

WELCOME

A message from the Head of School

Mrs G McLaughlin

Firstly, can I take this opportunity to express my absolute gratitude to our exceptional students, who make working at The Gateway Academy a truly wonderful experience. Every day, we continue to reach new heights, and it is a testament to the culture, ambition, and commitment that exists across our academy.

We are increasingly welcoming visitors from other schools who come to see the outstanding work taking place here on so many levels. Most recently, we were delighted to host colleagues from BOA Academy, who commented:

"We thoroughly enjoyed the visit and came away with a wealth of ideas to reflect on for our own school. It was also truly heartening to see the journey the Trust has been on and to witness first-hand the profound impact it is having on the lives of the students it serves, both academically and in their wider development."

What is clear is that, supported by our exceptional staff, our students are achieving success across a wide range of fronts. Our basketball teams are competing at a national level, academic achievement is above the national average, staff and student attendance continue to exceed national figures, and staff retention remains above 95%.

We are incredibly excited about how far we can go. We firmly believe our students have the heart, determination, and work ethic to compete with the very best — and the future of The Gateway Academy has never looked brighter.



Mrs G McLaughlin

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.

RAMADAN 2026

As we enter the blessed month of Ramadan, we would like to extend our warm wishes to our staff, students and their families who are observing this special time.

Ramadan is a significant month in the Islamic calendar, centred around reflection, self-discipline, generosity, and compassion for others. Many of our students and families may be fasting from dawn until sunset, spending more time in prayer, and focusing on acts of kindness and community.

We are proud to celebrate the diversity within our school and to support our students in practising their faith. We wish all those observing Ramadan a peaceful and meaningful month.

Ramadan Mubarak to all who are celebrating.



DATES FOR YOUR DIARIES:

DATE	Time	Event
2nd – 13th March		Year 7-10 Assessments
Tue 24th - Wed 25th	18.00 – 20.00	Dance Show
Thurs 26th March	19:00	Year 8 Parents' Evening

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

CAREERS

Anna Fuller

Year 11 careers guidance meetings are now complete, with Year 10 sessions currently underway. A huge thank you to the Year 10 families who joined us for the Parents' Evening and Next Steps event; it was wonderful to have such a wide range of organisations supporting our students' future planning

DANCE SHOW 2026!

This year's dance show has been booked for Tuesday 24th and Wednesday 25th March 2026! We cannot wait for you to see the incredible performances our students have been working on. Information on how to purchase tickets will be sent out soon.

[Read more on page 11...](#)



GLC Gateway Academy

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



MORE NEWS

WHOLE SCHOOL MUSICAL—HAIRSPRAY

We had our whole school musical Hairspray on the 9th and 10th December 2025. Students gave an outstanding performance where all the acting, dancing and singing were very high quality. There was a lot of energy on stage where humour was delivered through drama with excellent timing as well as delivering the importance of equality passionately. This year's production was our biggest yet, with Hairspray! being our first full length musical. Our talented students took the production to another level, bringing a true and full musical experience to our auditorium. The cast and crew presented an amazing show with a standing ovation each on both nights.



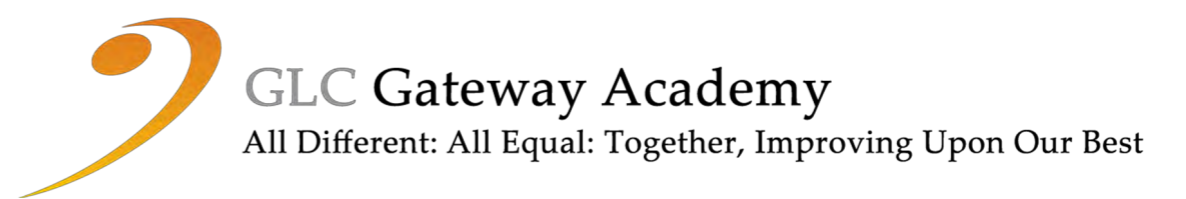
It was great to see how dedicated our students and staff were throughout the intense rehearsal process and we are immensely proud of everyone who was involved.



A big thank you to each and every person who contributed to this show, and to our wonderful audience for their overwhelming support!

We would like to thank the former students and parents who have supported the show by providing hair and make up for the performances!

Also we would like to thank the Rotary Club for the generous cash donation!





