





MORE NEWS .....

YEAR 7Mrs L Bruce

We have made a fantastic start to the term so far. The students have been working diligently in class, building on the knowledge they acquired in term 1. We were fortunate to have Paul Hannaford visit the Academy, and our year 7 students had the opportunity to experience an assembly with him, learning about his life and journey with drug use and gang involvement. The students were engaged and well-behaved throughout, a credit to us here.

In our PAD sessions each morning, we have been busy preparing for the next round of assessments. Each week, the students have had a different focus, such as specific Maths revision, as well as English and Science. Additionally, sessions on mind maps, flashcards, and revision timetables are planned. I hope the students find these useful in the lead-up to the assessments. I have also been sending all the resources home to parents/carers through Edulink.

A polite reminder that assessments will start the week commencing Monday, 26th February, and will continue for 2 weeks. A schedule has been sent home and also placed on Google Classroom so that all students can be prepared for their assessments.

There has been much sporting success for our year 7's in both Netball and Basketball, and we're really proud of all those representing the Academy. Some standout lessons have been in Food Technology and Spanish, where students have been confidently speaking out loud. It was a joy to hear!"



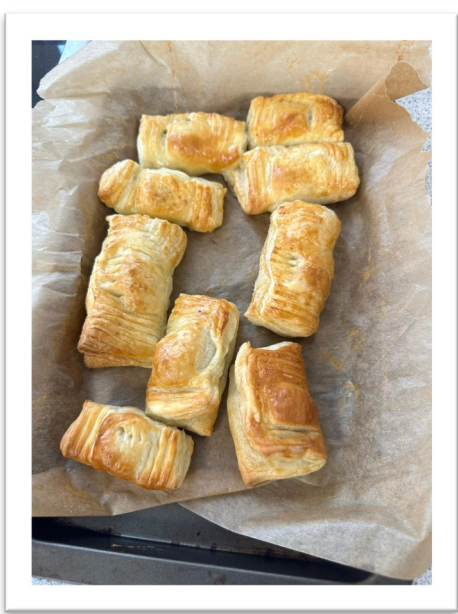
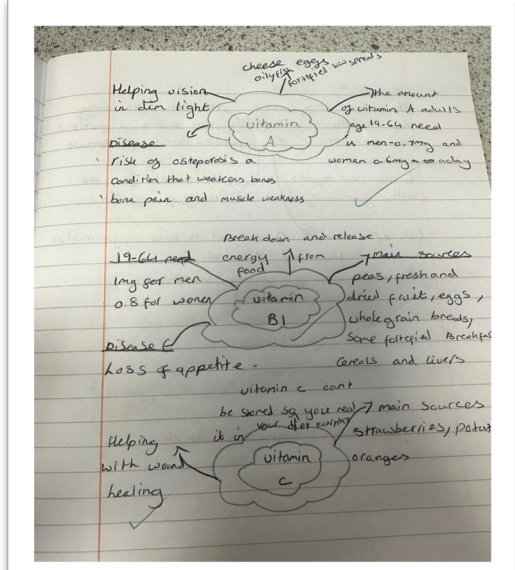
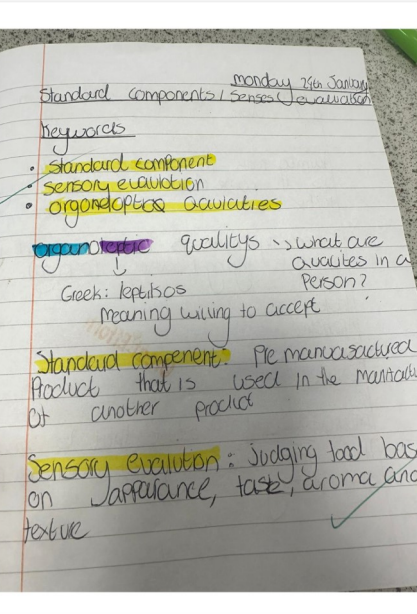
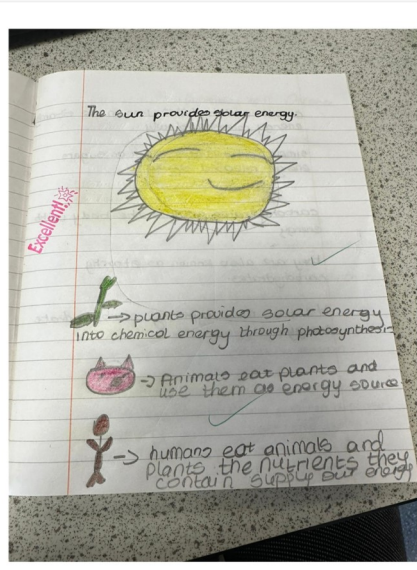
YEAR 11Mrs A Dixon

