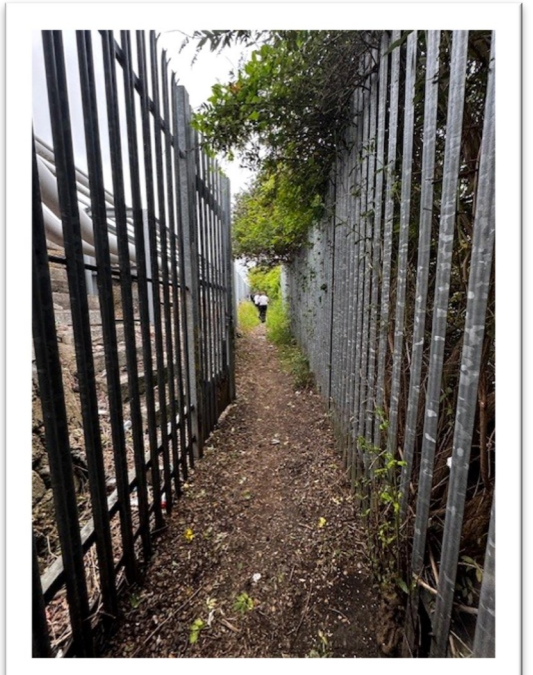
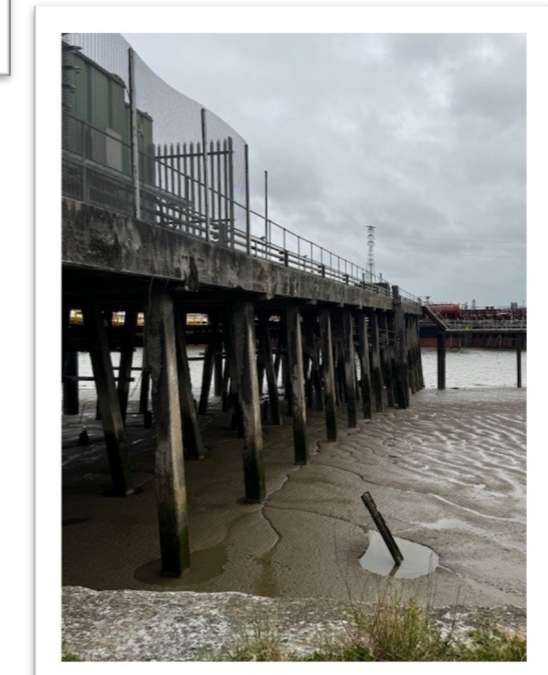
We can't wait to see you in September. Make sure you're ready to smash Year 8!

GCSE PHOTOGRAPHY UPDATE

GCSE Photography has been incredibly productive over the past few weeks. Students have taken part in after-school trips to West Thurrock, travelling by minibus to capture dynamic images of graffiti along the Thames and the striking decay of old jetty structures.

We also ran a fantastic workshop focused on Stop Motion Photography, where students learned new techniques and applied them creatively. The quality of the videos produced was exceptional, with many students surpassing expectations and significantly boosting the grades in their portfolios.

As we move into the third and final project of the year, students are in a very strong position—both creatively and in terms of progress.




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STUDENT LEADERSHIP

Our Student Leadership Team has once again shown incredible commitment and creativity this term, delivering a series of inspiring events for the whole school community. Highlights include the Kinetika Beach of Dreams experience for Year 7 and the eagerly anticipated Culture Day 2025.

This is the perfect opportunity to extend a heartfelt thank you to all our student leaders for their dedication throughout the year. Their efforts have added real value to the life of the academy, helping to shape a vibrant and inclusive culture. Key events led by the team this year have included the Careers Fair, CRY Charity Day, Harvest Festival, and the Homeless Collection Drive — each one thoughtfully planned and positively received.

The Beach of Dreams event was delivered in partnership with the T100 Festival, organised by Kinetika. Our students designed a wellbeing-focused walk and a range of engaging activities especially for our Year 7 cohort. The entire experience was not only a celebration of creativity and care, but also a showcase of the leadership team's exceptional planning and teamwork. As always, they rose to the occasion and delivered something truly memorable.



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CULTURE DAY

Each year, we dedicate a day to celebrating the rich diversity within our school community — a vibrant occasion filled with dancing, food, and cultural activities. Our students always approach the day with enthusiasm and pride, embracing the opportunity to share their own heritage while learning about the traditions and experiences of others. It's a powerful reminder of the respect, curiosity, and unity that define our academy.



