



Bruche Primary School Academy

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Welcome to our latest newsletter!

You will have received your child's interim report today, giving you a snapshot of their attainment, progress and additional information on how your child is doing in school. You will have also been given a parents evening time slot for when we return to school after the half term break.

We had a very special visitor this week to help us recognise Children's Mental Health Week! Super Stanley the therapy pony met our children on Monday and seemed to have a great time. The children were able to spend time with Stanley, brushing him, stroking him and had the opportunity to ask lots of questions! Stanley's visit provided the children with a break from the classroom environment and the chance to enjoy the therapeutic benefits that spending time with animals can bring. Unfortunately, Stanley could only stay with us for a little bit as it was 'pasture' his bedtime! (Terrible joke – apologies!)

The children also had a yoga session with Mrs Melia this week to reduce stress and anxiety and improve their sleep and mental clarity! The staff are booked in for a session after half term!

I hope everyone has a lovely half term break!

Best wishes

Mr Jones

Communication Corner

Diary Dates

09/02/2024 Interim School Report to Parents
09/02/2024 Close for Half Term
19/02/2024 School opens after Half term
19/02/2024 Parents Evening
22/02/2024 07/03/2024 Children's PAN artwork on display in the Gateway Exhibition Centre
07/03/2024 World Book Day- Children dress up
08/03/2024 Open the book Assembly
11/03/2024 Living eggs arriving EYFS
18/03/2024 some of our children perform at Parr Hall
25/03/2024 PTA Easter Bake sale after school
28/03/2024 Non Uniform Day
28/03/2024 School Closes for Easter
08/04/2024 School Opens after Half Term
12/04/2024 PTA Raisin challenge (more information to follow)
18/04/2024 Tempest Photographs
29.04.24- 03.05.24 Scholastic Book Fayre week
02/05/2024 Polling Day – (School open as normal)
06/05/2024 May Bank Holiday
08/05/2024 Nursery Welcome Event 5.00pm
20.05.2024-22.05.2024 PTA Donate a toy
23/05/2024 PTA Toy sale
24/05/2024 School Closes for Summer Half Term
03/06/2024 School Opens after Half Term
12/06/2024 Reception Welcome Event 5.00pm
14/06/2024 Sports Day – Morning EYFS
14/06/2024 Sports Day – Afternoon KS1 & KS2
18/06/2024 Sports Day (back up day if the weather is bad on 14/06/2024)
19/06/2024 Y6 to Robinwood
21/06/2024 Y6 return from Robinwood
06/07/2024 Summer Fair
08/07/2024 Transition Day for the children
08/07/2024 School reports to parents
09/07/2024 Transition day drop in for parents to meet new class teacher 3.30pm – 4.00pm
15/07/2024 School report drop in for parents after reports 3.30pm – 4.00pm
18/07/2024 Y6 Leavers Assembly – Parents Invited
18/07/2024 School finishes for Summer
19/07/2024 INSET Day – School Closed
22/07/2024 INSET Day – School Closed

Special Mentions

Nursery Jacob Gibbons – For impressing us all with his detailed models, which he loves explaining as well as demonstrating what they can do.

You have a lovely creative imagination Jacob!

Reception – My special mention for this week is going to be awarded to **Jessica Vitolins**. Jessica has been working really hard with her reading and is showing a growing confidence when reading unfamiliar sounds and high frequency words.

Well done, Jessica!

Year 1- Arthur Hunt for completing a wonderful piece of writing! I am so proud of you!

Year 2 –Heidi Taylor for working independently to answer challenging Maths calculations! It has been lovely to see your confidence grow!

Year 3 – Daisy Ruck for being a lovely friend all week and polite to everyone she interacts with!

Year 4 –Hailey Chow for her excellent work with her word problems in Maths.

Year 5 - Jake Featherstone for his lovely writing piece.

Year 6 –Addison Rae for amazing progress with his presentation.

PE Star- Zac Rawlins for displaying effort and enthusiasm

Early Years News

Nursery

This week we have been learning about Chinese New Year. We have found out about traditional preparations and we have covered the story of The Great Race for the Zodiac Lunar Calendar. This year is the year of the Dragon, the children have enjoyed watching traditional dragon dancing as well as making their own dancing dragon puppets and dragon masks. We have made Chinese lanterns and red envelopes and the children have loved tasting some Chinese food using chopsticks they have made themselves.

