

# St Martin's Newsletter



AUTUMN TERM - Friday 27<sup>th</sup> September

## Attendance

Well done! This week whole school attendance remains at **94.6%** 😊  
Our target is **96%**. As the colder weather arrives, bug season comes with it so please make sure your children bring warm coats and tissues with them.

## For Parents Next Week

Y5 Stay and Pray - Tuesday 1<sup>st</sup>  
October 8.50am  
Y3 and Y4 Mass - Wednesday 2<sup>nd</sup>  
October 10am  
Y6 Assembly - Friday 4<sup>th</sup> October  
9am

## Attendance

Year R - 94% 1 Late  
Year 1 - 91% 3 Lates  
Year 2 - 95% 6 Lates  
**Year 3 - 97%**  
Year 4 - 96% 9 Lates  
*\*Year 5 - 96%\**  
Year 6 - 92% 2 Lates  
5 Classes with less than 10 lates  
**\*Well done to year 5, this weeks Dojo Champs\***  
Anyone who comes into school after 8:50am is marked as late. Please try to be an attendance



## ★ St Martin's Stars ★

Well done to everyone who got a certificate this week.

Purple Tie certificates are given for children who embody our rules of being Kind Respectful and Responsible.

Nursery: Star- Anaya H  
YEAR R: Star- Bobby C  
Purple tie- Harry S  
Value- Arthur D  
YEAR 1: Star- Ellenor MK  
Purple tie- Theo F  
Value- Elexis S  
YEAR 2: Star- Blake B  
Purple tie- William B  
Value- Mabel R  
YEAR 3: Star- Taylor JP  
Purple tie- Ellzah B  
Value- Kasi N  
YEAR 4: Star- Olina C  
Purple tie- Amelia B  
Value- Cathryn J  
YEAR 5: Star- Blossom J  
Purple tie- Ewan W  
Value- Eva N  
YEAR 6: Star- Alex J  
Purple tie- William P  
Value- William P

## Black History Month

During October we celebrate **Black History Month**, it would be lovely if some of our children and families could share their stories. If this is something you would be interested in doing please speak to your class teacher or Mrs Ming.



## Coffee Morning

For World Mental Health Awareness Day Mrs Hayes will be holding a **coffee morning** on **Monday 7<sup>th</sup> October 9-10am**. See the poster on page 3 for more details.

## Parent View

As a school we value the input our parents can have. A **parent view questionnaire** is now available on the school spider app and we would be grateful if you are able to complete this to let us know what we are doing well and where we need to improve. This will close next Friday, 4<sup>th</sup> October.

## Safety Advice

This guide tells you all you need to know about the social media **platform Instagram**, breaking down its associated risks and how best to mitigate them.

## Wednesday Word

The Wednesday Word is a resource for parents to use when discussing the weekly Gospel's with their families  
<https://www.paperturn-view.com/wednesday-word/goodness?pid=MTA101634&n=2&v=1492>

# What Parents & Educators Need to Know about INSTAGRAM



follow

WHAT ARE THE RISKS?

Instagram is a highly popular social media platform with over 2 billion active monthly users. The app is continuously updating and adding new features to meet the wishes of its audience, allowing them to upload images and videos to their Instagram feed, create interactive 'stories', go live, exchange private messages or explore and follow other accounts that catch their eye.

## ADDICTION

Many social media platforms, Instagram included, are designed to keep us engaged on them for as long as possible. They encourage scrolling often and scrolling more in case we miss something important – in essence, a fear of missing out. On Instagram, young people can lose track of time when aimlessly scrolling and watching videos posted by friends, acquaintances, influencers and possibly strangers.

## UNREALISTIC IDEALS

Children sometimes compare themselves to what they see online: how they look, how they dress, and the way their life is going in comparison to others on social media. However, most people only share the positives about their lives online and many use filters when sharing pictures of themselves. A constant comparison with unrealistic ideals can lead to insecurity over one's own appearance and lifestyle.

## GOING LIVE

Livestreaming on Instagram allows users to connect with friends and followers in real time. Risks increase if the account is public, because that means anyone can watch the broadcast, which could result in further contact from strangers. Additional dangers of going live include an impulse to act inappropriately to draw more viewers, as well as being exposed to harmful content or offensive language.

## INFLUENCER CULTURE

Social media influencers are sometimes paid thousands of pounds to promote products, services, apps and more. When celebrities or influencers post such content, it often says 'paid partnership' above the post. In April 2024, Ofcom found that over a quarter of children (27%) believed in influencer marketing, accepting their endorsement of products wholeheartedly. So it's perfectly possible for young people to be taken in by this kind of content.

## PRODUCT TAGGING

Product tags allow users to tag a product or business in their post. This tag will take viewers directly to the product detail page on the shop where the item can be purchased. Children may also be encouraged by influencers to purchase products that they advertise.

## EXCLUSION & OSTRACISM

Youngsters are highly sensitive to feeling excluded, which comes in many forms: not receiving as many 'likes' as expected; not being tagged in a friend's photo; being unfriended; not receiving a comment on their post or a reply to a message they sent. Being excluded online hurts just as much as offline. Young people have reported lower moods and self-esteem when excluded in this way, feeling as if they don't belong and aren't valued.

## Advice for Parents & Educators

### AVOID GOING PUBLIC

If a young user wants to share their clothing style, make up or similar and use product tagging to show off the items in their post, they may be tempted to change their settings to public. This leaves their profile visible to everyone, which carries the risk of strangers getting in touch with them. Set a child's account to private and explain the importance of keeping it this way.

### HAVE AN OPEN DIALOGUE

Talk to children about the positives and negatives of social media, including the risks involved and how they can view or create content safely with family and friends. Explain how safety settings will ensure only followers can view them, and why this is so important. Also, if you find a child continuously uses filters on their photos, ask them why and impress on them that they don't need it.

### MANAGE LIKE COUNTS

Due to the potential impact on mental wellbeing, Instagram allows users to hide the total likes on their posts, to prevent people from obsessing over that number in the corner. Users can hide like counts on all the posts in their feed as well as on their own posts. This means others can't see how many likes a person gets. This can be done by going into Settings > Notifications > Posts > Likes > Off.

### USE MODERATORS

Instagram Live has implemented a mechanic called 'Moderators', meaning that creators can assign a moderator and give them the power to report comments, remove viewers and remove the ability for certain viewers to comment at all. Consider this if a child in your care wants to go live on the platform. It's also recommended to keep devices in communal spaces so you're aware if a child does go live or watch a livestream.

### 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 children about who they follow and help them to develop critical thinking skills about what the influencer is trying to do. For example, encourage the child to ask themselves if an influencer is trying to sell them a product when they make a video endorsing it.

### BALANCE YOUR TIME

Instagram has a built-in activity dashboard that lets you control how much time is spent on the app. Make sure children sign in to the platform with the correct age, as Instagram's 'Teen Accounts' afford much more control for parents and carers over how long they can use the app each day. Talk with young users about how much time they spend on Instagram and work together to set a healthy time limit.

## 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 sexting behaviours of young people in the UK, USA and Australia.



Source: See full reference list on guide page at: <https://nationalcollege.com/guides/instagram-2022>



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# **COFFEE MORNING**

**FOR WORLD MENTAL  
HEALTH AWARENESS DAY,  
COME AND MEET OUR  
SCHOOL'S MENTAL HEALTH  
SUPPORT TEAM**

**THEY CAN OFFER SUPPORT  
FOR YOUR CHILD AND  
SUPPORT FOR YOU TOO**

**Everybody's Welcome!  
at St. Martin's School  
Monday 7th October  
9-10am**