



# SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER



TELEPHONE: 01283 247410 TWITTER: @shobnallprimary E-MAIL: [shb-office@shb.itmat.co.uk](mailto:shb-office@shb.itmat.co.uk)

6<sup>th</sup> December 2024

*"Jump in with both feet and be brave."*

Dear Parents/Carers,

What a festive and eventful week it has been here at Shobnall Primary & Nursery School! The Christmas spirit has truly come alive as we've celebrated together with some wonderful activities and events. Our youngest stars shone brightly in the EYFS Nativity, captivating us all with their charm and enthusiasm. Their hard work and dedication made for a heartwarming performance that will be remembered fondly. Excitement and laughter filled the air during our trip to the pantomime, where both children and staff enjoyed the magic of live theatre and the delight of "Oh no, it isn't!" moments. Read about this and more, further on in the newsletter!



By the time you read this, the PFA Christmas Market will be in full swing! I would like to extend our sincerest thanks to all members of the PFA for organising what promises to be a fantastic, Christmas extravaganza! They have worked so hard, giving up much of their own time to contact local businesses for raffle prizes, set up for the market, organise stalls etc. What a dedicated team we have, thank you so very much!



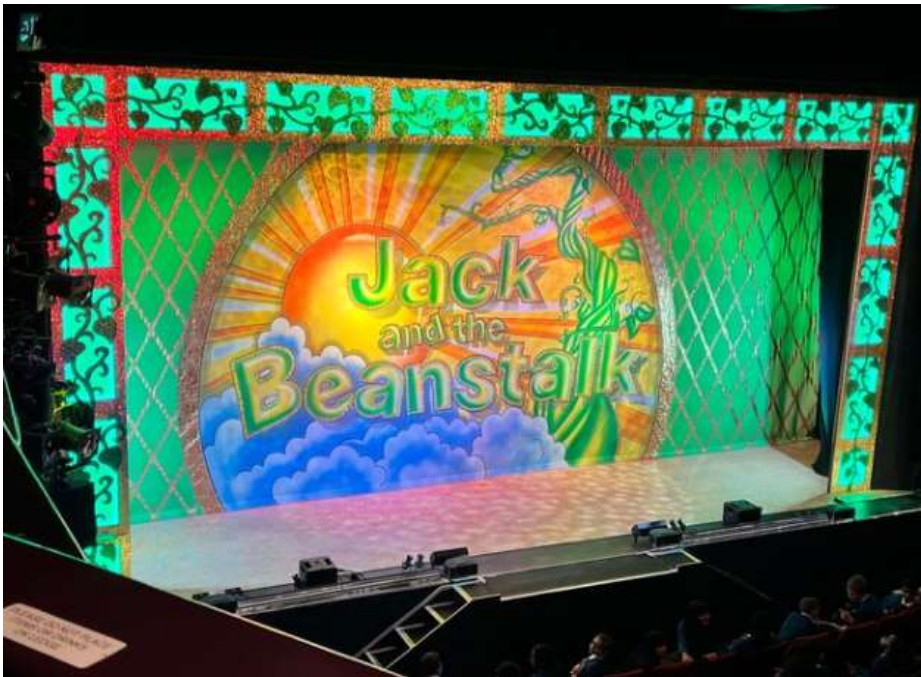
There are so many people we need to thank, starting with all of our parents, friends and school staff on behalf of the PFA who have donated unwanted items, whether that be books, toys or games, clothing, food or their time to making this event a success. It is very much appreciated and humbles us when celebrating and thinking about the true meaning of Christmas. We also wish to thank all the local businesses who have very kindly donated raffle prizes – maybe you were one of the lucky ones! Thank you also to other

external stallholders for attending as well as Santa, who flew in especially on his sleigh! We are also extremely grateful to Mr Wilson, who provided us with the beautiful Christmas tree that you can see in the hall, beautifully decorated by some of our Year 6 pupils!

We will, of course, let you know the final amount that you have helped raise through supporting this event on next week's newsletter. Thank you once again for coming and supporting the Market and we hope that everyone has a great weekend!