This week has been Children’s Mental Health week and the children really enjoyed spending time with our guest therapy pony Stanley. They loved learning about how to take care of a pony as well as enjoying time brushing his hair. It was a real treat for us all. We were also fortunate enough to take part in a fantastic yoga session with Mrs Melia. All the children thoroughly enjoyed it and came out with a sense of calm and peacefulness.

We have also talked about the importance of listening to each other and made our own cup telephones.

We have had a lovely end to this half term. Wishing you all a fun and restful half term break!

Mrs. Wallace

Reception

The children have had a very busy week in Reception. It is Mental Health week this week and the focus has been using our voices to stand up and make a difference. The children have had the opportunity to meet Stanley the therapy pony, and they were excited to take care and look after him for a short while. The children also enjoyed taking part in a short yoga session with Miss Melia. The children explored making movements in different ways and followed a series of movements to help their body and mind to relax.

The children have also been learning about Lunar New Year. The children have been learning about how people prepare and celebrate the new year with family and friends. The children have used their creative skills to make blossom tree frames and lanterns. They have also enjoyed putting their dancing skills to the test and dancing like a dragon; using musical instruments and colourful fabric to perform.

The children have also been learning about internet safety this week. The children followed the story of Smartie the penguin and we discussed how we can stay safe when using electronic devices like iPads. We spoke about how we can tell our parents if we see something that makes us afraid or upset and the children used junk modelling materials to build Smartie the penguin. **Miss Bostock**

Key Stage 1 News

Year 1

In Literacy this week we have completed our retell of 'Lost in the Toy Museum'. The children have worked so hard on their writing this week and they enjoyed presenting their work to each other in class.

In Math's this week we have completed some work on finding missing numbers in addition and using strategies to support us. We decided using a number line is helpful and worked hard to accurately jump on each number. We have also completed some extra work on related facts and it was wonderful to see how confident the children were to recognise addition and subtraction number sentences presented in different ways.

In Science this week we have discussed the properties of different materials and sorted objects accordingly. Test our knowledge you will be amazed!

As part of 'Children's Mental Health Week' Year 1 have participated in a range of activities. We spent some time with Stanley the therapy pony this week where we brushed him and spent some time stroking and cuddling him. The children have also completed a class yoga session this week and enjoyed demonstrating lots of yoga positions. The children enjoyed relaxing to some calming music and mentioned how great they felt after the session and want to do it every week!

Have a wonderful half term break everyone! Thank you for your continued support, the children are making wonderful progress as a result.

Morning arrangements changes

As you are probably already aware, the children in Year 2 and above enter school through the gate every morning during registration. Every year the children in Year 1 are supported with coming through the side door to ensure a smooth transition into their new surroundings from EYFS. However, we aim to transition the children through the gate after February half term to encourage their independence. The children have had a chance to discuss this in class and have expressed they are excited to enter school with their siblings and how grown up they feel. A member of staff from Year 1 will be on the playground to greet your children on the first Monday back after half term so please be reassured there will be a familiar face to support them if needed. This will also allow for a prompt start to our day as it is an expectation we start our first lesson at 9am.

Thank you for your continued support and if you have any questions please do not hesitate to ask me.

Miss Lewis

Year 2

This week has been children's mental health week and we have taken part in so many fun and relaxing activities to look after our mental health. We have taken part in a Yoga session, done lots of mindfulness activities such as colouring and collaging and met a beautiful therapy pony called Stanley. It made us feel really relaxed and calm.

In Maths this week we have continued to subtract using the column method and started to bridge ten. We used our number lines and number squares to help us with this and our dienes and counters. A lot of the children were confident enough to solve the problems using their own written methods and were confident sharing these with their friends.

In Writing this week we finally completed our diary. We used dates, conjunctions, adjectives and the correct pronoun to make our writing amazing. All children wrote near two whole pages of writing and were so proud of their achievements.

