



Bruche Primary School Academy

Seymour Drive, Padgate, Warrington, WA1 3TT

Tel: 01925 815772

Executive Headteacher: Mr C Jones

School: www.bruchepriamry.co.uk

Multi academy trust: wpat.warrington.sch.uk

Bruche.office@wpat.uk

@Bruche_P_School

Welcome to our last newsletter of 2024!

Thank you to everyone for the fantastic turnout at the Christmas Fair on Wednesday. We raised over £1000 which brings our fundraising total to just over £6000! We really do have the best PTA!

We wish all the best to Miss Bostock who is starting her maternity leave after today and all members of staff have asked me to thank you for their gifts – they are very much appreciated!

We trialled a new way of communicating with you this week, which seemed to work very well! We have shared some of the wonderful comments that you made about the Christmas performances with our children. You may have noticed that the two football pens on the playground have been removed. We are waiting for a purpose-built sports arena to be delivered in January which will have netting and boards around the sides.

In January we will be using a new way of informing you of any accidents your child has had in school. It will all be done through text messages and email so please make sure we have your most up to date information.

We also shared with you last week the link to comment of the proposed admissions criteria for Bruche Academy through school which will be applicable from September 2026. We would strongly encourage you to comment about anything you feel is missing from the admissions criteria.

As you know after Christmas, I will be spending more of my time at Beamont Primary Academy. I will still be popping over to Bruche so hopefully I will continue to catch up with some of you then. A reminder that Mr Gould will take the role as Head of School and Miss Kerrigan will be our Deputy Headteacher.

Finally, we have been named the top primary school in Warrington, and in the top 1% of schools nationally (Bruche is 159th best out of 16764). This is a fantastic achievement and something we could not have done without your fantastic support. Well done everyone! More details are [here](#).

On behalf of myself, our children, staff and school governors I wish you all a Happy Christmas and New Year! All the best!

Mr Jones

Communication Corner

Diary Dates

06.01.2025 School re-opens

07.01.2025 Cinderella Pantomime trip - Reception- Year 6

14.01.2025 Catch up children's individual photographs- Tempest

14.02.2025 School closes for the half term break

24.02.2025 School reopens

Abcd = New addition to the diary dates

Abcd = parents attendance

Abcd = PTA events



Message to Parents - Road Safety

Now Winter is here, please remember to be extra vigilant and considerate when driving, parking and reversing in the neighbouring streets around school. There have been further near misses around Seymour Drive this week so do remember to look carefully before you start reversing. You should:

- use all your mirrors
- check the 'blind spot' behind you
- check there are no pedestrians (particularly children), cyclists, other road users or obstructions in the road or pavement behind you.

We recognise it is a busy time and folk are rushing but let's help keep one another and our children safe. Our Police Community Officers and Traffic Wardens will continue to keep a watchful eye on activity. Most of you are responsible drivers and know this already but please take extra care.

DONATE YOUR POTTED CHRISTMAS TREES - OUR NEW EVERGREEN ECO FOREST PROJECT

We will be starting a new exciting project in January where we will be aspiring to develop a new forest of evergreen trees around our main playground

Our ambitious target is to create a forest of 1000 trees before 2030 in order to promote the fight against climate change. Along with our commitment to creating clean energy with our school solar panels, this further venture will display Bruche's dedication to safeguarding the future of our planet.

Our goal is that every child from the school will plant a tree per year and each section of the forest will be allocated a plaque in recognition of the trees planted that year.

We hope to use money raised from our yearly readathons to fund this.

With this in mind, Christmas is fast approaching and we would like to invite people who buy potted Christmas trees to donate them to the school to begin our forest project once Christmas is over; these trees will make up the first trees in the forest.

We are blessed with vast grounds at our school and would love to enhance this area further by ensuring the environment is green all year round.

Any support with this project would be gratefully received.

Best Wishes,
Mr Gould

Special Mentions

Nursery - Hallie Sorton – Hallie has been demonstrating super fine motor skills and this week she started writing H for Hallie on her pieces of work.
Well Done Hallie!