## EYFS Nativity – Shine Star Shine

We were very, very proud of our Nursery and Reception children this week for their fantastic nativity performance of 'Shine Star Shine'. It was a beautiful reminder of the Christmas story, and I know that parents, as well as the school, were very proud of their achievements! The children performed so confidently and clearly that it was impossible not to smile from ear to ear throughout the whole show! Thank you to all our parents who came along and supported, especially with the learning of lines at home. I must re-iterate my thanks once again to our wonderful EYFS staff and volunteers who helped make the performances so special and unique.



## Whole School Pantomime Trip – Jack and the Beanstalk, Lichfield Garrick Theatre

Our whole school had an incredible morning out at the Lichfield Garrick Theatre on Thursday to watch the pantomime *Jack and the Beanstalk*. From the moment we arrived, the excitement was contagious as children and staff alike buzzed with anticipation. The performance was a perfect blend of humour, vibrant costumes, and catchy songs that had everyone laughing and clapping along. The actors brought the classic tale to life with a fun twist, including plenty of audience participation that

made the experience even more memorable. Highlights included a larger-than-life beanstalk growing right before our eyes and a hilarious dame who kept us in stitches. By the time the curtain fell, we were all beaming, chatting about our favourite moments on the way back to school. It was a truly magical trip that we'll remember for a long time!

## Primary School of the Year Nomination!

Mrs Farrington and myself are very proud to be representing our school at The School & Supplier Awards tonight, brought to you by [Education Today](#), which recognises and rewards the Suppliers, Schools, and Individuals who work so tirelessly for the greater good of the sector.

We have been nominated for Primary School of the Year and are keeping everything crossed that we return with some good news for the children, staff and community!



## Christmas Performances for Parents

We look forward to welcoming more of you into school next week for more Christmas performances, which the children are very excited about! These are summarised as follows:

Date	Time	Year Group(s)
Tuesday 10 December 2024	9.15am <b>AND</b> 2:15pm	Year 1 and Year 2
Thursday 12 December 2024	9.15am	Year 3

As teachers and parents, we realise that parents do like to take photographs and videos of their child during performances as a personal memento. However, this can only be allowed if parents follow the guidelines which have been agreed by our school community, and we thank you for your co-operation with this:

- Photographs must not appear on the internet or social media.
- Photographs/videos are used as a personal memento only and cannot be reproduced or shared elsewhere publicly.
- Parents wishing to take videos/photographs are asked to stand in a position which does not detract from the children's performances and does not restrict the view of other audience members.



We look forward to seeing you there!

Whilst there has been no charge for admission to our performances, we will be having a collection at the end of each performance in support of our designated charity for this season, which is the YMCA – a charity close to all of our hearts.





## Reception Application Process

The application process for a reception place for September 2025 will open on 1 November 2024. The easiest way for parents to apply is online. Further information can be found on [Staffordshire County Council Website](#). The closing date is 15 January 2025.

The school office has a letter informing parents about the process, which we are happy to distribute to prospective families. If you would like a copy of this, please contact us.

## Nursery Places Still Available!

Please note that there are still a few places left in our nursery, so enquire if you or someone else you know within the community, would like a place in our outstanding school. Further information can be found on our school website [Admissions](#) page on how to apply for a place and we look forward to receiving your application.

## Tree-mendous Tips!

Christmas is slowly creeping in on us, and a lot of us will be starting to decorate the house. Here's some festive, sustainable top tips:

- Choose LED lights or go for solar powered
- Don't buy new decorations every year
- If you do need decorations, look for second hand
- Make your own decorations such as dried orange slices baubles or wine cork Christmas trees - [get inspired here](#)
- **Make a Christmas wreath** using the fallout or extra pieces from your tree



## FREE Uniform!

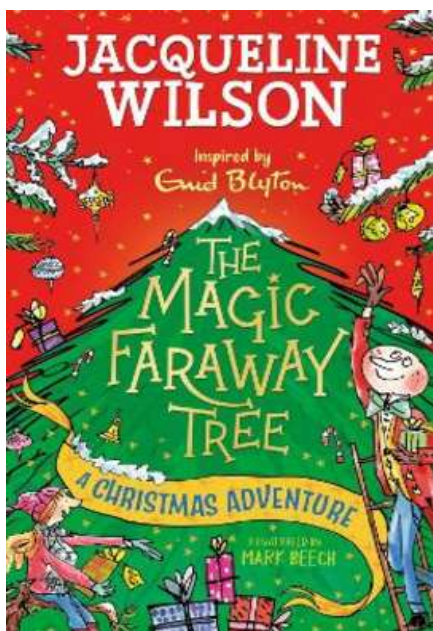
We continue to accept donations of old uniform via the box situated outside the school office for any parents who wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box outside the school office. If you need any uniform, you will need to pop down to the **Family Hub** on Waterloo Street, DE14 2NJ. The Family Hub do not have the capacity to reply to emails but do have uniform on site all year round and are open Monday to Friday, 8.30am to 4.00pm.