In Geography, we learnt how to create our own map and understood the importance of using symbols. We drew our own route to school using different symbols and didn't forget to create a key to help read our map. We also used google earth to look at our school from a birds eye view. We discussed what human and physical features are and where we could find them on the map. Later on in the week we read a special book that was delivered by the King! We read 'The Queens handbag'. We discussed the different types of location in the UK that the Queen visited such as; Stonehenge, The White Cliffs of Dover, The Giants Causeway and Windsor Castle. We researched what type of area these places were in and were able to comment on whether they were in a town, a city, a rural area or a coastal area.

In Computing, we celebrated World Safer internet day. We discussed how to stay safe when using a computer and who we can talk to if we need help. We understand how dangerous the internet can be but also discussed the positives of having the internet and how it can benefit us.

Year 2 have had a great term and I am so proud of you all!

Miss Kerrigan

Key Stage 2 News

Year 3

In English this week, the children have been writing fabulous descriptive passages based on the Stone Age to put into their adventure story. We spent a lesson generating amazing adjectives to describe the setting of the Stone Age and some of the historical villages that once were there. Some amazing sentences were written by children in our class- you would think they were high school writers, not year 3's!

In Maths we have been practicing our 3 times tables. We identified patterns in the 3 times tables and have identified that some of the 4 times tables are also in the 3's. We also identified the pattern that the 3 times tables go... odd, even, odd, even and so on.

As it is Online Safety Week, the children spent some time understanding how to stay safe online. We used the laptops to get used to them, then created a table with all the different ways communication could happen online and how to stay safe with it.

Alongside online safety week, it is also Children's Mental Health Week! To celebrate this, we had the honour of spending some time with Stanley the pony and Mrs Ruck! Stanley came in and allowed all the children to have a stroke and a groom of him, whilst the children asked Mrs Ruck very important questions regarding Stanley. We also had a yoga session on Wednesday afternoon hosted by our own Mrs Melia, allowing us to take a break from the classroom environment and meditate.

In geography this week, we used atlases to locate Northern UK rivers and also located which cities/towns were close by to them.

We also celebrated Chinese New Year this week! The children learned all about the holiday and learnt how people celebrate it all over the world. They spent some time doing nice activities such as colouring dragon masks and creating fortune cookies!

Mrs Hogan

Year 4

This week in Year 4 has been a very busy week.

To celebrate Children's Mental Health Week, Year 4 have been very lucky to meet Stanley the therapy pony. They learnt all about Stanley's diet and where he comes from. They were able to ask lots of questions about him and finished off by having a stroke and a groom. Stanley was a very good pony and all the children loved him.

In English, we have been creating our non-chronological reports about the Queen Mary and presenting all the amazing facts we have learnt about her, such as her being the largest and fastest ship at her launch and that during WW2 she transported troops across the Atlantic and was named the Grey Ghost. We then heard Pellegrina's story to Abeline and Edward and gave our opinions to what she really meant about the story about the unloving princess.

In Maths, we have been solving lots of 1 and 2-step word problems. We discussed how we use word problems all the time in real life without realising they are word problems. Such as would the money we have stretch to buy everything we want at the fish and chip shop on a Friday? If we were trying

to achieve enough points to level up on a game or to earn things we need to add up what we already have and then find the difference. We then have started to look at what multiplication facts we already know and how this shows that there are not that many left to learn for the tables we do not know.

In History, we looked at chronology. We discussed why historians use timelines and what they can show us and help us with such as what events might affect others, where there are reoccurrences of events and to help us to compare different places at the same time. We then ordered lots of different events in ancient Greek history to make our own timelines.

It was Safer Internet Day this week and we spent the afternoon looking at this year's focus, 'Change Online'. We looked at new and emerging technology and how we can use the internet to make a change for the better. We discussed the changes we might want to see online and how things that we see online can influence and change the way we think, feel and act both online and offline.

As it is Chinese New Year next week, we looked at what and when Chinese New Year is, we looked at the legend at how the Chinese zodiac came to be and why the animals are in that order. We looked at how people celebrate New Year and then made our red envelopes.

To end the week we had a fantastic art day with Mrs Jones.

I hope all the children have a fantastic half term.

Homework

Reading Plus - 2 stories

TT Rock Stars - 5 minutes daily.

Mrs Shone

Year 5

Hope you all have a great half term! Another fab week in year 5.