MORE NEWS

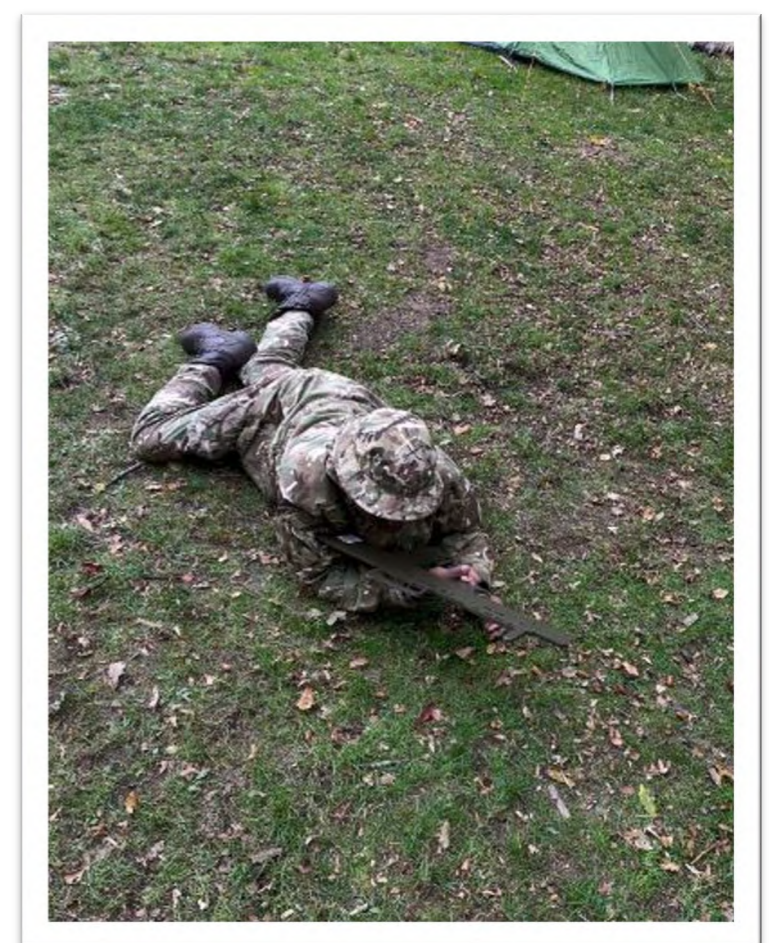
COMBINED CADET FORCE

Since returning from their initial camping experience at Thriftwood, Brentwood in October the cadets have been busy completing the components from the National Cadet syllabus. These have included several lessons on navigation and map reading which will equip them well for future outdoor activities. The contingent has in fact a planned Adventure weekend planned for April in the Peak District , Derbyshire which will include various exciting outdoor adventure training including caving, climbing and abseiling.

Other areas which the contingent are currently focusing on include drill and turnout, first aid and Air rifle training. March will see a weekend training day whereby the cadets will be given specific training in Air rifles including weapon handling and the marksmanship principles. This training will take place at the school with supported by the Army Cadet Training Team. There are further planned weapons training weekends planned for May and June at Colchester barracks in preparation for the end of year camp which will take place in Lincolnshire in July.

Enthusiasm and attendance remain high within the contingent with parades extremely well attended. There was even time for the contingent to enjoy a Christmas Party at the school and each cadet received a gift (Contingent T -shirt).

Lastly congratulations to 3 cadets: Archie B., Oreoluwa M. and Akmal P. who have achieved promotion to Lance Corporal.



GLC Gateway Academy

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





MORE NEWS



MORE ABLE PROVISION

Mr Zeffie

It has been a busy few months for our More Able provision at the Academy. Over 300 students have been involved in Masterclasses and 40 students having sat their Mensa test. I am pleased to report that 6 more students have joined our Hall of Fame with an IQ within the top 2% of the population; this gives The Gateway Academy a total of 15 members of Mensa. New members are:

- Sarah P (Year 10)
- Rosie H (Year 9)
- Elwen N (Year 9)
- Max K (Year 10)
- Fikayo K (Year 8)
- Joanna A (Year 8)

Our four More Able tutor groups have been achieving remarkable grades in the assessments so far this year, with our two year 7 tutor groups on track to attain some of the highest GCSE results in the country when they come to sit their exams in 2030.

In year 11 our More Able students have been busily applying for A Level courses at some of the country's highest-performing Sixth Forms. Interviews have been taking place and offers received for Brampton Manor, London Academy of Excellence, Newham Collegiate, Southend High School for Boys, Westcliff High School for Boys, Southend High School for Girls and Westcliff High School for Girls. These students will achieve the most grades 7, 8 and 9 of any cohort we have had at the Academy – they fully deserve their successes with all the hard work they are putting in!

THAMES FREEPORT EXCEPTIONAL SCHOLARSHIP PROGRAMME

26 students from last year's year 11 were eligible to receive funding to support them through year 12 and 13 as a result of the generosity of the Thames Freeport and their own hard work in securing exceptional GCSE grades.



The Thames Freeport Exceptional Scholarship Programme at The Gateway Academy is designed to support and stretch some of our highest-potential students, ensuring they are given every opportunity to succeed academically and personally. The programme reflects the Academy's strong commitment to aspiration, resilience, responsibility and compassion, and aims to help students believe in what they can achieve.



Most importantly, the programme helps to remove barriers that can limit opportunities, ensuring that talent and hard work are recognised and nurtured. The Thames Freeport Exceptional Scholarship Programme plays a key role in helping Gateway students aim high, achieve their best, and feel fully supported by the Academy and its wider community.

We were delighted to welcome back these students as part of their volunteering role at various parents' evenings.



MORE NEWS

TRAILBLAZER



Mrs Hill had the pleasure of teaching 20 students from Harris Academy in South Ockendon as part of the Trailblazer provision.

Thurrock Trailblazer boosts creative learning in schools and accelerates pupils' development. It is an innovative programme of:

- high quality arts and cultural activities
- visits to heritage sites
- specialist teacher training

The Royal Opera House works with local, regional and national arts organizations in partnership with Thurrock Council to deliver cultural education in Thurrock.

Since 2014, Thurrock Trailblazer has worked with over 70 Cultural Partner organisations and has provided skills development for hundreds of teachers through over 700 training opportunities, including in leadership of arts and cultural learning.

The programme has reached 49 schools – 90% of schools in the borough – with over 30,000 young people involved in Thurrock Trailblazer cultural activities to date.



Students came to work at the Gateway Academy for a day, completing part of their GCSE portfolio. All students completed some fantastic ceramic sculptures. Students really enjoyed the day and outcomes were fantastic!