WWF WITH POLAR BEAR

Our Environmental Group recently organised a fun and meaningful fundraiser in support of WWF, raffling off a giant polar bear to raise awareness and funds for global conservation efforts. The lucky winner, Dom, was thrilled to take the impressive prize home! A big thank you to everyone who took part and supported this great cause.



TRIP NEWS

In April, our Year 9 Geography students visited Kew Gardens as part of their studies on biodiversity and microclimates. The trip offered valuable real-world insight into these important topics. At the same time, the Musical Theatre Club enjoyed its second theatre trip of the year, this time to see *Clueless*, providing another exciting cultural experience. On both trips, students conducted themselves brilliantly, showing curiosity, enthusiasm and impeccable behaviour. They were, as always, a real credit to the academy.



MORE NEWS



YEAR 8

Mrs L Bruce

What a fabulous way to end the term with Year 8! This term, students have worked incredibly hard in lessons, demonstrating resilience and maturity in their studies. Their work ethic has been outstanding and is reflected in their most recent assessment grades.

During Culture Day, our students went above and beyond – creating delicious treats, performing lively dances, and showcasing impressive cultural dress. It was a brilliant celebration of diversity and community.

Over the last couple of weeks, we've been lucky enough to celebrate some of the outstanding young people in our year group through two celebration assemblies.

In the pastoral celebration assembly, the following 18 students were awarded **Tutee of the Term**:

8A – Macie-Lyn P & Marley S

8B – Amidah S & Darren J

8C – Kajus G & Isla R

8D – Jessica D & Joshua T

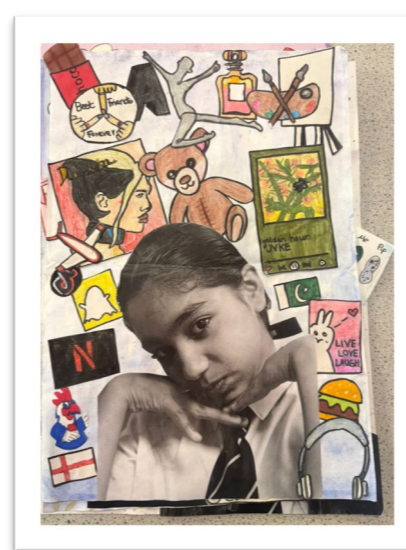
8E – Taylor C & James R

8F – Haris S & Amelia M

8G – Lily T & Joe K

8H – Lily-Rae C & Jake A

8I – Meryem G & Nawfal M



During this assembly, we also awarded 45 new **Core Value Badges**, which students are excited to wear proudly on their blazers in September. One of the best parts of my role is celebrating our **Student of the Term** – Miss Livingstone selected Abigail T, and I selected Amidah S. Both are worthy winners and absolute credits to Year 8.

Other highlights from the assembly include:

8F had the highest overall attendance

8G achieved the most achievement points

8F also had the lowest behaviour points

Points were awarded across all categories, and the overall winners of the tutor group competition were 8F and 8I – a huge well done to everyone!

Last week, we had the privilege of awarding students for academic progress and attainment.

Progress Awards (16 awarded overall):

Bronze – Sarah I

Silver – Melanie B

Gold – Jada B

Attainment Awards (16 awarded overall):