In maths, we continued to practise long multiplication - we are definitely becoming more confident! Then, we had a go at some bus stop division without remainders.

In writing, we wrote an adventure narrative based on the Norse gods. We included: metaphors, personification and direct speech to make our story extremely exciting.

For our geography topic, we researched 3 of the 7 countries that make up Central America. We looked at Panama, Guatemala and Nicaragua, researching geographical concepts such as population, languages, currency and biomes.

It was also Mental Health Week! We met Stanley the Therapy Pony on Monday and learnt some interesting facts about ponies. Next, we had a yoga session with Mrs Melia and learnt how to become grounded. We discussed mindfulness and how to keep mentally healthy.

Finally, it is Chinese New Year! We created dragon puppets to celebrate the year of the dragon and learnt about the story that led to the lunar calendar.

Mrs Ratcliffe

Year 6

Year 6 have been empathising with Mr Oakley from our class novel, Goodnight Mr Tom. They have been writing persuasive letters using persuasive techniques and formal language.

In Maths, the children have been continuing to work on perimeter, area and volume, and have been using their reasoning skills to solve problems with this topic.

In Computing, the children have been continuing with their websites by adding hyperlinks. They have also been looking at a variety of ways to stay safe online.

As part of Mental Health Week, the children had the opportunity to pet a pony. They also were introduced to yoga.

In PSHE, the children started our new My Happy Mind scheme, which will be rolled out to the rest of the school in April. The children learned all about the 3 parts of the brain: the hippocampus, the amygdala and the prefrontal cortex and the function each part has. The children learned that breathing exercises can help to wake up the prefrontal cortex and the hippocampus when the amygdala is feeling stressed and help us with our mental well-being and our ability to learn.

Homework this week:

Login to LBQ and complete the assigned lessons

Reading Plus

Click View Video

Mr Gould

PE

We have had a week full of valuable experiences within the last elements of our varied topics across Reception to year 6. Each class have consolidated object manipulation skills that link to specific sports including tennis, cricket and rounder as we head into these topics. These sports all have similar links in reference to hand eye coordination and how we strike an object.

Mr Cooney

Lunch Menu W/C 19.02.23

Week 1

Week One	Week Two	Week Three
<p>Meat Free Monday</p> <ul style="list-style-type: none">✓ Homemade Macaroni Cheese✓ Vegetarian Sausage Roll baked diced potatoes and beansVanilla Ice Cream	<p>Meat Free Monday</p> <ul style="list-style-type: none">✓ Margarita Pizza served with baked jacket wedges and sweetcornJacket with FillingsVanilla Ice Cream	<p>Meat Free Monday</p> <ul style="list-style-type: none">✓ Homemade Tomato and Mascarpone Pasta Bake served with seasonal vegetables✓ Quorn nuggets with baked herby diced potatoes, and sweetcornVanilla Ice Cream Roll
<p>Tuesday</p> <ul style="list-style-type: none">V Chicken Curry served with 50/50 riceV Baked fishfingers with baked potato waffles, peas and sweetcornFresh Fruit Segments or yoghurt	<p>Tuesday</p> <ul style="list-style-type: none">V Chilli Beef served with 50/50 riceV Ham and Cheese Panini, fresh salad, coleslawFresh Fruit Salad or Yoghurt	<p>Tuesday</p> <ul style="list-style-type: none">V Cajun Chicken in a bun, Baked wedged potatoes, coleslaw and sweetcorn✓ Vegetarian Burger in a bun Baked wedged potatoes, coleslaw and sweetcornFresh Fruit Segments or Yoghurt
<p>Wednesday</p> <ul style="list-style-type: none">V Pork Sausage with creamed potatoes, gravy served with seasonal fresh carrots and peasV Panini served with coleslaw, sweetcorn, and saladJelly and Fruit	<p>Wednesday</p> <ul style="list-style-type: none">V Homemade tomato sauce with pasta served with mixed vegetables✓ Baked Falafel served with savoury rice and mixed vegetablesV Jelly and Fruit	<p>Wednesday</p> <ul style="list-style-type: none">V Chicken Tikka Masala served with 50/50 riceV Baguette pizza served with fresh salad and coleslawJelly and Fruit
<p>Thursday</p> <ul style="list-style-type: none">V Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beansV Crumb Coated Chicken served with chunky chipped potatoes, garden peas or baked beansHomemade sponge cake	<p>Thursday</p> <ul style="list-style-type: none">V Oven baked Battered Salmon served with chunky chipped potatoes garden peas or baked beansV Chicken goujons served with chunky chipped potatoes garden peas or baked beansHomemade Cake	<p>Thursday</p> <ul style="list-style-type: none">V Crumb coated chicken served with chunky chipped potatoes, garden peas or baked beansV Oven baked Battered Fish served with chunky chipped potatoes, garden peas or baked beansHomemade Cake
<p>Friday</p> <ul style="list-style-type: none">V Spaghetti Bolognaise served with seasonal vegetables✓ Homemade Cheese Flan served with baked jacket wedges sweetcorn and saladV Homemade Biscuit	<p>Friday</p> <ul style="list-style-type: none">V Chicken curry and riceV Selection of filled wrapsHomemade Biscuit	<p>Friday</p> <ul style="list-style-type: none">V Pork Meatballs in homemade tomato and basil sauce served with wholemeal pasta and garden peasTwice Baked Jacket Potatoes with ham and cheese served with baked beansV Homemade Biscuit