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



MORE NEWS

YEAR 7—MAKE AN OUTSTANDING START AT GATEWAY ACADEMY

Mrs Shannon and Mrs Acton



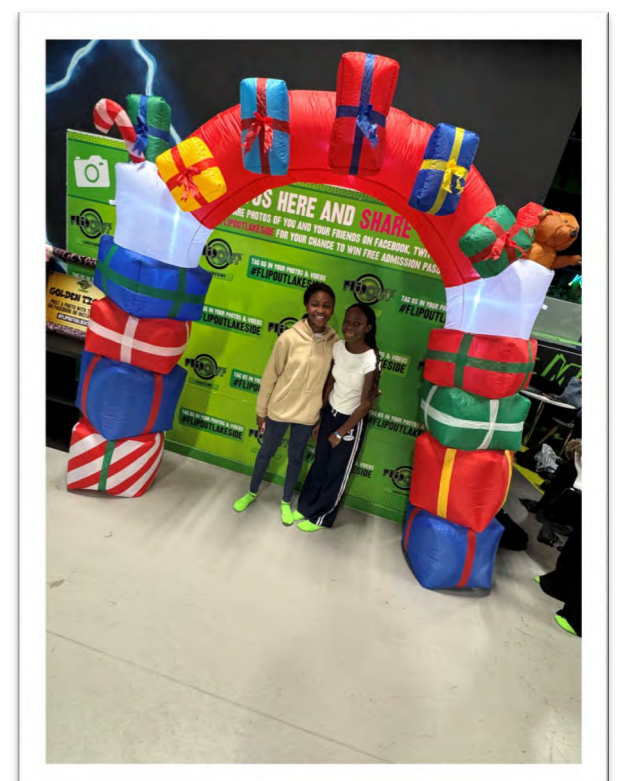
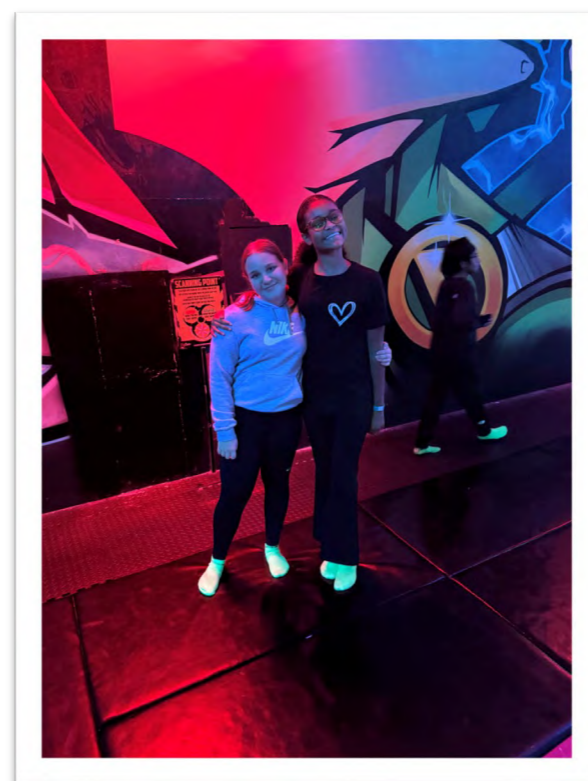
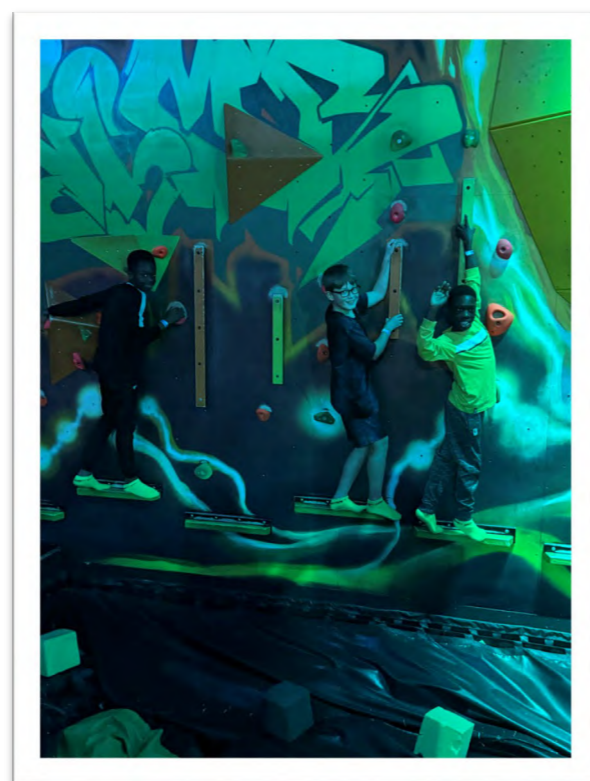
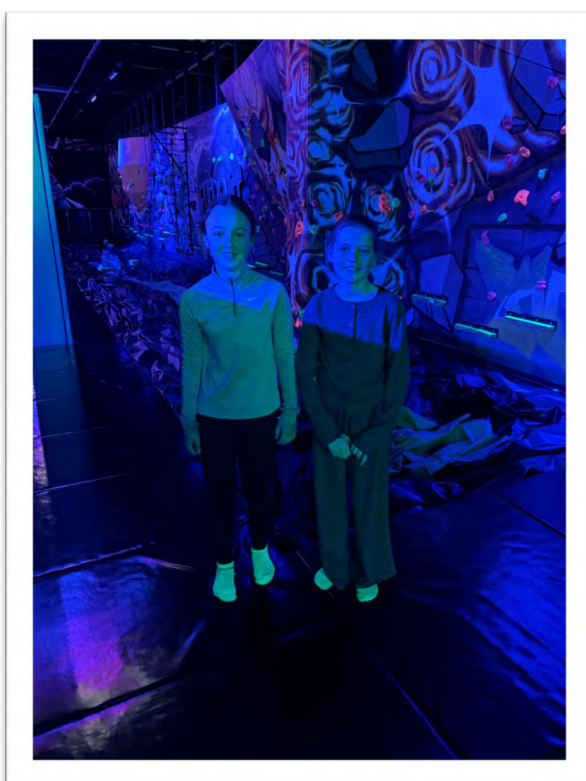
Year 7 students at Gateway Academy have made an exceptional start to their secondary school journey, demonstrating resilience, aspiration and a strong commitment to success across all areas of school life.