Bronze – Abigail T

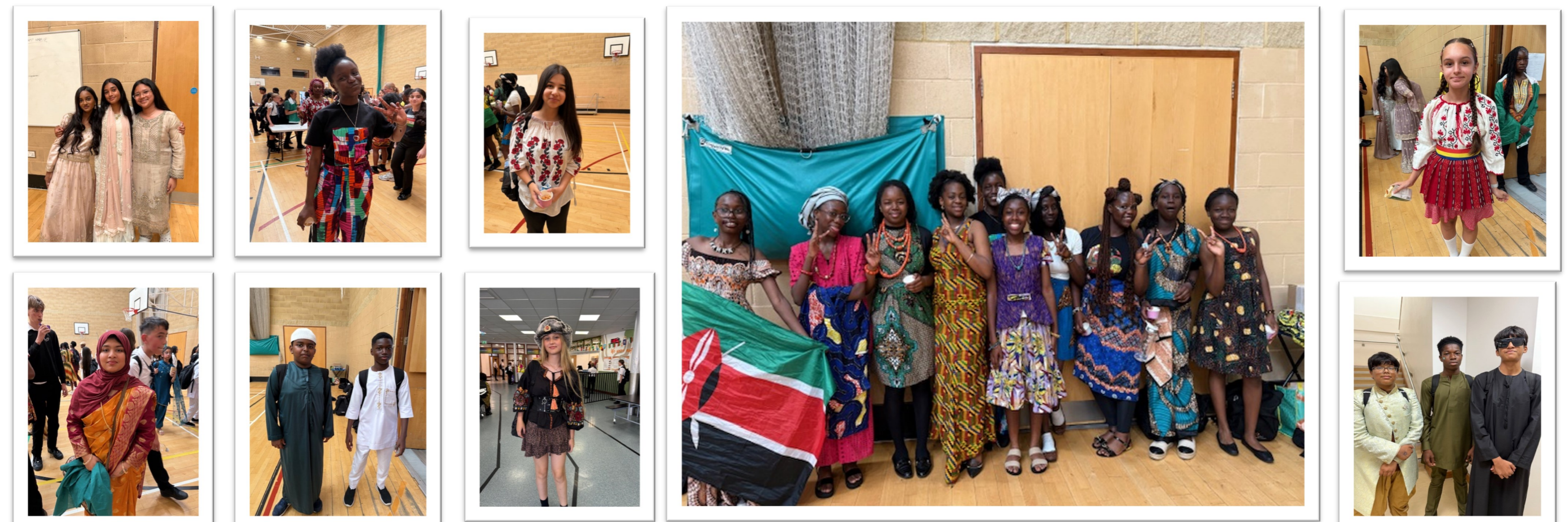
Silver – Amelia M

Gold – Elwen N



We were also delighted to recognise 35 students for their contribution to the PE department this year. Students received awards in Athletics, Basketball, Football, Netball, and Rugby – and we know they'll wear their badges with pride in September.

It's been a fantastic year working alongside these young people. They've grown in confidence, developed their communication, and shown real resilience when faced with challenges. We wish all our students a restful and happy summer and look forward to welcoming them back in September!



MORE NEWS



YEAR 10

Ms B Mead

This term saw you sit your first round of PPE assessments in the sports hall, preparing you for your final GCSE exams next year. You were absolutely exceptional – well prepared and working incredibly hard throughout the two weeks. Many of you achieved fantastic results, which you received at our first mock results event, where students opened their envelopes together and celebrated as a year group. You are in a brilliant position as we enter Year 11.

Beyond the classroom, students have taken part in some fantastic life experiences this term. Year 10 students completed a full week of work experience, having to find, arrange, and organise their own placements in the local community. You were exceptional throughout the week, and the feedback we received from employers has been amazing to read.

Last week, all students completed the mock interview process. You wrote your own CVs detailing your skills, grades, and experiences. Everyone was well prepared and came out of their interview feeling positive. The feedback from interviewers showed just how confidently and proudly you spoke about yourselves and our Academy. We are incredibly proud of you all for stepping outside your comfort zones – well done!

Looking at our extracurricular activities this term, it's clear how hard Year 10 students are working outside the classroom too. Our dance students went above and beyond, performing at the GLC Summer Arts Festival, and were rewarded with a theatre trip to see *Clueless: The Musical*. We also had a record number of students auditioning for the school musical, with several Year 10s securing their first-ever leading roles – I can't wait to see you thrive in these parts! Our Sport Studies students supported the GLC primary schools' sports days, and our PE students performed exceptionally well in the recent districts competition.

To finish the academic year, we held two rewards assemblies to celebrate the brilliant work of the year group. The first was a pastoral awards assembly, where students were recognised by their tutors and the Year 10 pastoral team for consistently going above and beyond every day. The Tutee of the Term awards went to:

- 10A – Casey C & Ruby E
- 10B – Devashish R & Aleksandra I
- 10C – Adomas M & Isabella B
- 10D – Rafay F & David H
- 10E – Oliver B & Gavriella N
- 10F – Beatrice O & Harley D
- 10G – Henry C & Macie B
- 10H – George P & Jessica S
- 10I – Caitlin S & Mario R
- 10J – Teagan C & Alfie R

Year 10 Student of the Year – Ciara B



Kai had a brilliant week at Trunk Logistics, gaining hands-on experience with spreadsheets, emails, phone calls – and even making a few teas and coffees!

A massive well done to all students mentioned – brilliant work this year!