BRUCHE PRIMARY SCHOOL

Term Dates 2023-2024

	Closing Date	Opening Date
Autumn 2024		06.09.23
Autumn Half Term	20.10.23	06.11.23
Christmas 2023	20.12.23	03.01.24
Spring Half Term 2024	09.02.24	19.02.24
Easter	28.03.24	08.04.24
Bank Holidays (Good Friday and Easter Monday)	29.03.24 and 01.04.24	
Bank Holiday (May Day)	06.05.24	
Summer Half Term	24.05.24	03.06.2024
Summer 2024	18.07.24	(TBC)

INSET (Training days for staff – children not in school)

INSET 1	04.09.23
INSET 2	05.09.23
INSET 3	28.06.24
INSET 4	19.07.24
INSET 5	22.07.24

Holiday Dates	
October Half Term	23.10.23 – 03.11.23
Christmas Holiday	21.12.23 – 02.01.24
February Half Term	12.02.24 – 16.02.24
Easter Holiday	01.04.24 – 05.04.24
May Half Term (Whit)	27.05.24 – 31.05.24
Summer Holiday	19.07.24- TBC



BRUCHE PRIMARY SCHOOL

Term Dates 2024-2025

	Closing Date	Opening Date
Autumn 2024		04.09.24
Autumn Half Term	18.10.24	04.11.24
Christmas 2023	20.12.24	06.01.25
Spring Half Term 2024	14.02.25	24.02.25
Easter	11.04.25	22.04.25
Bank Holidays (Good Friday and Easter Monday)	18.04.25 and 21.04.25	
Bank Holiday (May Day)	05.05.25	
Summer Half Term	23.05.25	02.06.2025
Summer 2024	18.07.25	(TBC)

INSET (Training days for staff – children not in school)

INSET 1	02.09.24
INSET 2	03.09.24
INSET 3	27.06.25
INSET 4	21.07.25
INSET 5	22.07.25

Holiday Dates	
October Half Term	18.10.24 – 03.11.24
Christmas Holiday	20.12.24 – 05.01.25
February Half Term	14.02.25 – 23.02.25
Easter Holiday	11.04.25 – 21.04.25
May Half Term (Whit)	23.05.25 – 01.06.25
Summer Holiday	18.07.25- TBC



Music is a compulsory and important part of the National Curriculum. The national curriculum for music aims to ensure that all pupils: perform, listen to, review and evaluate music.

From September 2022 Early Notes Music Education will be able to offer support to students with small group and one to one instrumental tuition for the following...

Ukulele For KS1 & KS2 students

Guitar For KS2 students

Keyboard For KS1 & KS2 students (all students will learn to read notation)

Flute For KS2 students (all students will learn to read notation)

Recorder (all ranges) For KS2 students (all students will learn to read notation)

Violin For KS2 students (all students will learn to read notation)

Drum Kit For KS1 & KS2 students

Tuition prices start from £65 for 12 sessions, all lessons are held within school during lesson time. The 12 sessions will usually fit into a school term and lessons will be carried over should a term be less than 12 weeks.