Year 11 has had a great start to this term. They have begun their final round of PPEs and are working exceptionally hard to achieve the best grades possible. Many students have attended 7 am English sessions, over 50 students have attended further maths sessions on Wednesdays and Fridays after school, and our students have been leading revision sessions in the Ellis Theatre. The Year 11 team has been inundated with reference requests from sixth form and college for many Year 11 pupils, which is fantastic. It's extremely exciting to see so many of our students applying to sixth forms/colleges and planning their next steps carefully. We want to wish our Year 11 students the best of luck in their next week of PPEs. Please encourage your son/daughter if they are in Year 11 to maintain a positive work ethic and ask for support if needed.



CELEBRATING LGBTQ+ HISTORY

This month, the Academy has been celebrating LGBTQ+ History Month. Through key PAD and PSHE sessions, students are learning about the history of LGBTQ+ and the hardships the community has faced over the years. Mr Moruzzi conducted key assemblies for all year groups, and the Academy is proudly flying the LGBTQ+ flag in support.



YEAR 9Ms B Mead

Year 9,

As we progress through this term, we have some important events coming up. Firstly, when we return after half-term, we'll dive straight into assessment week. It's been wonderful to see all of you engaging in your various revision techniques over the past few weeks. Please make sure you utilise these sessions to support your revision during the half-term break leading up to your assessments. We've received videos from all of your core subjects explaining exactly how and where to find your revision materials, along with three technique sessions: 1. How to create effective mind maps, 2. How to effectively use flashcards, and 3. How to create an effective revision timetable. All of these resources have been uploaded to the Year 9 Google Classroom page for you to refer back to.

Additionally, we're starting conversations about the options process this half-term, with the options/parents' evening scheduled for April 18th. It's been fantastic to welcome subject leads into our assemblies over the past few weeks to discuss their subjects with you, ensuring you can make the best choices for yourselves. If you have any questions about certain subjects, please speak to your class teacher. If you're worried or have concerns about your options choices, please don't hesitate to come and speak to either myself or Mrs Smith in the Year 9 office.

We are incredibly proud of our student leaders and anti-bullying ambassadors who have been fully involved in running and organising a number of charity events and supporting parents' evenings. They are an absolute credit to our year group. The anti-bullying ambassadors have also led assemblies on key topics for all year groups. They planned and created the presentations themselves and delivered them confidently to all five year groups.

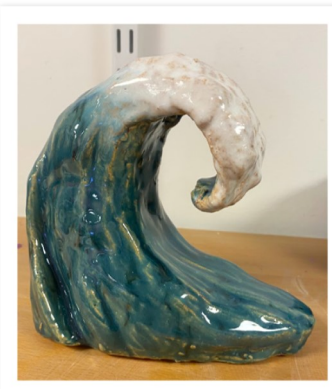
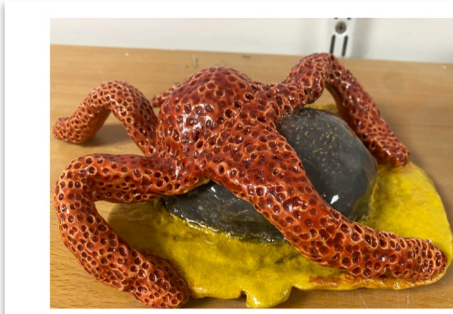
Finally, this week, we had a group of students attend the Respect Project as part of the Essex Boys and Girls Club. Six students have been offered a place on the final project, which is fantastic! A huge well done to you all!