Since the beginning of the academic year, students have been working extremely hard in their lessons, producing high-quality work and showing a determination to continually challenge themselves. Their high aspirations and willingness to push both themselves and their teachers have been particularly impressive, setting a positive tone for the rest of their time at the Academy.

Year 7 have also shown an outstanding commitment beyond the classroom. They currently have the highest attendance at extra-curricular clubs across the school, whether attending activities before school, during break and lunch times, or giving up their time after school. In addition, Year 7 have maintained the highest attendance overall for the majority of the school year so far—another fantastic achievement that reflects their positive attitude and dedi-

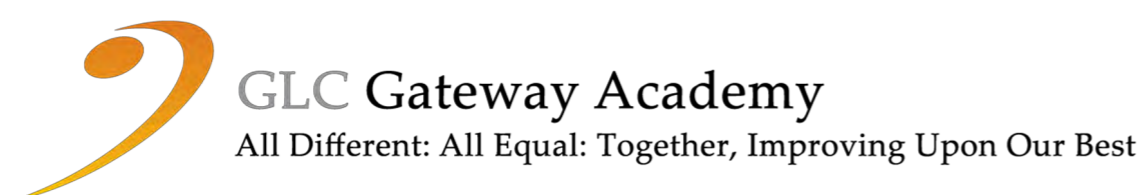


Year 7 success was further celebrated during the recent Awards Ceremony, where there were many well-deserved winners. Students were recognised for making the most progress and achieving high levels of attainment across their subjects, while also approaching their assessments with a positive, aspirational attitude.



Students who excelled last term were rewarded with a well-deserved trip to Flip Out. The rewards trip was thoroughly enjoyed by all who attended, and students were grateful for the opportunity to celebrate their achievements in such an exciting way.

Read more on Page 7...





MORE NEWS

YEAR 7—MAKE AN OUTSTANDING START AT GATEWAY ACADEMY

Mrs Shannon and Mrs Acton



Sport has also been a major highlight for Year 7. The cross-country team finished an excellent third overall in the District Borough competition. Outstanding individual performances came from Oluwasola O., who finished first in the entire Borough, and Scarlett J. who secured an impressive third-place finish overall. Congratulations to both athletes on their fantastic achievements.

Year 7 boys and girls have also been training hard in basketball, with several fixtures already played and many more to look forward to. Under the guidance of Coach Lee, students have shown great dedication, and it is hoped that their hard work will continue to pay off as the season progresses.

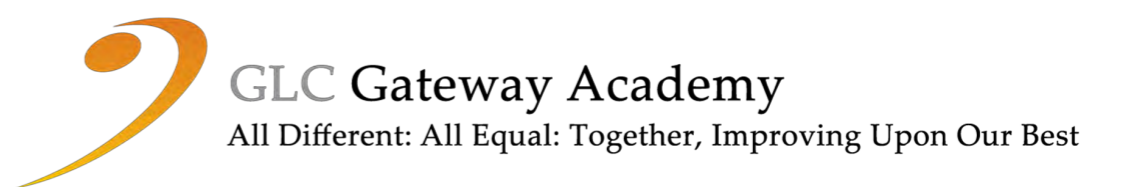


In netball, the Year 7 team played their first fixture of the half term and celebrated a brilliant first win against William Edwards. A fantastic team effort from the girls—well done and keep up the excellent work.

Overall, Year 7 have made a brilliant start to life at Gateway Academy, and we look forward to seeing their continued progress and success throughout the year.

Thank you to parents and carers for your continued support.

Mrs Shannon and Mrs Acton





MORE NEWS

YEAR 8

Miss Dixon and Ms Davis



Year 8 concluded last term on a very positive note, with over 50 awards presented for progress, attainment, and sporting achievements. We are extremely proud of all students who received awards and look forward to recognising further successes in this term's awards programme.

Students have returned to school demonstrating an excellent work ethic and enthusiasm for learning, enabling them to make strong progress across all subject areas. It is a pleasure to see them continuing to develop their knowledge and achieve such positive outcomes.

It has been fantastic to see so many year 8 students attending clubs in many different areas. As an academy, we offer a wide range of extracurricular clubs. We strongly encourage parents and carers to support their child's participation, whether during break, lunchtime, or after school. These opportunities help to build confidence, widen friendship groups, and further develop subject-specific skills and interests.

Year 8 assessments will begin on **Monday 2nd March** and will run for a period of two weeks. A study room is now available during both break and lunchtime, providing students with a quiet space to complete homework or revision. We encourage students to make full use of this facility in preparation for the upcoming assessments. The assessment timetable has been shared with all Year 8 students via Google Classroom.

At the end of the term, we will hold a rewards celebration event for students who demonstrate outstanding attendance and achieve a high number of merits. We will also continue our weekly tutor competition, which encourages excellent attendance and consistent effort. These initiatives provide valuable opportunities to celebrate students who go above and beyond on a daily basis.

We look forward to the term ahead and are confident that Year 8 students will continue to achieve excellent outcomes.