Reception - Thomas Remmert- Gormley for amazing reading this term and recognising lots of their initial sounds in order to read cvc words independently.

Year 1 - Edward Hitchmough and Edith Manuel for trying their best and reading our class poem beautifully in front of the whole school! I am so proud of you!

Year 2 - The whole of Year 2 for their amazing performance in our Christmas nativity.

Year 3 - Leon Dobson for ALWAYS being SO kind to everyone around him!

Year 4 - Max Coleman for performing poetry in front of the class this week.

Year 5 - Max Davis for his amazing Rapping Gran poetry performance!

Year 6 - Ros Barry for her brilliant poetry performance.

Early Years News

Nursery

We have enjoyed a fun filled festive last week in Nursery.

The children have been choosing and cutting out pictures to fill their stockings, making Christmas decorations, making angels, joining together the body parts to make dancing snowmen and Father Christmas's and making concertina Christmas trees.

We have been drawing pictures of what we would like to ask Father Christmas to bring on Christmas eve and we have been joining linking shapes together to create our own Christmas chain decorations.

Our busy week was complete with the most enjoyable and magical visit to our outdoor cabin classroom where we met Father Christmas and shared Christmas songs around the log fire.

We all enjoyed playing party games, dancing and indulging in festive party food as we shared in celebrating our own Christmas Party to finish of the term.

We wish you all the most enjoyable and magical Christmas and look forward to seeing you all in the new year.

Well Done Nursery.

Best wishes.

Mrs Wallace

Reception

This week the children have been extremely excited to take part in a range of Christmas themed activities. The children have been making Christmas cards and calendars, writing CVC words on Christmas cars, and using their creativity to make snowflakes and paint beautiful winter scenes.

In Maths, the children have been using Numicon to make Santa's Elves in the workshop. They have been exploring the different ways to make 5, using a part whole model to show their understanding.

The children have a BIG surprise on Friday, as Father Christmas will be visiting Bruche to say hello and welcome them all to the grotto! I can't wait to see their reactions on Friday!

Finally, I would like to take this opportunity to say that I wish you all a very Happy Christmas and the best New Year! I'm going to miss all of reception class as I start my next journey as a Mum. I wish you all the very best, and I'm sure the children will continue to thrive and shine for the rest of the year and beyond.

Take care everyone,

See you soon,

Miss Bostock

Key Stage 1 News

Year 1

This week Year 1 have been fantastic!

This week it was KS1 Christmas performance and we really enjoyed showing everyone our Noisy Nativity! We loved singing and dancing to all of the songs!

In Geography, we discussed the different compass points and directed the Naughty Bus to his safe spot. We used vocabulary such as North, East, South and West and wrote the directions down in our books.

In Maths, we consolidated our knowledge on different number bonds and started to talk about part, part whole models. We used these models to problem solve different subtraction and addition calculations. We used number lines to help us with our counting and practised our number formation too! We also looked at different inverse operations and were able to use different bar models to help us. Later on in the week we investigated different 2D and 3D Shapes and discussed their properties. We really enjoyed consolidating our knowledge of shape by creating some shapes pictures.

In Writing this week we learnt what a suffix is. We looked at different roots words and we found out that when we add the suffix to the root word, it can change the root word entirely. We worked in pairs to think of different sentences we could write using our new words with a suffix.

On Thursday, we went into the hall and listened to different poems. Two children in our class were chosen to read our poem in front of the whole school. We were all so proud of them!

On Friday, it was a very exciting day as we met Santa! We were so excited! In the afternoon we had a little Christmas party and danced the afternoon away!

Thank you to all parents for our wonderful Christmas gift, Miss Gooch and I really appreciate it. Have a lovely Christmas break and we will see you in the new year!

Miss Kerrigan

Year 2

We started our week off with our Christmas nativity and were so excited to share the play we've been working hard on with the rest of the school and our grownups. All of the KS1 staff are so proud of the effort the children put into all three of their nativity performances with their singing, speaking, acting and dancing.