ART NEWS

Year 10 GCSE students have been creating exceptional ceramic final pieces for their movement projects. These students have worked tirelessly to create these pieces, both during class time and in their own time.

Year 9 have been creating a portfolio of art based on Natural forms since September. This half term the key focus was on a coral ceramic Artist called Lisa Stevens. The Arts department posted some incredible pieces created by the yr9's in response to Lisa Steven's artwork on Instagram this week and Lisa liked our post!



SUMMATIVE ASSESSMENTS

Years 7 - 10 will be completing their next set of summative assessments between the 26th Feb – 8th March. The assessment timetables for each year group can be found [here](#).

Specific information and revision resources for each subject will be provided on your child's google classroom. Recommended revision guides are available to purchase on ParentPay.

- Top revision techniques that our Subject leaders recommend are:
- Creating mind maps
  - Using Knowledge Organisers
  - Using flashcards
  - Using online revision websites

You can find more information about top revision techniques below:

- <https://senecalearning.com/en-GB/blog/top-10-best-revision-tips-from-past-students/>
- <https://www.cgpbooks.co.uk/info/exams-or-demon-fighting/essential-revision-tips>
- <https://www.bbc.co.uk/bitesize/articles/zw8qpbk#zfcq2v4>



MORE NEWS .....

PAUL HANNAFORD



Last week, Paul Hannaford paid a visit to the Gateway Academy to enlighten our young minds about the perils associated with gangs, drugs, and knives. In his typical fashion, he delivered a captivating assembly, sharing his personal experiences and illustrating the profound impact a life of crime can have on an individual.



YEAR 8  
Mr M Scott

Hello Gateway Family,

It has been a fantastic few weeks for Year 8 at the Gateway Academy. Student attendance is up, reward points are being collected daily by students who are demonstrating the school's core values, and students are now starting to focus on their revision techniques in more detail to ensure that they are ready for their next round of assessments, which take place after the half-term break.

All Year 8 tutor groups have now completed their 'First Give' final presentations, and the judging team that came along were overwhelmed by the hard work and passion that students put into their projects and presentations. Tutor groups were challenged with choosing a local charity of their choice, researching that charity, and raising awareness, money, or both to support it. Every tutor group did a fantastic job of working as a team to achieve this. We have had many local charity visits which students had organised with the support of their tutors.

The Grand final saw the teams from each tutor group give their presentation to the 'First Give' judging team and their whole year group. Every single participant showed great courage and brilliant oratory skills in commanding the stage and making a bid for their charity to be the chosen winner of £1000.

As with any contest of this nature, there can only be one winner. This award was presented to 8G, Mrs Louw's tutor group. St. Luke's Hospice was the charity they chose, and they did a fantastic job of raising money and awareness for them. 8H, Mrs. Bouretaa's tutor group, received special commendation. Though they did not emerge as winners, the work they put into raising money and awareness for the Sea Cadets showed great detail and fantastic first-hand research into what the Sea Cadets bring to the local community.

A brilliant undertaking by all tutors and tutor groups to support local charities within our community. A massive thank you to all.



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

SEND TEAM

# Homework Club

	7AM-8AM	Break	Lunch	3PM-4PM
Monday	✓	✓	✓	✓
Tuesday	✓	✓	✓	✓
Wednesday	✓	✓	✓	✓
Thursday	✓	✓	✓	✓
Friday	✓	✓	✓	✓

ALL IN ROOM 4-206

GLC

All Different: All Equal  
Together, Improving Upon Our Best

please join us for

# VALENTINE'S DAY AT THE GATEWAY ACADEMY

From the 29th of January - 7th of February , you will be able to purchase a rose or chocolates for someone for valentines day. This will be available at student services.