## Online Safety Tips

The rise in awareness of mental health issues has given way to several easily accessible services to help with such problems – for example, wellbeing apps promising to serve as an assistive tool for anyone in need of support. While these can be useful to some, there are a few risks which are important to consider – especially if a child or young person is using the app.

Of course, it can be tricky to know exactly where the safety concerns lie with a service intended to help and support its users – and it can be harder still to safeguard younger users. This free guide breaks down the online safety risks of mental health and wellbeing apps, before letting you know how best to keep children and young people safe if they ever wish to use these services.





## Reading Corner

This week's recommended read is for children aged 7+...

### The Magic Faraway Tree: A Christmas Adventure

Written by Jacqueline Wilson

Hands up if you love – or loved – the Magic Faraway Tree stories? Jacqueline Wilson adored them as a child and has written new adventures for the characters with all the love and understanding that only a true fan can bring.

In these new stories, the lucky children who become friends with Silky, Moonface, the Saucepan Man, and other residents of the Tree, are Milo, Mia and Birdy. They have just as much fun as their predecessors and amongst the magical lands they find at the top of the Faraway Tree are the Land of Sunshine – very appealing in the depths of a wet winter – and the Land of Toys, but amidst all the excitement, best of all is a meeting with Santa himself!

Everything that makes the original stories such favourites with readers is here – amazing lands to explore, the thrills of climbing up and sliding down the tree, delicious food, especially the out-of-this world sweets, and the boundless freedom the children enjoy; all this without the prejudices that were ingrained in Blyton's original.

## Attendance

Please read the [NHS 'Is my child too ill for school?' guidance](#) which has further information if you are unsure whether to send your child to school or not.

We are always happy to advise in line with this guidance, so if you are still in doubt, please contact the school office if your child develops any symptoms and we can discuss this further with you.

**Children can come to school with mild respiratory illnesses.** This includes general cold symptoms: a minor cough, runny nose, or sore throat. However, children should not be sent to school if they have a temperature of 38°C or above.

Please note, we can only accept and administer **prescribed medicines** that are in-date, labelled, provided in the original container as dispensed by a pharmacist and include instructions for administration and dosage.

**When reporting an absence, please could we ask that parents contact the school office before 9.30am and state clearly reasons for absence.**





Let's keep working together to ensure attendance is as good as it can be! Remember, **every pupil, every day!** Thank you for your support.

This week's Attendance Champions are **Year 3!** Well done! Here are the latest figures...



Reception	95.7%	Target
Year 1	98.0%	97%
Year 2	98.3%	
Year 3	98.8%	
Year 4	96.9%	Overall (to date)
Year 5	89.7%	96%
Year 6	98.4%	
Overall	96.3%	

## Hot Lunch Options 09.12.24 – 13.12.24

WEEK 2	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
Main dish	Margherita pizza with baked potato wedges	 Italian pasta bolognese	Roast beef with potato of the day	Chicken goujons With sweet pepper sauce and rice	Crispy battered fish & chunky chips
Vegetarian Main dish	Vegetarian burger with chunky chips	Vegetarian Pasta bolognese	 Quorn™ fillet with roast potatoes & gravy	Vegan goujons With sweet pepper sauce and rice.	Cheese & bean bake with chunky chips
Accompaniments	Peas & baked beans Salad bar	Peas & sweetcorn Salad bar	Broccoli & cauliflower Salad bar	Sweetcorn & carrots Salad bar	Peas & baked beans Salad bar
Desserts	 Fresh fruit & whip	Lemon biscuit	Chocolate sponge	 Fruit sponge & custard	Ice cream
Fresh fruit or yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection



### Head Teacher's Awards

Reception	EVERYONE!	
Year 1	Ava T	Kinza S
Year 2	Astrid R	Riley T- F
Year 3	Yahya K	Rupert C
Year 4	Olivia K	Amara I
Year 5	Inam U	Charlie W
Year 6	Asra Z	Nell T

### Lunchtime Star Awards

Reception	Qayoom A
Year 1	Adam J
Year 2	Mia L
Year 3	Jacob S
Year 4	Aiza L
Year 5	Afra M
Year 6	Ellie W

### Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 06.12.24)	68	40	87	104
Position	3 <sup>rd</sup> – 2 points	4 <sup>th</sup> – 1 point	2 <sup>nd</sup> – 3 points	1 <sup>st</sup> – 4 points
Running Total	7	10	9	14

## SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...



## Nursery

Our adventures in Nursery this week...

The Nursery children had their Nativity performance and what a show it was! It certainly was a magical experience as the children sang beautifully and remembered directions and lines fantastically. We are all extremely proud of all the children for taking part! Thank you to all the parents and families for coming along to support the children.

Christmas celebrations have also begun this week. We opened the doors on our class advent calendar and have used 5 frames to count down how many sleeps left until Christmas! We have also been reading and sharing lots of Christmas stories and look forward to more Christmas explorations next week!

## Reception

Our adventures in Reception this week...

It's beginning to look like Christmas in Reception! We had a super time decorating our Classroom and it reflects our, 'Sparkle and Shine,' theme beautifully.

After completing our homework, we were eager to share our wood cookie decorations and then hung them on our class Christmas tree – they are all unique and wonderful!

It was showtime on Tuesday and Wednesday as we presented our Christmas Performance, 'Shine, Star, Shine.' We were all amazing and so proud as we shared the story along with beautiful singing and acting.

On Thursday we headed off to the pantomime to watch, 'Jack and the Beanstalk.' We had lots of fun watching the show...

*"I liked the giant because he was so sleepy and kind."* (Minnie)

*"The baddie was my favourite Back in Anger because he was funny."* (Emmie)

*"We got splashed with the water guns and it was fun."* (Joey)

*"The giant had a wedgy, Jackie did it."* (Ethan)

On Friday we were very excited to compare our Christmas jumpers, and we are looking forward to having fun at the Christmas Fair!



## Year 1

In Geography this week, Year 1 have been looking at physical and human geography within our local area. We also used satellite maps to help us identify these features as we were unable to go on a walk due to the rain. In maths, we have been learning all about 3D and 2D shapes. The children have been learning to name and identify different shapes. In English, we have also been writing all about our life. The children have really impressed Miss Barker and Mrs Shannon with how they are applying their phonic knowledge. We had an amazing trip to the pantomime yesterday where all the children were enthralled and behaved impeccably. Well done Year 1.

## Year 2

We've had a truly fantastic week in Year 2! There's so much happening, and the children have been busy learning, creating, and having fun.

In our geography lessons, we've been studying our local area and learning all about how the compass works and its importance on maps. The children have been really engaged, and it's been wonderful to see them exploring this new knowledge with such curiosity!

In English, we are coming to the end of our story drafts, and the children have truly amazed us with their creativity and imagination. They've worked so hard to develop their ideas and write fantastic stories, and we can't wait to see their final pieces!

In maths, we've been focusing on missing number problems. The children have been working hard to solve these challenges, and it's been fantastic to see them apply their problem-solving skills with confidence.

This week, the children had a brilliant time at the pantomime, enjoying all the fun and excitement. It was a memorable experience, and they couldn't stop talking about it!

And if that wasn't enough, we've had a very special visitor in class – our naughty elf! He's been causing all sorts of mischief, and the children have loved discovering the surprises he's left behind each day.

It's been such a busy and exciting week, and we're looking forward to even more fun and learning in the days ahead!



## Year 3

This week, Year 3 have been busy with a variety of exciting learning activities! In English, they've started a new unit on persuasive texts, focusing on identifying the features of a text about Skara Brae. In Maths, they've been working hard to refine their skills in multiplying and dividing by 3 and 4, making connections with their knowledge of the 2 times table. In Science, the children have been exploring the human skeleton, learning to label its key parts. Geography lessons have taken them on a journey across the UK, where they've been locating significant rivers. Finally, the class has been putting the finishing touches on their Cosy Christmas performance, and they can't wait to share it with you next week!