In English we have continued to write our letter reply to William, a character in our story. We have tried really hard to write in paragraphs and include all the skills we have learnt this term such as adjectives, conjunctions and questions. I have again been particularly impressed with how hard everyone has been trying with their handwriting!

As part of our science learning we investigated what a plant needs to grow healthily. We examined the seeds we planted at the beginning of term and found that the seeds in the light and warmth had germinated and started to grow tall, strong and a healthy green. We were very surprised to find the seed in the warmth but dark had also germinated, although it is not very healthy and is growing a long white stem and yellow leaves! We thought about what this tells us about what a seed needs to germinate and know that a seed needs warmth but only needs light after it has germinated.

We finished our RE topic on Christianity by thinking about how we can be a light to others. We listened to the song 'This little light of mine' and discussed how we can let our own lights shine by being kind, respectful, polite and helpful. We also thought of people in our own lives who have been lights to us when we have been upset or worried.

We had a very exciting DT lesson where we made our own moving cars! We learnt about wheels, axles and chassis' and the difference between a fixed axle and a moving axle, thinking about where we can find axles in real life. We then designed and drew our own vehicle using a design criteria, thinking carefully about the user, appeal and purpose of our vehicle, before finally creating the car using a free axle, making sure we followed our design criteria.

We have also created lots of Christmas crafts this week to bring home. We can't wait for you to see what we've been making!

Homework

Reading – Please read at least **three** times and **record in planners**.

English – Handwriting practice and a recap of skills covered this half term.

Maths – Recap of some key skills taught this half term including place value, number bonds and counting.

Thank you for all of your support this half term!

Have a lovely Christmas and New Year,

Miss Johnson

Key Stage 2 News

Year 3

In Year 3 this week we have been well and truly getting in the festive spirit! We have made our moving Christmas cards for our DT project and spent a long time working on these, writing instructions for them and designing the product. The class decided what tools and materials each of them needed to make their card and they all used them effectively.

We have, of course, had our Christmas performances which all the children did so well! We have practiced so hard and performed amazingly!

The rest of the week has been filled with films, music and lots of Christmas crafts!
I hope you all have a wonderful Christmas and New Year and I will see you in January!

Mrs Hogan

Year 4

In maths, we have been moved away from mental strategies and started looking at formal written strategies for addition and subtraction. We have started to look at the column method and reminding ourselves of how we set out a column and what the procedure is. When we return we will continue looking at exchanging.

In English, we have been looking at figurative language and how we can use similes and metaphors to describe Medusa by comparing her to different things to paint a picture in our minds eye. The children really enjoyed coming up with lots of different comparisons and using their great vocabulary to aid their description.

The whole class performed their performance poetry this week in class and they were all fantastic, it was lovely to see everyone have a go and we are looking forward to having a go of a different poem next term.

This week has been a very busy week in Year 4 preparing for our Christmas performance, the children have been a credit and I am sure you can all agree with me they were 'stars'. Well done Year 4 has been very proud this week.

I would love to wish all the children a very lovely Christmas and a happy new year, I hope they all have a fabulous holidays and look forward to hearing all their tales in January.

Mrs Shone

Year 5

What a week! We have been so busy with our rehearsals and have done so well in our performances! We hope we made you all proud.

We completed our maths topic of addition and subtraction ready for the new year when we will start our new topic of multiplication and division.

On Wednesday, we had a STEM challenge! We had to build a gingerbread house for our gingerbread man using only cocktail sticks and jelly tots! We did a great job at thinking about our 3D shapes and how to structure the sticks and weight of the tots.

After we read Sneezy the Snowman, we made some snowmen Christmas cards and melted snowman biscuits using icing, marshmallows, smarties and coloured icing pens.

I hope you all have an amazing Christmas and a well-deserved break.

Miss Ratcliffe

Year 6

Year 6 have been busy completing final parts of their Christmas Truce diary entries.

They have been working on long division and general mental arithmetic retrieval.

They have had a well-being arts/crafts and football afternoon, where they have been displaying their skills to Mr Gould and Mrs Blackledge.

They have performed admirably for their show - all acting, singing and dancing was outstanding!