You can also write a message for the person you would like to buy it for!

**Prices:**  
Rose - £1.50  
Chocolates- £1  
Rose and chocolates - £2

# BAKE SALE!

Valentine's Day Bake Sale!  
Mark your calendars for February 14th! During break and lunch, we will be hosting a bake sale to celebrate the holiday of love.

Please ensure you bring some money . if you would like to buy something on this day.



MORE NEWS .....

YOUNG MINDS



Starting a conversation can be difficult, especially if you're worried that your child is having a hard time. It doesn't matter what topic the conversation starts with – it's about the opportunity it gives you both to talk about feelings and to provide comfort.

Here's some conversation ideas to start things off...

**General**

- How are you feeling?
- What do you want to talk about?
- What was the best and worst bit of your day?
- If you could start today again, what would you do differently?
- What did you do today that you are most proud of?

**Serious**

- What was the biggest problem you had today?
- Do you want to talk about what's going on?
- How can I support you through [issue]?
- Is there anything that you need from me? Space, time to talk, time to do something fun...

**Fun**

- What's your favourite song at the moment? Would I like it?
- If you were an animal which one would you be?
- If your life was a movie which one would it be?
- What's your favourite thing about school and why?
- If an alien had landed in your class today, what would you have been embarrassed for them to see?

You're the leading expert when it comes to your child. You can tell when they aren't in the mood to talk, or when they aren't responding to your attempts.

Reassure them that if they don't want to talk now, they can talk to you at any time. You can also follow up conversations with encouragers:

**Encouragers**

- I love you, nothing can ever change that
- You can talk to me, I'm here for you
- If you need to talk to someone else, that's okay too
- If you talk to me about what is worrying you, I can do my best to help
- Even if I don't understand, know that I want to
- We're going to get through this together

If you are concerned about anything that has come up in a conversation, try your best to tell them how you see things, and be clear about any actions you are going to take. Try to provide comfort and reassurance.



If you need help or support, please contact our parents helpline

CHINESE NEW YEAR

This week was a celebration of the Chinese New Year, the Year of the Dragon. To celebrate, on Thursday, the canteen staff put on a lovely spread of Chinese food. The students and staff thoroughly enjoyed the meal.



YEAR 10

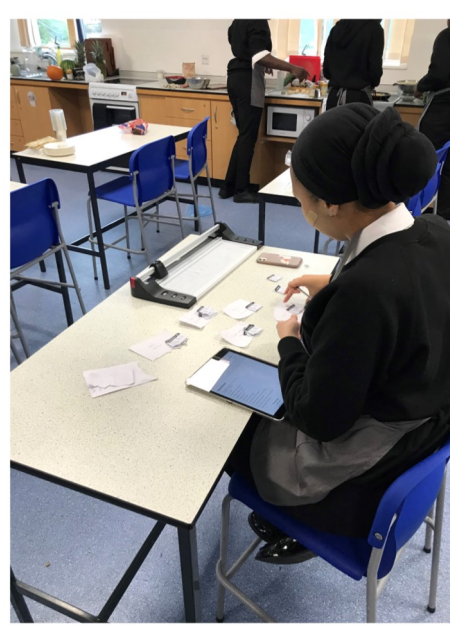
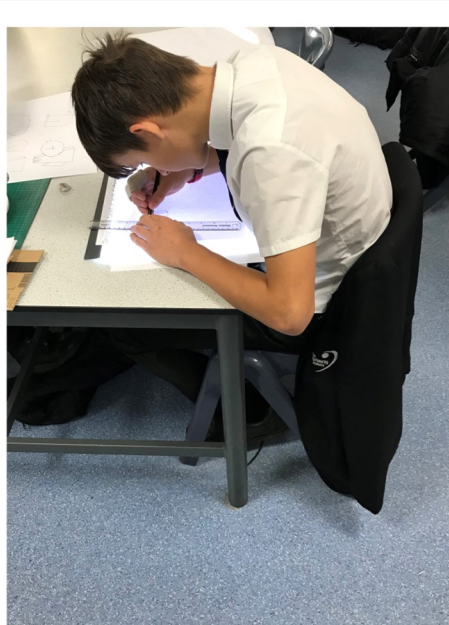
Ms A Shannon