For further information about Early Notes Music, details about specific instrumental lessons or to enroll for September, you can do this direct via our website www.earlynotesmusic.education

February Half Term Forest Holiday Club



Dunham Massey National Trust

About CommuniTree

At CommuniTree we facilitate a nurturing and safe environment for children to play, explore and take risks at their own pace and rhythm.



No two days are the same at forest holiday club as we encourage children to follow their own passions and interests.

Activities

- Den building
- Tree climbing
- Foraging and cooking
- Story-telling and music
- Crafting with tools
- Woodland unstructured play

How to book

12-16 February 9am-3.15pm
For 5 - 11 year olds (Year 1 - Year 6)
£42 a day (inc. VAT)

Childcare vouchers , tax-free childcare accepted.

visit | communitree.co.uk/holiday-club

email | info@communitree.co.uk

call | 0800 086 8837

Ofsted registered | FSA recognised Forest School provider

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalcolleges.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about MONKEY

Also known as Monkey Cool, this platform aims to fill the gap left by Omegle (which has now shut down) by placing users in random video chats with strangers. Participants use their mobile number and Snapchat username to connect to the service, where they can make matches, message other people and join group chats. The mobile version has been removed from the App Store due to safety concerns, but iPhone owners can still access the site via their web browser. The app remains available on Google Play, where its listing claims that Monkey has more than 30 million users worldwide.

AGE RESTRICTION
17+

(although the lack of age verification means that someone younger could easily log in with a fake date of birth)

WHAT ARE THE RISKS?

AGE-INAPPROPRIATE CONTENT

The app claims to use AI to detect sexual content or activity that violates its policies, along with having a 24/7 moderation team. However, reports in the media continue to indicate that explicit content remains commonplace on Monkey (including sexually graphic or violent material) and is therefore accessible to anybody who uses the app – including those aged under 18.



CONTACT WITH STRANGERS

The obvious risk in accepting random video chat partners is that users cannot know what or who they will see on their next connection. Talking to strangers is, of course, potentially dangerous – especially for children who might be persuaded to meet up with these people offline. The app lets users find each other by location, increasing the chances of a child being matched with a stranger from their local area.



IN-APP SPENDING

While Monkey is free to download, it nevertheless offers in-app purchases promising to unlock access to premium features. For example, users who wish to make use of 'Knock Knock chat' (Monkey's text-based messaging option), rather than the app's Chatroulette-style random video calling feature, will need to pay to be able to do so.



INTRUSIONS ON PRIVACY

According to Monkey's privacy policy, personal information (such as name, profile picture and date of birth), user-contributed content (any photos, texts, videos and screenshots shared) and each user's browser and IP address are collected. That is a considerable amount of data for Monkey to gather on its users – and all of this information is shared with third parties.



Advice for Parents & Carers

DISCUSS THE DANGERS

Even if you're comfortable with your child using Monkey, it's still important to talk about the potential dangers. It's crucial, for instance, that young people recognise the risks that stem from video chatting with strangers; that they understand not to share identifying information (like their street or school name); and that they know what to do if they are exposed to inappropriate content.



RESTRICT IN-APP PURCHASING

If your child is accessing Monkey via an Android device, you can prevent them from making in-app purchases through the device's settings. If you do allow your child to use the site, we'd recommend that you enable this feature: young people have been known to spend significant amounts of money in their desire to unlock more features in apps such as this.



REPORT INAPPROPRIATE CONTENT

Monkey states in the safety section of its site that "people are given the power" and that, to a large extent, Monkey is "self-governing." If a user is exposed to sexually explicit or inappropriate content on the platform, they can select the 'police' emoji in the top right corner of their screen to submit a report for Monkey's moderation team to review.



SPOT THE SIGNS

If you're concerned that your child is spending too much time on Monkey – or that they may have been exposed to inappropriate or distressing content – it's important to watch for potential indications that they've been affected emotionally. They could be unusually irritable or unable to concentrate, for example, or failing to complete their homework or even to eat regular meals.



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



National Online Safety

#WakeUpWednesday

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 07.02.2024