They completed auditions for performance poetry and competed in a Poetry Idol competition.

They completed a Christmas booklet competition and as a reward for amazing work this term, we watched the film, Wonder.

Thank you to all parents and carers for your support this term. The children have all made incredible progress and they have been an absolute pleasure to teach. Have a great Christmas and have a happy new year.

Mr Gould and Mrs Blackledge.

Lunch Menu w/c 06.01.25
Week 2

SCHOOL MEALS

Available daily as an alternative - filled jacket potatoes served with vegetables, a dessert and drink. An alternative dessert from a selection of seasonal fresh fruit, yoghurt, scones and cheese & biscuits
Available daily - Unlimited fresh salad and wholemeal bread, drinking water or fresh milk.

Week One

Meat Free Monday

- Vegetarian Sausage Roll
- Herby Diced Potatoes and Baked Beans
- Vanilla Ice Cream

Tuesday

- Pork Sausage with Yorkshire Pudding Creamed Potatoes, served with Carrots and Peas
- Fresh Fruit Segments or Yoghurt

Wednesday

- Beef Burger in a bun served with Herby Diced Potatoes and Fresh Side Salad
- Vegetables Fajitas served with Savoury Rice and Sweetcorn
- Orange Jelly and Fruit

Thursday

- BBQ Chicken served with Baked Wedged Potatoes, and Sweetcorn
- Homemade Blueberry Cake/Muffin

Friday

- Crumble Coated Chicken served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans
- Oven Baked Fish Fingers Served with Chunky Chipped Potatoes, Peas, or Baked Beans
- Homemade Cooks Choice Biscuit

Week Two

Meat Free Monday

- Margarita Pizza Rounds Served with Baked Jacket Wedges and Sweetcorn
- Doughnut

Tuesday

- Roast Turkey with Creamed Potatoes, Roast Potatoes, Carrot and Broccoli
- Fresh Fruit Salad or Yoghurt

Wednesday

- Spaghetti-Bolognese Served with Garden Peas
- Garlic and Herb Chicken Pits served with Vegetable Rice and Broccoli
- Arctic or Chocolate Ice Cream

Thursday

- Brunch Lunch (Sausage, Beans, Hash Brown, Omelette)
- Raspberry Jelly and Fruit

Friday

- Crumble Coated Chicken Served with Chunky Chipped Potatoes, Peas or Baked Beans
- Oven Baked Battered Salmon served with Chunky Chipped Potatoes, Peas or Baked Beans
- Homemade Cooks Choice Biscuit

Week Three

Meat Free Monday

- Tomato and Mascarpone Pasta Bake Served with Seasonal Vegetables
- Strawberry Ice Cream

Tuesday

- Chicken Katsu Curry served with Rice
- Fresh Fruit Segments or Yoghurt

Wednesday

- Selection of Pizza (pepperoni/cheese) Served with Jacket Wedges, Salad
- Sweet and Sour Chicken/Quorn Served with Rice/Boodles
- Jelly and Fruit

Thursday

- Pork Meatballs in Tomato and Basil Sauce Served with Pasta and Garden Peas
- Vanilla and Chocolate Marble Cake

Friday

- Oven Baked Chicken Poppers Served with Chunky Chipped Potatoes, Garden Peas or Baked Beans
- Oven Baked Fish Stars Served with Chunky Chipped Potatoes, Garden Peas, or Baked Beans
- Homemade Cooks Choice Biscuit

Menu Cycle Week One: 17th June, 8th July, 2nd Sept, 23rd Sept, 14th Oct, 4th Nov, 25th Nov

Menu Cycle Week Two: 14th June, 15th July, 9th Sept, 30th Sept, 21st Oct, 11th Nov, 2nd Dec

Menu Cycle Week Three: 1st July, 22nd July, 16th Sept, 7th Oct, 28th Oct, 18th Nov, 9th Dec

- Vegetarian - Vegetarian substitute available
Lunch will be served with fresh milk or drinking water.
All homemade dishes contain additional vegetables.