Well done to those students in Year 10 who have made a great start back to the academy this term. We have settled back into our learning after returning from the Christmas break, with the students preparing themselves for our next round of assessments, which will be starting the week beginning February 16th. We have been sharing lots of resources with students via Google Classroom to support their revision and preparation for assessments, as well as looking at different revision materials in tutor time each day. We have plenty of supplies of flashcards, revision time-tables, and knowledge organizers available in our office for students to help themselves to. We will also be sharing our resources via Edulink to parents so you will be able to support from home.

Congratulations to the hospitality and catering students who recently took part in a master class in filleting a fish. The students absorbed all of the new skills that they were taught and were a credit to the Academy. They will be putting their filleting skills to the test in their practical assessment after half term.

I have the privilege of walking into the lessons Year 10 students are in every day around the Academy, and some of the work they are producing is fantastic. I have attached a few pictures of the beautiful work students have been producing recently.

Well done, Year 10, and for those who are consistently excelling, there will be a big rewards trip coming your way!





EVEN MORE NEWS....

USEFUL INFORMATION

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 11** [www.childline.org.uk](http://www.childline.org.uk)
- NSPCC **0800 800 5000** [www.nspcc.org.uk](http://www.nspcc.org.uk); [www.facebook.com/nspcc](https://www.facebook.com/nspcc)

FREE School Uniform Events

Free for everyone, no referral needed!

Fridays 3 - 4.30pm

19th January  
16th February  
15th March  
19th April  
17th May  
21st June

Saturdays 10 - 11.30am

20th January  
17th February  
16th March  
20th April  
18th May  
22nd June

Community Church Chadwell St Mary  
Defoe Parade (enter from Brentwood Road)  
RM16 4QR

Save the planet 🌱, and your pennies 💷!

Hundreds of items in stock:

- Polo shirts
- Shirts & blouses
- Skirts
- Trousers
- Socks
- Pinafore dresses
- Jumpers & cardigans
- Blazers & ties
- PE kit incl football socks
- Pimslis
- Black shoes
- Coats

Clean, good condition school uniform donations accepted when space allows. Please check our facebook page to see if we are currently collecting. Search facebook for "The 180 Project"

Admission fee to the 180 Project: £200 (Community Church Registered charity no. 1062951 Tel: 01375 484 101)

YOUTH VOICE GROUP SUPPORTED BY THURROCK YOUTH CABINET

Do you identify as neurodiverse, additional needs, special needs, SEND (Special Educational Needs and Disabilities)?

Are you 16-25 years old?

Would you like to have a say on life, learning and living in Thurrock?

If so, Thurrock Youth Cabinet would like to hear from you!

Join a new Youth Voice group and turn your ideas into action.

- Attend three times a year at Grangewaters in South Ockendon
- Lunch, drinks and an activity provided
- Meet new people (16-25 olds with additional needs)
- Collaborate with Thurrock Youth Cabinet members and staff
- Have your say and be listened to!

To sign up or find out more, email today at [youthvoice@thurrock.gov.uk](mailto:youthvoice@thurrock.gov.uk)

ReThink ReCreate ReCycle

Open to all young people aged 13-18 until 30th March 2024

Competition opens 1st January 2024

Take a plunge into the world of recycling like never before. It's not just about bins and bottles, it's about turning everyday items into extraordinary creations and give them a new lease on life.

We want to see your innovative minds at work, turning old items into mind-blowing masterpieces.

HOW TO ENTER

Collect the items you want to recycle and transform these into a mind-blowing creation. Take a photo of your masterpiece, and in a paragraph, share the inspiration behind your creation while highlighting the materials you recycled.