## Year 4

Wow, what a fabulous week the children have had in Year 4. The children have been completing their termly assessments this week and it has been wonderful to see the progress that all the children have made since the start of the year! In Science, we have started our week-long science experiment looking at how different liquids effect our teeth using eggs in different solutions. The children have found it fascinating how different liquids can impact the eggs. The children had a wonderful morning at Forest School this week. They had the opportunity to make stars out of natural materials, use the flint and steel and created the most amazing den. Finally, to finish the week, the children had a fantastic morning at the pantomime, and it was also lovely to see so many children in their Christmas jumpers on Friday. A superb week year 4, well done!





## Year 5

After returning from their residential trip last week, Year 5 have jumped straight back into learning with enthusiasm.

In Maths, they have been continuing their work on fractions, which has helped them tackle their NTS assessments for the end of term with confidence. The children are making excellent progress in this area.

In English, the class eagerly resumed their alien invasion stories, building on the work they started last week. Although using dialogue has been a challenging new skill, Year 5 have shown great perseverance and are consolidating their understanding through homework this week.

The highlight of the week was the much-anticipated pantomime trip to the Lichfield Garrick. The production of *Jack and the Beanstalk* was a brilliant experience, and the children thoroughly enjoyed this special whole-school outing.

## Year 6

Year 6 had fun this week! On Monday we did our NTS assessment paper and we had PE. On Tuesday we also completed some more NTS papers and in the afternoon, we began designing our base boxes in design technology for our steady hand game. We also created posters for our Year 6 Christmas games stall. On Wednesday we had music with Mr Mansfield. On Thursday we were very lucky as we got to go to Lichfield Garrick for a pantomime performance of Jack and the Beanstalk. It was so much fun! In maths we have been doing more fractions and we have whizzed through it. The NTS papers have really prepared us for SATs.

## Diary Dates 2024-2025

Event	Date/Time
School Closes for Christmas	Friday 20 <sup>th</sup> December 2024, 2.00pm
School Reopens for Pupils	Monday 6 <sup>th</sup> January 2025
Year 2 Class Assembly	Thursday 23 <sup>rd</sup> January 2025, 9.00am
Year 6 Laches Wood	Monday 27 <sup>th</sup> January to Friday 31 <sup>st</sup> January 2025
School Closes for Half-Term	Friday 14 <sup>th</sup> February 2025
<b>INSET Day</b>	Monday 24 <sup>th</sup> February 2025
School Reopens for Pupils	Tuesday 25 <sup>th</sup> February 2025
Young Voices 2025	Thursday 27 <sup>th</sup> February 2025
School Closes for Easter	Friday 11 <sup>th</sup> April 2025, 2.00pm
School Reopens for Pupils	Monday 28 <sup>th</sup> April 2025
May Day Bank Holiday – School Closed	Monday 5 <sup>th</sup> May 2025
Key Stage 2 SATs Week	Monday 12 <sup>th</sup> May 2025 to Friday 16 <sup>th</sup> May 2025
School Closes for Half-Term	Friday 23 <sup>rd</sup> May 2025
School Reopens for Pupils	Monday 2 <sup>nd</sup> June 2025
Reception Class Assembly	Thursday 5 <sup>th</sup> June 2025, 9.00am
Year 1 Class Assembly	Thursday 19 <sup>th</sup> June 2025, 9.00am
Year 4 Class Assembly	Thursday 26 <sup>th</sup> June 2025, 9.00am
Year 5 Class Assembly	Thursday 3 <sup>rd</sup> July 2025, 9.00am
<b>JTMAT INSET Day</b>	Friday 4 <sup>th</sup> July 2025
School Closes for Summer	Friday 18 <sup>th</sup> July 2025, 2.00pm
<b>INSET Day</b>	Monday 21 <sup>st</sup> July 2025

## Autumn Term Diary Dates

Event	Date/Time
KS1 Nativity	Tuesday 10 <sup>th</sup> December 2024, 9.15am AND 2.15pm
Year 3 Cosy Christmas Celebration	Thursday 12 <sup>th</sup> December 2024, 9.15am
JTMAT Christmas Concert	Tuesday 17 <sup>th</sup> December 2024
Christmas Lunch	Wednesday 18 <sup>th</sup> December 2024
School Closes for Christmas	Friday 20 <sup>th</sup> December 2024, 2.00pm