Take care,

Miss Dixon and Miss Davis





MORE NEWS

YEAR 9

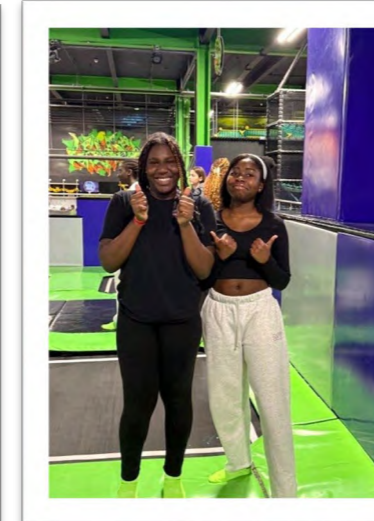
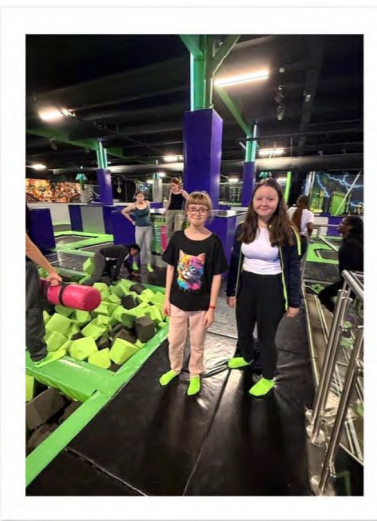
Mrs Bruce, Miss Livingstone

We would like to extend a very warm welcome back to all students as we begin what has already been a brilliant start to the academic year. The year group has been buzzing with energy, enthusiasm, and a clear sense of purpose as students have settled quickly into routines and shown a positive attitude towards learning.



One of the highlights of the year so far was the Flip Out rewards trip before Christmas, which was thoroughly enjoyed by students and provided a fun and memorable opportunity to celebrate the end of term (see photos). This was followed by the Academic Awards, which were a huge success. It was fantastic to recognise the hard work, dedication, and achievements of so many students, with a number of rewards presented in celebration of academic excellence. I was lucky enough to present the Gold Progress award to Malik O and the Gold Attainment award to Tobi S.

One of the highlights of the year so far was the Flip Out rewards trip before Christmas, which was thoroughly enjoyed by students and provided a fun and memorable opportunity to celebrate the end of term (see photos). This was followed by the Academic Awards, which were a huge success. It was fantastic to recognise the hard work, dedication, and achievements of so many students, with a number of rewards presented in celebration of academic excellence. I was lucky enough to present the Gold Progress award to Malik O and the Gold Attainment award to Tobi S.



We are also extremely proud of our students' sporting achievements, with teams and individuals demonstrating commitment, resilience, and teamwork while representing the school. During a recent assembly, we proudly presented 25 sporting badges to students in recognition of their dedication and commitment to the academy's sports teams. It gives me great pleasure to inform you of our recent Netball success, the U14 Netball team qualified for the Regional Netball Finals which are held at Stanborough School.



We're looking forward to a great day of netball on the 7th February. Our junior cross country team ran so well at the recent borough competition. We're also proud of a number of students who are developing their leadership skills by coaching our GLC primary school students during Basketball club on a Wednesday after school.

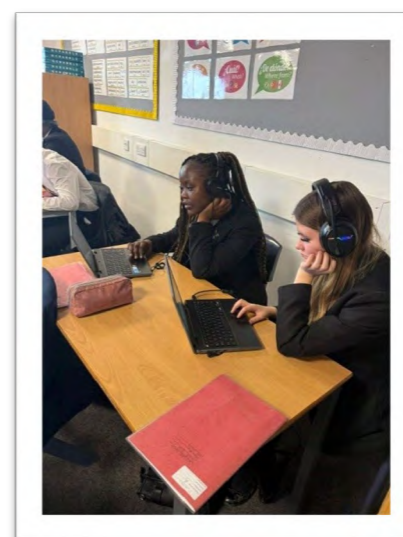


Gold Progress award—Malik O.



Gold Attainment award—Tobi S.

In addition, the recent option assemblies have been informative and successful, helping students to begin thinking carefully about their future choices. This support will continue during PAD times, ensuring students feel confident and well prepared when selecting their options for KS4. Tutors, Miss Livingstone and myself will continue to support students and keep them well informed. We will welcome you for parents evening to discuss this in more detail in April.



Macie-Lyn P. Year 9

Macie got an award for dancing. She got the highest grade in freestyle.

Looking ahead, students are reminded that upcoming assessments will take place on 2nd March, and we encourage everyone to continue working hard and preparing thoroughly. Overall, it has been a very positive start to the year, and we look forward to building on