Email it to [01375@thurrock-mash.uk](mailto:01375@thurrock-mash.uk)

Remember to include your name, age, year group and current school setting.

THINK ABOUT:

What message does your creation convey about recycling?

How did you recycle materials to create something new and exciting?

How can your creation inspire others to join the movement?

Warm Spaces

Thurrock libraries offer you a warm welcome during the winter months.

From Monday 20 November 2023 until Friday 29 March 2024, at set times each week, many of our local libraries are offering residents a free hot drink in a safe and supportive space.

Grays library and Purfleet library are accepting winter coat donations during this period, to help those most in need to stay warm this winter. Purfleet library is also accepting donations of clean blankets (no duvets or other bedding). Contact the libraries below for full details.

Join us in our Warm Spaces on the following days and times.

Library	Day	Times
Aveley library	Tuesdays	2pm to 4pm
Belhus library	Wednesdays	2pm to 4pm
Chadwell library	Thursdays	2pm to 4pm
Corringham library	Fridays	2pm to 4pm
East Tilbury library	Thursdays	10.30am to 12.30pm
Grays library	Mondays	10am to midday
Purfleet library	Tuesdays Thursdays	2pm to 4pm
Stanford-le-Hope Library	Wednesdays	2pm to 4pm
Tilbury library	Mondays	2pm to 4pm

You can also enjoy our wide range of library services, such as free wi-fi, during these times and throughout our [library opening hours](#).

A list of other Warm Spaces in Thurrock is available online at [Stronger Together: Warm Spaces](#).

To find Warm Spaces throughout the UK, go to the [Warm Welcome Spaces](#) website.

For help finding more support, go to [support with the cost of living](#) and [Stronger Together: support for residents](#).

What is Snapchat?

Snapchat is a photo messaging app with a twist. Snapchatters can take photos, record videos, add text and drawings and send them to friends. These 'Snaps' aren't saved by default so it feels more like having an ordinary conversation. Once everyone has viewed a Snap, Snapchat's system is designed to automatically delete it from their servers. Opened Snaps typically cannot be retrieved from Snapchat's servers by anyone, for any reason. Upon registration 'Team Snapchat' will automatically send you a series of 'Snaps' to take you through the basics.

Age restrictions

Snapchat is not intended for children under the age of 13. Teens aged 13-17 should have permission from a parent or legal guardian to use the app.

A Snapchat account can be deleted by going to [https://accounts.snapchat.com/accounts/delete\\_account](https://accounts.snapchat.com/accounts/delete_account) and entering the child's username and password. If Snapchat obtains knowledge that a user is under the age of 13 they will terminate the account.

**Note:** If you forget your password you can submit a password reset request to Snapchat at: [https://accounts.snapchat.com/accounts/password\\_reset\\_request](https://accounts.snapchat.com/accounts/password_reset_request)

PATT ADHD Support Group

For families with children and young people with ADHD and neurodiversity

Booking essential

If we need to cancel a session you will get notification via email

To book: [www.patt.org.uk/adhd/support](http://www.patt.org.uk/adhd/support) or scan the QR Code below.

Facebook: PATT ADHD Support

First Wednesday of each month 6.30pm to 8.30pm

7th February 2024 Stanford Le-Hope Family Hub

6th March PATT Office

1st May Stanford Le-Hope Family Hub

5th June PATT Office

3rd July Stanford Le-Hope Family Hub

4th September PATT Office

2nd October Stanford Le-Hope Family Hub

6th November PATT Office

4th December PATT Office

3rd Friday of each month 9.30am–11.30am

PATT Office, 51 Lodge Lane, Grays, RM17 5RZ

19th January 2024

15th March

17th May

19th July

25th October

16th February

19th April

21st June

27th September

29th November

Specialist Health Visitor Appointments with PATT SENDIASS via MS Teams

These appointments are for parents with children who have additional needs. It is an opportunity to meet with our team to discuss how our service may be able to assist. This may be signposting to other services, explaining processes, coordinating health care, referral, intervention, or support. It is also an opportunity to meet the PATT SENDIASS team and get advice and guidance on education and school issues.