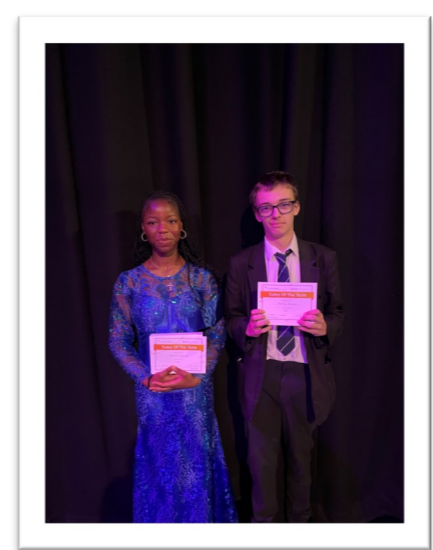
Our second rewards assembly celebrated academic success. Students were recognised for their results in recent assessments, with 20 awards for progress and 20 for attainment across all subjects. A huge congratulations to all 40 students – what a fantastic way to begin your final year at The Gateway Academy. Our overall bronze, silver and gold award winners for both progress and attainment this term were:

Progress Awards

- Bronze – Hollie-Rose P
- Silver – Oliver B
- Gold – Jarell F

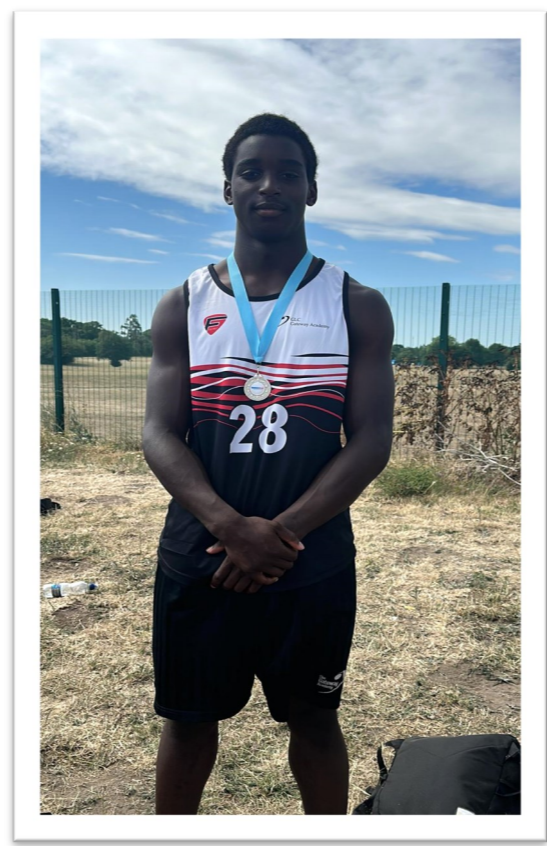
Attainment Awards

- Bronze – Jessica S
- Silver – Beatrice O
- Gold – David T



Finally, we've received a high number of applications for Head Boy, Head Girl and Deputy roles moving into Year 11. I've read every application and look forward to seeing you in interviews with Mrs McLaughlin in September.

Well done, Year 10, on a fantastic year! We are exceptionally proud of you all and can't wait to begin our final year together. Have a wonderful summer!





MORE NEWS

YEAR 9

Mr Scott

As you prepare to step into Year 10 and begin your Key Stage 4 journey, I wanted to take a moment to reflect on the incredible progress you've made—and to say a heartfelt farewell as your Progress Leader.

It has been an absolute privilege to guide and support you from your very first days in Year 7 through to the end of Year 9. Watching you grow, mature, and develop into the young people you are today has been one of the most rewarding parts of my role.

Each of you has demonstrated the true meaning of our core values:

- **Resilience** – in how you've overcome challenges and kept going, even when things got tough.
- **Compassion** – in the way you've supported one another, showing kindness and understanding.
- **Aspiration** – in your drive to improve, achieve, and aim high.
- **Responsibility** – in the choices you've made and the way you've taken ownership of your learning and behaviour.

Your journey so far has been nothing short of remarkable. Many of you have worked so hard and made such outstanding progress that your expected grades have been raised—putting you on track to become the most successful year group in the Academy's history. That is an extraordinary achievement, and one you should be incredibly proud of.

I also want to extend my sincere thanks to your parents and carers, whose ongoing support has played such a crucial role in helping you reach this point. It truly has been a team effort, and I'm grateful for the partnership we've shared over the past three years.

