FAMILIES BULLETIN
6th March

Creating a Safer Digital Future for Children



Government Consultation Now Open

We would like to share important news about a newly launched government consultation focused on ensuring that children's online experiences are safe, positive and age-appropriate. As digital technology becomes an integral part of childhood, this consultation seeks to understand what further measures may be needed to protect young people in an increasingly complex online world.

The government is inviting views on several key issues, including:

- whether a minimum age for social media access should be introduced, and what age would be appropriate
- whether platforms should be required to deactivate features designed to keep children engaged for long periods, such as infinite scrolling and autoplay
- whether overnight curfews on social media could support healthier sleep routines
- whether children should have unrestricted access to AI chatbots
- how age-verification and enforcement mechanisms can be strengthened
- what support children and parents need to navigate the digital world safely



Why This Matters

Technology offers valuable opportunities for learning, creativity and connection. However, with social media use among children and young people now almost universal, concerns around online risks have continued to rise. Parents, carers, teachers and young people themselves have expressed that current protections do not always go far enough.

This consultation forms part of the government's ongoing work to improve children's digital wellbeing. It aims to deepen understanding of how technology affects young people and to explore steps that may help families find a healthier balance.

What the Consultation Covers

The government is examining how children use digital technology and considering a range of potential measures, including:

- setting a minimum age for social media use
- placing restrictions on high-risk features that encourage excessive screen time
- reviewing whether the digital age of consent should be raised
- strengthening age-assurance and verification technologies
- deciding whether mobile-phone guidance for schools should become statutory
- providing clearer guidance and simpler parental-control options for families

Have Your Say



Your views are important and will help shape future policy on children's online safety.

To contribute to this national conversation, please share your thoughts via the consultation survey:
Consultation Survey - Have Your Say

Ms Vasileva
Deputy Designated Safegaurding Lead and Inclusion Manager

How to request time off for your child for Eid



We hope that all of our families are looking forward to their Eid celebrations and we wish all our students and their parents/carers a blessed Eid al-Fitr later this month.

The school will stay open as normal on **Thursday 19th March and Friday 20th March**, as we have many non-Muslim students who are still expected in school.

To request time off for your child for Eid, please complete the online form below. If you have any questions, please contact our attendance team by emailing rgtsattendance@rgtrustschool.net.

Eid Student Absence Request Form – Fill in form

By completing the form, you do not have to call the school on the day to report your child's absence.

Please note that the school is **unable to authorise more than a day** for the religious observance of Eid.

Eid Mubarak to all your family.

Dates for your diary

Year 11 Prom

We're excited to announce that the Year 11 Prom is set for **Thursday 18th June**. Over the coming months the Year 11 team will provide additional information about this highly anticipated event for our Year 11 students.

Upcoming Key Dates

Date	Event	Year Group	Timings
Monday 2nd March - Friday 13th March	Year 11 March Mock Exams	Year 11	Various
Wednesday 11th March	Year 12 Interviews	Year 11	3:30pm - 6:00pm
Thursday 12th March	Year 10 Parents' Evening	Year 10	4:00pm - 7:00pm
Wednesday 18th March	INSET Day (School Closed)	All	All Day
Monday 30th March - Fridau 10th April	Easter Holiday (School Open for Year 11 Interventions)	All	10:00am - 1:30pm
Friday 3rd April	Good Friday (School Closed)	All	All Day
Monday 6th April	Easter Monday (School Closed)	All	All Day
Monday 13th April	INSET Day (School Closed)	All	All Day

Year 10 Parents' Evening - Thursday 12th March

You are warmly invited to attend our Year 10 Parents' Evening on Wednesday 12th March. This event will provide a valuable opportunity for you to discuss your child's progress with their subject teachers as they work towards their GCSE qualifications.

Appointments should be made using the Arbor Parent App. Guidance on how to book appointments can be found here: https://support.arbor-education.com/hc/en-us/articles/203792102-Booking-Guardian-Consultations-Parent-s-Evenings-on-the-Parent-Portal-or-Parent-App

If you encounter any difficulties when booking, please contact the school office at **info@rgtrustschool.net**. When emailing, kindly include your availability between **4:00pm and 7:00pm** (allow approximately **35 minutes**). The team will allocate appointments as best they can, though please be aware that times are offered on a **first come, first served basis**.

We look forward to seeing you and continuing to work together to support your child throughout Key Stage 4.

Mr Drumm
Assistant Headteacher - KS4

Weekly Focus for Parent Bulletin: Mindfulness and Calm

This week, our school's Mental Health & Well-Being focus for students is "**Mindfulness And Calm**".
Mindfulness and calm techniques offer significant benefits to all by improving focus, reducing anxiety, and boosting emotional regulation during high-stress situations. Regular practice enhances academic/workplace performance, fosters resillence against challenges, improves sleep quality, and strengthens social skills by encouraging thoughtful responses over impulsive reactions. We encourage all members of our school community, including parents, to take some time each day to focus on this impotant theme by practicing some techniques or exercises, examples of which can be found below, and in doing so enjoy the benefits of practicing "**Mindfulness & Calm**".

Key Benefits of Mindfulness for Students:

Improved Academic Focus and Performance:
Mindfulness trains the brain to minimize distractions,, leading to better concentration in class, improved study habits, and higher performance during exams.

Reduced Stress and Anxiety:
Students learn to manage presure from exams, social situations, and future uncertainties by using teechniques that calm the nervous system.

Enhanced Emotional Regulation:
Students become better at identifying and managing emotions, reducing impulsive behaviours, and increasing empathy; and develop better relationships with peers and teachers.

Greater Resilience:
Mindfulness fosters a mindset of curiosity and acceptance, helping students bounce back more easily from setbacks, such as poor grades or social challenges.