To book a 15 minute, online appointment, visit [www.patt.org.uk/booking-page](http://www.patt.org.uk/booking-page) Or scan the QR code below.

Please be assured that you will have the opportunity to speak with Carolyn or a member of her team in private during these sessions.

2023	Time	2024	Time
Thursday 12 <sup>th</sup> September	10.30am – 12.30pm	Thursday 18 <sup>th</sup> January	10.30am – 12.30pm
Wednesday 18 <sup>th</sup> October	10am – 12pm	Wednesday 29 <sup>th</sup> February	10am – 12pm
Thursday 16 <sup>th</sup> November	10.30am – 12.30pm	Thursday 28 <sup>th</sup> March	12.30pm – 2.30pm
Wednesday 13 <sup>th</sup> December	10am – 12pm	Wednesday 17 <sup>th</sup> April	10am – 12pm
		Thursday 30 <sup>th</sup> May	10.30am – 12.30pm
		Wednesday 29 <sup>th</sup> June	10am – 12pm
		Thursday 11 <sup>th</sup> July	12.30pm – 2.30pm

Because of the nature of the roles in this team we may need to cancel at the last minute, if this happens, I will arrange to speak with you at a different time.

PATT SENDIASS

Schedule 2024

where and when to find us

Sessions run term time only

To book an appointment: [www.patt.org.uk](http://www.patt.org.uk) scan the QR code or call 07702 127 252

First Wednesday of the Month 5pm – 6.30pm

Stanford-le-Hope Family Hub, Capland Road, SS17 0DF

Runs in conjunction with PATT ADHD Support group (6.30– 8.30pm)

8th Feb, 7th May, 2nd July, 1st Oct, 3rd Dec

First Thursday of the Month 9.30am – 11.00am

Tilbury Family Hub, London Road, Tilbury RM18 8EY

17th Feb, 7th May, 2nd July, 4th Oct, 9th Dec

Second Wednesday of the Month 10am – 12pm

Ockendon Family Hub, 2a Affan Drive, RM15 5AP

10 Jan, 14 Feb, 12 Mar, 9 May, 12 Jun, 10 Jul, 11 Sep, 9 Oct, 13 Nov, 10 Dec

Fourth Wednesday of the Month 4pm – 6.30pm

PATT Office, c/o Take 4 Care, 51 Lodge Lane, Grays RM17 5RZ

24 Jan, 28 Feb, 27 Mar, 24 Apr, 22 May, 26 Jun, 29 Sep, 23 Oct, 27 Nov

Third Monday of the Month 4pm – 6.30pm

30 minute online session with a member of the PATT team

19 Jan, 19 Mar, 19 Apr, 20 May, 17 Jun, 19 Jul, 16 Sep, 21 Oct, 19 Nov, 19 Dec

FAMILY VIEWS WORKSHOP

Second Tuesday of the Month 10am – 2pm

A one hour, one to one session at the PATT office to support you to complete the family views document. We will send you the template and guidance document when we receive your booking for you to start writing your child's story so far. Please bring the document with you when you attend.

13 Feb, 12 Mar, 14 May, 8 Jun, 9 Jul, 10 Sep, 8 Oct, 12 Nov, 10 Dec

What Parents & Carers Need to Know about INSTAGRAM

Instagram is one of the most popular social media platforms in the world, with over 1 billion users worldwide. The platform allows users to upload images and videos to their feed, create interactive 'stories', share live videos, exchange private messages or search, explore and follow other accounts they like – whilst at the same time continuously updating and adding new features to meet the needs of its users.

AGE RATING 13+

WHAT ARE THE RISKS?

ADDICTION

Many social media platforms are designed in a way to keep us engaged on them for as long as possible. There's a desire to scroll often/more in case we've missed something important or a fear of missing out. Instagram is no different and young people can easily lose track of time by aimlessly scrolling and watching videos posted by friends, acquaintances, influencers or even strangers.