A special thank you must go to **Miss Uren**, your Lead Coach throughout this journey. Her unwavering commitment to your wellbeing, her guidance, and her ability to always steer you in the right direction have made a lasting difference in your development.

And of course, I must offer my heartfelt thanks to your amazing tutor team, who have played a vital role in supporting you day in, day out: Miss Moon, Miss Olufemi, Miss Curran, Miss Rowe, Miss Louw, Mr White, Miss Bouretaa, and Miss Bruce – thank you for your dedication, care, and belief in this year group. You've each helped guide and mentor these students with consistency, encouragement, and patience, and your efforts have not gone unnoticed.

Although I'll no longer be your Progress Leader. I'm excited to pass the baton to Mr Williams, who will be leading you through Years 10 and 11. You are in excellent hands, and I know he is looking forward to helping you continue this journey with focus and ambition.

As you look ahead to this exciting new chapter, remember all that you've achieved, all that you're capable of, and never stop striving to be your best.

It's been an honour to be part of your story so far. Thank you for the memories, the laughter, and the inspiration.

With pride and best wishes,

YEAR 10 INTERVIEW DAY

This term, our Year 10 students had the opportunity to take part in a valuable and inspiring mock interview experience, designed to prepare them for the world beyond school. As part of our commitment to building real-life skills and raising aspirations, students were invited to attend school in smart business attire and take part in formal interviews with local business professionals.

The atmosphere on the day was one of quiet anticipation and professionalism. Students arrived looking sharp and confident, ready to showcase the skills, knowledge, and character they've been developing throughout their time at the Academy. Each student was required to prepare a CV in advance, highlighting their academic achievements, extracurricular involvement, and personal qualities.

Local employers from a range of industries generously gave up their time to support the event, offering students a realistic taste of what to expect when applying for college placements, apprenticeships, or employment after school. Interviewers were impressed by the confidence, maturity, and communication skills shown by our students, with many commenting on how articulate and self-aware they were throughout the process.

The mock interviews gave students the chance to practise answering questions about their ambitions, strengths, and experiences, as well as receive personalised feedback on how they performed. For many, it was their first experience of a formal interview, and they rose to the occasion brilliantly.



MENSA

A group of students from Years 7 to 10 took part in the globally recognised MENSA testing – an exciting opportunity that challenged their logic, reasoning, and problem-solving abilities under timed conditions.

The MENSA test is designed to identify individuals with exceptional cognitive ability and places those who score within the top 2% of the population into the official MENSA High IQ Society. At Gateway, we're proud to offer opportunities like this to stretch and challenge our most able students and to give them a chance to showcase their potential beyond the classroom.

Students from across all year groups embraced the experience with maturity and determination. The test itself consisted of a series of advanced logic puzzles and pattern-based questions designed to assess raw intellectual ability. For many students, it was the first time they had encountered questions of this kind, and they approached the challenge with focus, curiosity, and resilience.

Taking part in the MENSA test not only supports our drive to raise aspirations but also encourages students to think critically and ambitiously about their own academic pathways. This experience forms part of our wider provision for our most able learners, ensuring they are inspired, challenged, and supported to aim high.

We look forward to receiving the results over the coming weeks and celebrating the achievements of those who have taken part.

Well done to all students involved—you've represented the Academy with pride and excellence.





MORE NEWS

WOW DAY

On the last day of term, we celebrated our legendary WOW Day, marking the end of another fantastic year at The Gateway Academy. Our exceptional students had the chance to let loose and enjoy the morning before heading off for the summer.



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

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

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

We have the button at the web

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

SCAN ME



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, where other support and guidance children can be provided with a great source of support.

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 ourselves. 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.

SUSTAINING FRIENDSHIPS AND MAKING CONNECTIONS

There is evidence to suggest that strong online relationships can be maintained 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.

FAKE NEWS

The online world provides the opportunity for anybody to spread and share photographs, videos, audio files, fake news 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 to take.

HARMFUL ADVICE

The online world provides the opportunity for anybody to spread and share photographs, videos, audio files, fake news 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 to take.

ADDITION 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 2 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 relax during evenings. 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 be checked on their devices who don't use social media during the night.

CYBERBULLYING

Research from the UK 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
- MindSpace
- MindSpace

SOURCES OF HELP:

- Childline: 0800 1111 or visit their website
- Rethink UK: 0800 800222
- Young Minds Parents line: 0800 802 1344

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

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