MORE NEWS

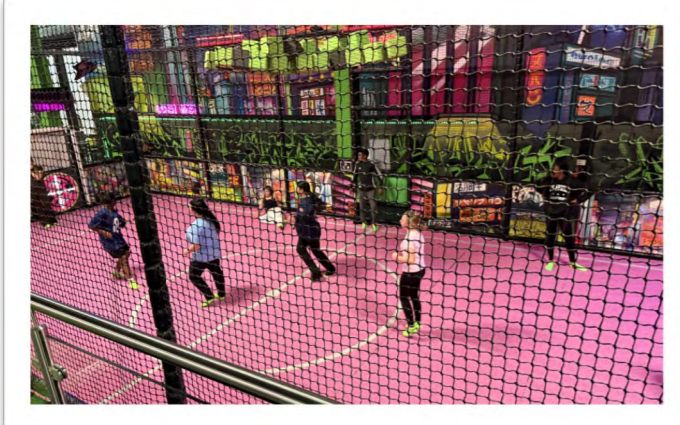
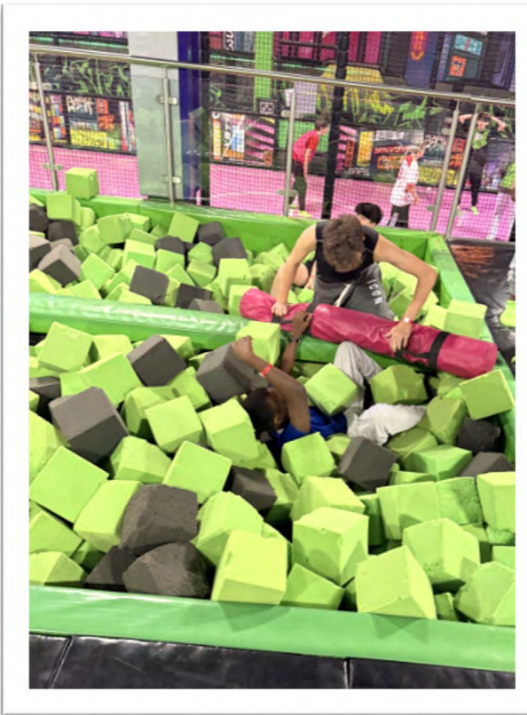
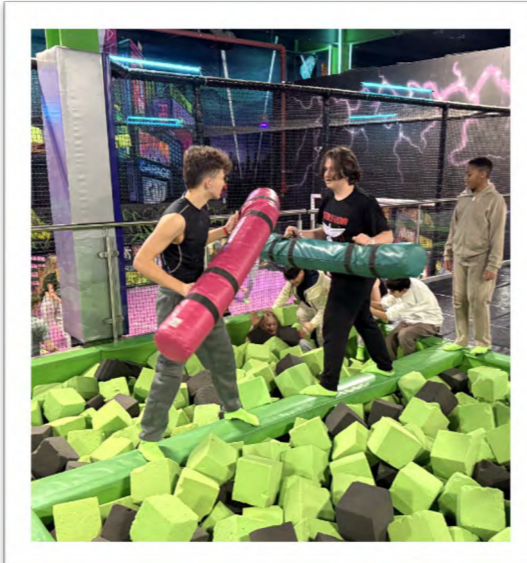
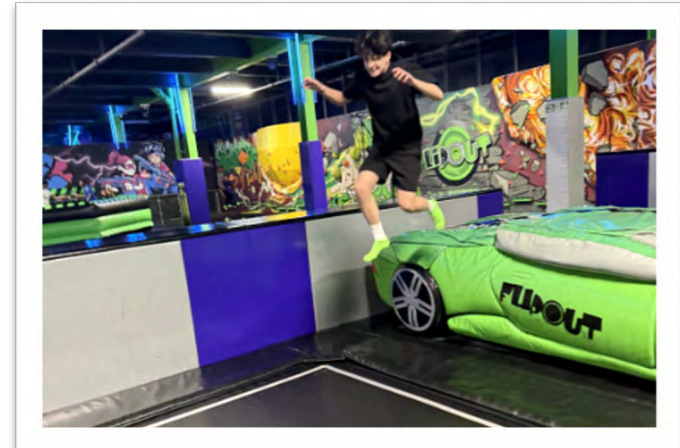
YEAR 10

Mr Williams, Miss Uren

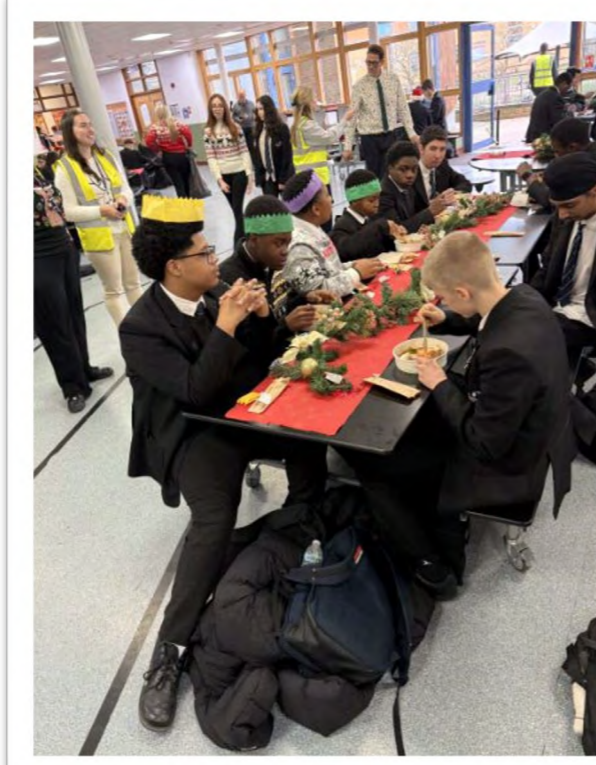


We would like to extend a very warm welcome back to all Year 10 students as we reflect on what has already been a highly positive and productive start to the academic year. The year group has shown real focus, maturity, and enthusiasm as they have settled quickly into their GCSE option subjects and established strong routines for learning.

One of the standout highlights of the term was the **Flip Out rewards** trip, where over 50 students enjoyed a high-energy celebration in recognition of their sustained effort, positive behaviour, and commitment to school values. It was a fantastic way to reward students for their hard work and to celebrate the end of a successful period of learning.



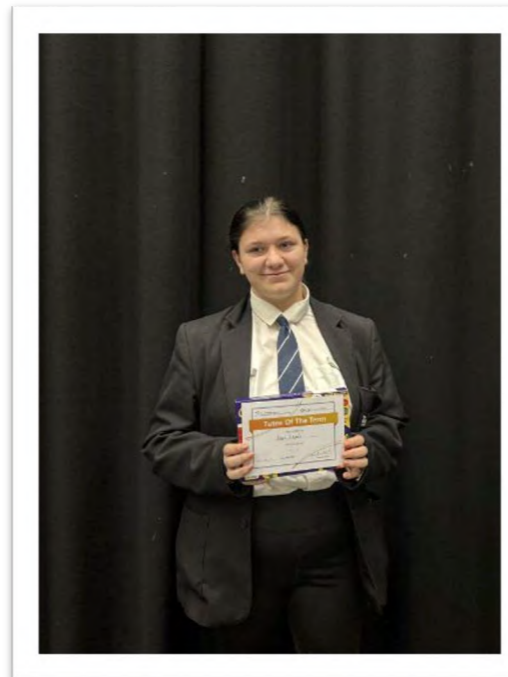
We are also incredibly proud of the many students who have been recognised for going above and beyond this term. Eight students received **Golden Tickets** for exceptional effort, while two students were celebrated as **Jack Petchey Award winners** for their outstanding leadership and contribution to the school community. In addition, 33 students were awarded **GLC Core Values badges**, recognising their consistent demonstration of our core principles in daily school life.