For allergen and dietary help please contact school meals helpdesk on 01925 443082 or visit our website www.warrington.gov.uk/schoolmeals

WARRINGTON
Borough Council



Bridgewater
Community Healthcare
NHS Foundation Trust



DID YOUR CHILD MISS THEIR FLU VACCINATION?

You can book an appointment at
one of our community clinics.

Contact the Warrington School-aged Immunisation team on 01925 946 808



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	03.09.25

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- 03.09.25



BRUCHE PRIMARY SCHOOL

Term Dates 2025-2026

	Closing Date	Opening Date
Autumn 2024		03.09.25
Autumn Half Term	17.10.25	03.11.25
Christmas 2024	19.12.25	05.01.26
Spring Half Term 2024	13.02.26	23.02.26
Easter	02.04.26	13.04.26
Bank Holidays (Good Friday and Easter Monday)	03.04.26 and 06.04.26	
Bank Holiday (May Day)	04.05.26	
Summer Half Term	22.05.26	01.06.26
Summer 2025	17.06.26	(TBC)

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

INSET 1	01.09.25
INSET 2	02.09.25
INSET 3	03.07.26
INSET 4	20.07.26
INSET 5	21.07.26

Holiday Dates	
October Half Term	20.10.25 - 31.10.25
Christmas Holiday	22.12.25 – 02.01.26
February Half Term	16.02.26 – 20.02.26
Easter Holiday	03.04.26 – 10.04.26
May Half Term (Whit)	25.05.26 – 29.05.26
Summer Holiday	20.07.26 - 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



Computer Xplorers

Leading the way in providing tech-based activities that are both inspirational and educational!

2025 NEW YEAR

TECH CLUBS

WARRINGTON

**Crazy about computers?
Love gaming?
Mad about Minecraft?**
Join us to ring in the New Year at our fun, educational Tech Club!



Culcheth High School

Warrington Road, WA3 5HH



2

2nd-3rd January 2025



9am-3pm

11am-3pm for FREE* funded sessions

WARRINGTON
Borough Council



Department
for Education



*FREE places available to eligible Warrington borough resident children who are in receipt of benefit related free school meals or SEND (subject to approval)

BOOK! Visit the link or scan the code-
computerexplorers.co.uk/bolton-wigan/book

Questions? Email us bolton@computerexplorers.co.uk



@CompXBolton



FIRST KICK CHRISTMAS HOLIDAY CLUB



Bridgewater High School
(Lower Site), Hall Drive, Warrington WA4 5JL

FOOTBALL CAMP
Football Development Sessions,
Penalty Shootouts &
Tournaments, NERF Wars,
Bouncy Castles & FIFA
Tournaments.

Medals & Trophies Awarded
Daily.

TAX FREE CHILDCARE
Government Tax-Free Childcare
scheme accepted - Check eligibility
URN - 2799710

MULTI-SPORT CAMP
Dodgeball
Cricket
Sports Day
Dance & Gymnastics
Hockey
Netball
& many more...

DATES & TIMES

- Monday 30th December
- Tuesday 31st December
- Thursday 2nd January
- Friday 3rd January

Drop off between 8am - 9:30am
Collection between 4pm - 5pm

HAF SCHEME
Limited free spaces for those on
benefit related free school meals,
for more info please visit:
<https://www.warrington.gov.uk/find-and-book-haf-sessions-your-area>

PRICES
1 day - £18
2 days - £36
3 days - £50
4 days - £65
50% sibling discount



View more on our social media:
Facebook: First Kick Football
Instagram: firstkickfootball_



Each day medals and trophies are awarded for good teamwork, best attitude, hard work and star player.
Additional Activities: Bouncy Castles, Slides, Dodgeball, Football, Penalty Shootouts, Mini Tournaments, Jenga, XBOX FIFA, WII MARIO KART, Badminton, Toys, Lego, Hockey, Netball, Rugby, Basketball, Parachute Games, Hula Hoops, Multi-Skills Activities, Sports Day, Colouring, Street Dance and Rainy Day Activities.



To Book Please Call
0151 363 6503 or 07514 316 534

We cannot be held responsible for loss or damage to property or clothing.
Please note we have a strict no refund policy once a place has been booked.