School Reopens for Pupils	Monday 6 <sup>th</sup> January 2025
---------------------------	-------------------------------------

## Spring Term Diary Dates

Event	Date/Time
School Reopens for Pupils	Monday 6 <sup>th</sup> January 2025
Year 2 Class Assembly	Thursday 23 <sup>rd</sup> January 2025, 9.00am
Year 6 Laches Wood	Monday 27 <sup>th</sup> January to Friday 31 <sup>st</sup> January 2025
<b>Shobnall Stars – After School Club <u>ONLY</u> Closed for Staff Training</b>	Monday 3 <sup>rd</sup> February 2025
Mental Health Support Team (MHST) Introduction to Worry Parent Workshop	Tuesday 4 <sup>th</sup> February 2025, 3.30pm
NSPCC Number Day	Friday 7 <sup>th</sup> February 2025
PFA Valentine Disco	Friday 7 <sup>th</sup> February 2025: - KS1, 3.45pm – 5.00pm - KS2, 5.15pm – 6.30pm
Parents' Evening	Monday 10 <sup>th</sup> February 2025, 4.00pm – 7.00pm
Safer Internet Day	Tuesday 11 <sup>th</sup> February 2025
Parents' Evening	Wednesday 12 <sup>th</sup> February 2025, 4.00pm – 7.00pm
School Closes for Half-Term	Friday 14 <sup>th</sup> February 2025
<b>INSET Day</b>	Monday 24 <sup>th</sup> February 2025
School Reopens for Pupils	Tuesday 25 <sup>th</sup> February 2025
Young Voices 2025	Thursday 27 <sup>th</sup> February 2025
World Book Day	Thursday 6 <sup>th</sup> March 2025
Comic Relief	Friday 21 <sup>st</sup> March 2025
Year 5 Hampton Court Palace	Thursday 27 <sup>th</sup> March 2025
Eid al-Fitr	Sunday 30 <sup>th</sup> March 2025/Monday 31 <sup>st</sup> March 2025
Mother's Day Lunches – Reception	Tuesday 1 <sup>st</sup> April 2025
Mother's Day Lunches – Year 1	Wednesday 2 <sup>nd</sup> April 2025
Key Stage 2 SATs Meeting for Parents	Wednesday 2 <sup>nd</sup> April 2025, 3.30pm, Year 6 Classroom
Mother's Day Lunches – Year 2	Thursday 3 <sup>rd</sup> April 2025
Mother's Day Lunches – Year 3	Friday 4 <sup>th</sup> April 2025
PFA Easter Bingo	Friday 4 <sup>th</sup> April 2025, 5.00pm
Mother's Day Lunches – Year 4	Monday 7 <sup>th</sup> April 2025
Mother's Day Lunches – Year 5	Tuesday 8 <sup>th</sup> April 2025
Mother's Day Lunches – Year 6	Wednesday 9 <sup>th</sup> April 2025
School Closes for Easter	Friday 11 <sup>th</sup> April 2025, 2.00pm

**Train to Teach**  
in Local Schools

Primary (3-7) · Primary (5-11) · Secondary (11-16)

**The John Taylor SCITT**  
jtscitt.co.uk

- Funding for Selected Routes
- Full or Part-Time Routes
- Gain School Experience

**YMCA BURTON**

You are warmly invited to a

# **Carol Service**

at

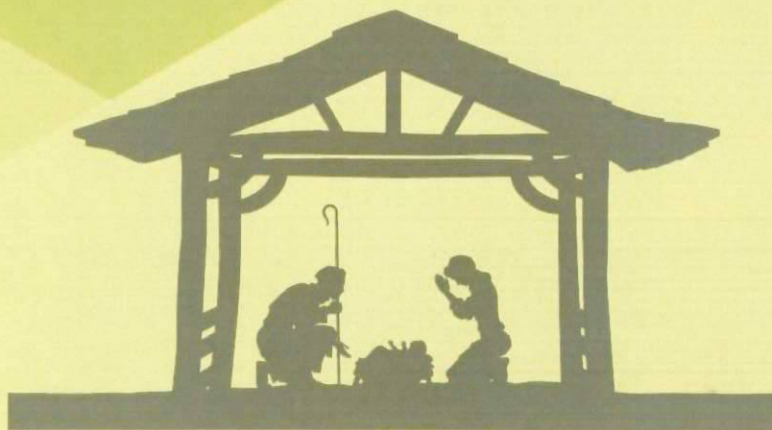
## **Shobnall Community Centre**

199 Shobnall Rd, Burton-on-Trent DE14 2BD

### **Tuesday 10th December at 7pm**

### **Everyone welcome**

Refreshments will be provided after the service.  
This is a FREE event but you are invited to bring food  
donations for the YMCA Burton Foodbank.