Academically, the transition into Year 10 options has been seamless. Students have approached their initial assessments with a mature and focused attitude, setting a strong foundation for the GCSE courses ahead. Attendance across the year group remains a particular strength, with **41% of students achieving 100% attendance** so far this year — a clear reflection of commitment and readiness to learn.

Looking ahead, students are reminded that **Assessment Week will take place on 2nd March**, providing an important opportunity to demonstrate progress. **Easter School will run from 31st March**, offering focused revision sessions to further support learning; places will be limited.

Overall, it has been an excellent start to the year for our Year 10 cohort. We would like to thank parents and carers for their continued support and look forward to building on this momentum as we move towards the spring assessments and beyond.





MORE NEWS

YEAR 11

Miss Mead, Mrs Smith



It's been a hugely positive and celebratory half term for our Year 11 students!

First and foremost, well done to all Year 11 students for successfully completing their final round of PPEs. These exams marked an important milestone on the journey to GCSEs, and students approached them with maturity, focus, and determination. Their hard work is truly paying off, and we are incredibly proud of the effort shown across the year group.

Overall, this half term has been an excellent one. Students have demonstrated strong commitment both inside and outside the classroom, making the most of every opportunity available to them.

As part of their exam preparation, students took part in a dedicated revision event, where they were taught a range of effective revision techniques and, crucially, how to use them independently and effectively. It has been encouraging to see students applying these strategies with confidence as they prepare for their final exams.

Looking ahead to life beyond Year 11, students have attended a number of college and sixth form assemblies, gaining valuable information about post-16 pathways and the application process. It has been great to see so many students applying for colleges and sixth forms, as well as attending taster sessions at multiple colleges— just fantastic to see and hear.

Year 11 students have also continued to make a strong contribution to school life beyond lessons. Many have been involved in extracurricular activities, including rehearsing relentlessly for the upcoming Gateway Academy dance show and representing the school as part of the basketball team. Their enthusiasm and commitment have been wonderful to watch.

Finally, a reminder that Parents' Evening will take place on 5th March 2026. This will be an important opportunity to discuss progress and next steps as we move closer to the final GCSE exams.

Well done, Year 11—keep up the fantastic work. We are excited to see what the rest of the year brings!

DANCE SHOW 2026

Miss Mead, Miss Dixon, Miss Thomas




We are thrilled to announce that this year's Gateway Academy Dance Show is just around the corner! This year's show will take place on Tuesday 24th and Wednesday 25th March 2026 with the show starting at 7pm.

The show is a real celebration of creativity, talent, and teamwork. Students from across all year groups have been working incredibly hard in lessons, extra rehearsals, showing dedication, energy, and enthusiasm as they prepare to take to the stage. The show will feature a mix of dance styles and performances, highlighting not only our students' talent but also their confidence and passion for the performing arts. This year students have also had the opportunity to audition their own choreography which will be featured in the show.

The Dance Show is always a highlight of the school calendar, bringing our community together to celebrate student achievement in dance. Tickets are £4 each and can be purchased via the following link:

<https://www.ticketsource.co.uk/the-gateway-academy>

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



MORE NEWS

CELEBRATING SUCCESS IN ARTS



The following students have been nominated by their teachers from each year group in each faculty (Photography, Drama, Music, Dance and Art) for the students of the months in ARTS.



- **Photographer—Lacey Y. Year 10** Lacey works so hard and it shows! Her grades have increased to receiving a grade 7 in the last section of her portfolio. We are very proud of Lacey's hard work and determination to do well!
- **Actor—Bobby A. Year 10** Bobby works in Drama with enthusiasm and dedication every lesson. He will work with 100% commitment and this has allowed him to be able to adapt his skills to play any role. Bobby takes an interest in Drama outside of class, watching many live productions and taking part in the school show, Hair-spray, playing the fabulous Corny Collins.
- **Musician - Adesola A. Year 9** Adesola's singing performance was incredible at the whole school musical Hairspray. She played the role of Motormouth and she surprised everyone with her incredible vocals, showcasing emotions, vocal control and unexpected power. Her performance was breathtaking, resulting in standing ovations on both nights! Well done!
- **Dancer—Sara N. Year 8** Sara is a dedicated dance student who attends every club and consistently supports her peers in learning and refining movement. She is also eager to teach movements in both lessons and clubs, doing so with compassion and professionalism.
- **Artist—Hristiyana B. Year 9** Hristiyana is a conscientious student who always focuses and challenges herself to achieve a high standard. She takes pride in her work and always completes her work on time and to a high standard, taking time to reflect and improve her work.

GATEWAY SPORT

Mr White

It has been an exceptionally busy first term and a half for sport at the Gateway Academy, with some incredible successes already and hopefully lots more to come. The U14 girls have qualified for the regional final of the national schools netball competition, taking place in Hertfordshire on Saturday 7th February, and we wish them well in what will be an extremely high level of competition. This is a great achievement and testament to the hard work of the girls over the last 3 years.