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators

SAFETY ON SOCIAL MEDIA

Currently, children are growing up in an immediate and throwaway culture when it comes to content that's consumed online. So much material is now deliberately created to be shorter in nature – and may often contain hidden elements such as advertising, or extreme political and cultural views. With complex algorithms built to keep people on their phones and engaging with social media content, it's becoming increasingly difficult to reduce time spent on these platforms.

1 REDUCE DOOMSCROLLING

It's concerningly common for young people to spend hours 'doomscrolling': trawling through social media and aimlessly viewing every post they see, many of which might make them feel sad or anxious. Social media can be useful for keeping in touch with friends and family, as well as staying up to date on current events. However, it's important to use it with a clear purpose, instead of endlessly scrolling through content, which could lead to young people accidentally discovering harmful material.

2 TALK ABOUT THE CONTENT

It's important to keep apprised of the kind of content that a young person is being exposed to. Discussing what they're watching online can help you understand why they're using social media in the first place. Furthermore, ensure that children are aware of hidden content, such as advertising or a product – and that they know how to spot that the creator is being paid to talk about it.

3 FIND POSITIVE ASPECTS

Despite all the concerns, there's plenty of wholesome content on social media. It's worth spending time with children to help them find something suitable and enjoyable. Perhaps you'll even discover a joint interest, and you can enjoy the content alongside the child. As part of this, you should also point out why certain things shouldn't be given attention, explaining why it isn't suitable and why it's been created in the first place.

4 REDUCE SCREENTIME

Young people can sometimes be unaware of the exact amount of time they spend looking at social media. Smart phones don't just have the capacity to monitor screentime, they also record how much time is spent on each app. Consider setting targets to reduce this and support children to meet these goals, gradually reducing the amount of time spent on different apps.

5 FILL THE VOID

Monitoring and reducing screentime can create a lot of free time to fill, and young people can even face withdrawal symptoms when asked to step away from their phones. To mitigate this, consider what offline activities you could introduce the child to, and what they would enjoy. This can ensure that young users will permanently cut down on their screentime, rather than temporarily doing so while they know it's being monitored.

6 REDUCE NOTIFICATIONS

One way in which social media platforms keep people coming back is through notifications. The algorithms behind these apps track people's daily habits, including the times of the day where they're most likely to engage with the platform. This data is then used to deliver specifically timed notifications to draw them back in. To avoid young users being exposed to this tactic, simply turn off notifications for the app in their phone's settings.

7 LIVE IN THE REAL WORLD

Overexposure to social media can distort someone's perception of the real world – from body norms to social conventions. This filtered environment can make it hard for young people to distinguish reality from online content, which is now becoming even more difficult with the rise of AI. To mitigate this concern, take time to teach young people how to discern truth from fiction, both on and off social media.

8 DIGITAL DETOX

Encouraging young people to take a 'digital detox', from even just a couple of the apps that they use, can result in an overall reduction of screentime and less exposure to potentially harmful content. Alternatively, rather than avoiding the app entirely, encourage children to take a 'digital detox' from content creators and influencers, and instead, keep in touch with friends and family – which is generally a far healthier use of these platforms.

9 MODEL GOOD BEHAVIOUR

Consider the habits that you're demonstrating to your children. How much time do you spend on your phone? How much do you 'doomscroll'? Comparing your own usage with the child's could put things into perspective for them – or if it turns out that you're also overusing social media, it can turn screentime reduction into a joint mission, which you and the child can work on together.

10 BE CLEAR ON THE "WHY"

Research shows that young people can become addicted to social media. There are many schools that are moving towards being 'phone free' due to the negative impacts of using social media and phones continuously. It's important to explain to young people why managing screentime is important, set out the benefits and ensure they have all the relevant information, so it's not just seen as a punishment.

Meet Our Expert

John Insley is a senior leader in a Birmingham secondary school and has vast experience in leading schools over the past 15 years – including the development of computing curriculums across primary and secondary schools, writing e-safety policies and supporting schools with computing and e-safety advice.