YMCA enables people to develop their full potential in mind, body and spirit. Inspired by, and faithful to, our Christian values, we create supportive, inclusive and energising communities, where young people can truly belong, contribute and thrive.

SUPPORT & ADVICE

ACCOMMODATION

FAMILY WORK

HEALTH & WELLBEING

TRAINING & EDUCATION

# What Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

## WHAT ARE THE RISKS?

### QUALITY & RELIABILITY

Mental health apps can be a useful starting point when looking for wellbeing advice and strategies and can be a useful extension to the in-person services available. However, they aren't a substitute. Information on the quality of some of these apps is scarce. They may look cute and child-friendly, but have they been designed by a mental health professional? Furthermore, do they have research to back up their content?

### PLACE RESPONSIBILITY ON CHILDREN

Some apps add the words 'kids' or 'children' to their title or use cartoon icons to make them more appealing to young people. When signing up for some of these apps, some will speak to the parent directly, saying something along the lines of "Your child is good to go. Let them take it from here". It's important to remain involved in the child's mental health journey, so regular check-ins are recommended.

### DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may download a mindfulness app to help. While this is a good strategy initially, it's not addressing the root of the problem. A child could simply try managing these symptoms themselves (as opposed to speaking out and seeking professional help), which could potentially worsen their anxiety in the long run.

### LACK OF PERSONALISATION

Mental health or wellbeing apps are useful tools for the short term, teaching users several helpful habits to manage their condition – such as keeping an illness diary, improving nutrition and practising mindfulness exercises. As every person is unique – and children especially will grow and develop in different ways – these apps struggle to tailor themselves to users' individual needs. For example, many apps don't distinguish between the ages of users and can offer extremely generic advice.

### DATA SECURITY

As with any other app – not just those for mental health and wellbeing – it's wise to check out the privacy policy before downloading it. Some of these applications may share data with third parties for numerous reasons (such as targeted advertisements), and if a user is sharing personal and sensitive information within the app, they probably don't want it ending up elsewhere without their consent.

### IN-APP PURCHASES

Many apps will provide their most basic features for free but will require you to pay for other aspects – such as a more tailored experience or access to additional resources. This could be a one-off fee or a regular subscription. Consider whether this is actually required. Is it benefiting the child, or could they receive the same support from a medical professional?

## Advice for Parents & Educators

### CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developers. Have they consulted with qualified mental health professionals to create their resource? Also check whether the app is affiliated with any government or mental health organisations, as these are solid indicators of legitimacy. Reviews can also be a useful signpost to the app's quality. There are many good apps out there, but there are just as many that miss the mark.

### READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. Do so by yourself first, then go over it with the child who is considering using the app, to ensure they know what data will be collected and how exactly it will be used. Use all of this information to make an educated decision on whether or not to download that particular app.

### SEEK PROFESSIONAL SUPPORT

Trusted mental health and wellbeing apps designed by qualified, reputable organisations can be used alongside the personalised advice and support of fully trained professionals. These apps should never be considered a substitute for counselling or other tailored medical help. If you have real concerns about a child's mental wellbeing, you should seek appropriate advice from a suitable source, such as their GP – or Childline, who can be contacted by calling 0800 1111.

### ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your own health and other such activities. These can help if the problem is short-term and temporary – such as a child getting stressed about approaching exams – or if you're currently waiting for professional support. Nonetheless, it is important that children aren't solely reliant on the app and have a safe space to talk about their feelings and experiences in the real world.

### Meet Our Expert

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



The National College

MYHAPPYMIND

2024 CHRISTMAS COMPETITION WINNER

Presented to:

.....



Presented by:

.....

Date:

.....

Signature:

..... *Laura* .....