Our Basketball programme really has gone from strength to strength over the last 3 years with us now holding a real standing both locally and now regionally and nationally. We have 4 teams that have made county semi finals which are still to be played, and they are the U12, U14, and U15 boys alongside the U14 girls team. This strength shows the impact that the specialised coaching is having across the board for our students, and the opportunities this is creating for our students. To underpin this point our U14, and U16 boys and U14 girls are all through to the second regional round of the national schools basketball competition. As a school we are incredibly proud of these students achievements and hope it is the start of a long line of success.

On an individual front we have 3 of our U14 pupils who have been selected to take part in the ASPIRE regional training camps, which is the recognition of their ability and standing in the sport at a regional level. We continue to link with the Gators basketball club which runs out of Gateway and a number of these students were able to attend a national tournament in Belgium over the Christmas period. This again has provided incredible opportunity for these students to experience sport at the very highest level.



On the horizon is the athletics season, with goal being to improve again on the successes that we have had there. It is important that students don't lose sight of the fact that hard work and commitment are fundamental to their success and must underpin all that we do.





MORE NEWS



THE GATEWAY ACADEMY STUDENT LEADERSHIP UPDATE

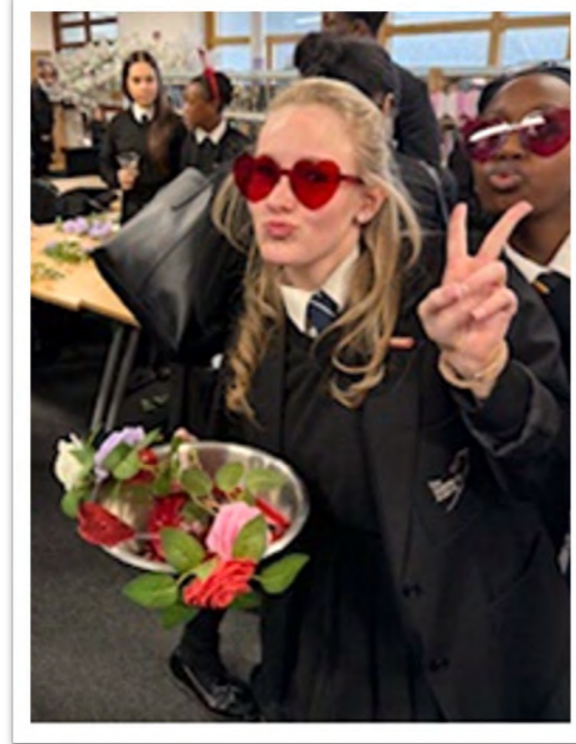
Year 9 Compassion group



Since September our compassion group has been working hard to raise awareness of issues within our community and have collected 400kg of food for Thurrock Food Bank and raised money for local homeless shelters by selling and delivering candy canes and teddies.

The Mental Health Ambassadors have held events for world mental health day, antibullying week and are currently working on a project to look at resilience and wellbeing with year 7 students.

Our latest project is to spread love and kindness across The Gateway Academy in preparation for Valentine's Day with roses, sweets and other presents available and kindness nominations for staff and students. Any money raised will also go towards the Thurrock food bank and other homeless charities.



Year 7 and 8 are working hard on respect and resilience projects with their year groups and year 10 are looking at ways to improve revision and academic performance. They are also organising the Careers Fair on 12th March.

All student leaders have half termly training sessions where they are learning leadership theories and behaviour and so far they have learnt; how to be a leader, responsibility and reliability and how to communicate with a variety of different people.

Lexi C. who is part of the Thurrock Youth Cabinet organised for Bianca who works for a gambling harm charity to come and speak to our year 10 PSHE classes about the dangers of gambling both in person and online and how to avoid getting enticed into it. It was a lovely session where students were able to ask questions and Bianca was able to share her own journey





MORE NEWS

SAFEGUARDING

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

If you need to hide this site quickly, just click here

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.



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 criticised 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 feeling lonely, they may sometimes reach out to access support from others online. Sharing problems or issues with family, peers and broader social networks can be vital for young people, with nearly 7 in 10 young people reporting to receive support on social media during tough or challenging times. Where there are professional connections, such as 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 of images for people to be drawn into appearance based comparisons with others. No one is the same as how they portray themselves online or on their social media. The best part of everyone's journey is to be and compare to, which can become a starting point for children to experience what they see from friends, celebrities and sponsored adverts. This pressure can contribute 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 evidence knowledge can be reinforced by social media interaction, allowing children to connect 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

HARMFUL ADVICE

The online world provides the opportunity for anybody to spread and share photographs, videos, audio files, fake news and more harmful advice. Children may stumble upon this, which could potentially encourage them to make wrong decisions and not get the help that they need. It's important that you teach your child to differentiate between what is true and useful information and what is false.

A SENSE OF BELONGING

Support can be found to overcome personal online experiences. This is known as 'finding your tribe'. Online problems and personal issues can provide a sense of belonging for children. They can find peers with similar interests and experiences, which can sometimes be difficult to find in real life. As a result, this can create stronger connections and help to build confidence.

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 2 hours a day on social media use those that have a higher risk of mental health problems. Furthermore, compulsive checking due to Fear Of Missing Out (FOMO) has been linked to poor and abnormal 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 are more likely to be drawn into social media than any other social network.

MEET OUR EXPERT

This guide has been written by Anna Bateman, Anna is passionate about giving children the best of every subject, incorporating social wellbeing within their 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
- Wellbeing Wheel

SOURCES OF HELP:

- Childline: 0800 1111 or visit their website
- Young Minds: 0800 8001222
- Young Minds Partnership: 0800 402 1344

Thurrock Frontline

FIND LOCAL HELP EASILY!

- addiction
- advice
- disability
- family
- mental health
- older 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