PRODUCT TAGGING

Product tags allow users (particularly influencers who are sponsored to advertise products) to tag a product or business in their post. This tag takes viewers, regardless of age, directly to the product detail page on the shop where the item can be purchased and where children may be encouraged by influencers to purchase products they don't necessarily need.

EXCLUSION AND OSTRACISM

Young people are highly sensitive to ostracism. Feeling excluded can come in many forms such as: not receiving many 'likes', not being tagged, being unfriended, having a photo untagged, or not receiving a comment or reply to a message. Being excluded online hurts just as much as being excluded offline – with children potentially suffering lower mood, lower self-esteem, feeling as if they don't belong or are undervalued.

PUBLIC ACCOUNTS

Product tagging on Instagram only works on public accounts. If your child wants to share their clothing style, make-up etc and tag items in a post then they may be tempted to change their settings to public, which can leave their profile visible to strangers.

GOING LIVE

Live streaming on Instagram allows users to connect with friends and followers in real-time and comment on videos during broadcast. Risks increase if the account is public because anyone can watch and comment on their videos, including strangers. However, other risks include acting in ways they wouldn't normally or being exposed to inappropriate content or offensive language.

INFLUENCER CULTURE

Influencers can be paid thousands of pounds to promote a product, service, app and much more on social media – the posts can often be identified without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lead to discuss what is real and not real online.

UNREALISTIC IDEALS

Children compare themselves to what they see online in terms of how they look, dress, live, body shape, or the experiences others are having. The constant scrolling and comparison of unrealistic ideals can lead to children feeling insecure about their own appearance, questioning how exciting their own lives are and having a fear of missing out.

Advice for Parents & Carers

HAVE OPEN DIALOGUE

Talk to your child about live videos and the risks involved and how they can do it safely with family and friends. Talk to them about ensuring they have safety settings on so only followers can view them live, and maybe help them prepare what they would say when they do go live.

FAMILIARISE YOURSELF

Instagram is one social media app which has its safety features available to parents in a user-friendly manner. The document provides examples of conversation starters, managing privacy, managing comments, blocking and restricting and can be found on the Instagram website/community-parents.

MANAGE LIKE COUNTS

Due to the impact on mental wellbeing, Instagram has allowed users to change the focus of their experiences online away from how many likes a post has by hiding the like counts. Users can hide like counts on all the posts in their feed as well as hiding the like counts on their own posts. This means others can't see how many likes you get. This can be done by going into settings > notifications > posts > likes > off

REMOVE PAYMENT METHODS

If you're happy for your child to have a card associated with their Instagram account, we suggest adding a PIN which needs to be entered before making a payment. This can be added in the payment settings tab and will also help prevent unauthorised purchases.

FOLLOW INFLUENCERS

Following influencers will allow you to monitor what they're sharing as well as being able to discuss anything which you deem inappropriate. Talk to your child about why they follow and help them develop critical thinking skills about what the influencer is trying to do. For example, are they trying to sell a product by promoting it?

BE VIGILANT AND REASSURE

Talk to your child about the use of filters. While they can be fun to use they don't represent the real them. If you find your child continuously using a filter, ask them why and reassure them that they are beautiful without it to build up their feelings of self-worth. Discuss the fact that many images online are filtered and not everyone looks 'picture perfect' in real life, which can also lead to discuss what is real and not real online.

BALANCE YOUR TIME

Instagram now has an in-built activity dashboard that allows users to monitor and control how much time they spend on the app. Users can add a 'daily reminder' to set a limit on how much time they want to spend on Instagram, prompting them to consider if it's been too long with a 'take a break' message. There's also the option to mute notifications for a period of time. These features can help you have a conversation with your child about how much time they are spending on the app and to set healthy time limits.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and online behaviour of young people in the UK, USA and Australia.

NOS National Online Safety #WakeUpWednesday

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.08.2022

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

Issue #6 with 5 pages

Page 5

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All Different. All Equal. Together Improving Upon Our Best