Better Sleep and Well-being:
By reducing "racing thoughts" before bed, mindfulness practices improve sleep quality, which is crucial for cognitive function and overall mental health.

Increased Self-Confidence:
Students who can manage their thoughts and emotions effectively often report feeling more confident, secure, and in control of their lives.

Common Techniques for maintaining "Mindfulness and Calm":

Box Breathing: Inhaling, holding, exhaling, and holding again for four counts each.

Body Scans: Gently focusing attention on different parts of the body to release tension.

Mindful Walking/Listening: Intentinally focusing on the sensations of walking or the sounds in the environ-

Top Mindfulness Exercises:

5-4-3-2-1 Sensory Grounding:
Students identify 5 things they seee, 4 they can touch, 3 they hear, 2 they smell, and 1 they taste to reduce anxiety.

Finger Tracing/Breathing Board:
Trace the outline of the hand with the opposite pointer finger, inhaling while moving up a finger and exhaling while moving down.

STOP Technique:
A quick, 4-step practice: Stop what you are doing, Take a breath. Observe your thoughts/body, and Proceed.

Heartbeat Exercise:

Community Spotlight: London Boxing Final Success

Tyresse competed in the London Boxing Final in his category and produced an outstanding performance to win the final and be crowned London Champion. This is a huge achievement and a real credit to his commitment, discipline, and hard work.

Tyresse now moves on to the National stage next week, where he will compete against the best from across the country in his category. It's an exciting next step in his journey, and we're looking forward to following his progress as he takes on this new challenge as the current London Champion.



Mr Florin
Head of PE

Community Spotlight: Jets Flag Football League Launch

Ten KS3 pupils recently attended the launch event for the Jets Flag Football League London, proudly representing our school as one of 32 participating schools in this year's competition.

Throughout the event, students took part in a series of engaging skill workshops aimed at strengthening their understanding of the game and refining their techniques. They also enjoyed the unique opportunity to be coached by members of the New York Jets Girls Flag Football team, alongside players from Team GB's Women's American Flag Football Team.

The experience proved both inspiring and educational, offering pupil valuable insight into the sport while helping to build their confidence, teamwork and practical skills ahead of the upcoming league fixtures.



Mr Chmielecki
Primary Specialist

Community News: Kooth webinars on supporting children with exam stress

I'm delighted to let you know we are offering two webinar dates for parents, carers and family members who are supporting children through exams this year. Please find more details below and do please share with families in your networks.

How you can support your child to manage exam stress

Join Kooth for a free 45 minute webinar and you'll hear from one of our community engagement team, alongside a clinician from Kooth.

They will offer expert tips on:

- When to take action
- Share practical ideas to help children manage their anxiety
- Discuss how Kooth can provide extra support.

Book 9th March, 6:00pm

Book 16th March, 7:00pm

Alice Wyatt
Channel Marketing Manager

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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

CREATIVE WAYS TO ENCOURAGE READING

Reading regularly has a life-long impact, yet recent data from the National Literacy Trust shows a decline in reading for pleasure among 8- to 18-year-olds, with just 32.7% enjoying it in 2025. Despite growing distractions, there are practical ways adults can spark a love of reading. This guide offers strategies and resources to help inspire young readers.

1 VALUE ALL READING

When we think about reading, it's very easy to picture a young person reading a fictional novel; however, reading is so much more than this. To help them understand, why not show them how to create a 24-hour reading diary? Jot down all reading and then discuss this with them. By doing this, you can demonstrate the many ways we turn to reading.

2 WIDEN THE SELECTION

Once we know reading can be varied, we need to think about the selection of reading material they can access. Visit a shop selling magazines, the library and a bookshop, and consider the range of material that is available within them. Then consider how you might broaden their reading choices, so all young people have access to a wide and varied selection.

3 GIFT A BOOK

One simple way to encourage reading is to make books feel special. Gifting a book adds value and shows it's something to be treasured. Whether it's as a reward or for a celebration like a birthday, let the young person choose a title or pick one you know they will enjoy. You could also include a personal note inside.

4 CONNECT WITH AUTHORS

Meeting authors can certainly spark an interest in their reading material. This might be through a live event in a school/bookshop or by using the wealth of online material that is now available. Encourage young people to look at ways to connect with authors using free resources such as Authorfy and Just Imagine's Children's Authors Live.

5 BUILD YOUR KNOWLEDGE

Access training about reading for pleasure to widen your understanding of this topic and, more importantly, how to develop it. Explore a wide range of free resources that can be found online. The more you know, the better placed you are to inspire a love of reading in others.

6 TALK BOOKS

There are times when we need silence to read and focus on our book; however, we know that reading is a social experience, so we must also factor in discussion time. Reading the same book gives two people a connection and the opportunity to voice their thoughts and questions about it. Why not buy two copies of a book and read it together? Start the connection.

7 RECOMMENDATIONS

As well as talking about the content of books, we can share what we are reading or have read recently. This can often act as a trigger for someone else to explore it. How often have you watched a film or series because someone else has recommended it? It's the same with books. If you know the young person well, you can tailor your recommendations and share why you think they'll enjoy it.

8 GO DIGITAL

With the rise in online digital material, we can easily focus on the negatives; however, it also brings a wealth of opportunities. Resources can aid and enhance the reading experience for young people. They can read along with audiobooks, translate, and track their reading goals with resources like Polylino and apps like Goodreads for older children. Augmented reality books also bring books to life and offer a great way for engagement.

9 RECONNECT

There can come a time when a love of reading seems to disappear. It does not mean it's gone forever; it generally means they have lost the connection. How do we get it back? Find the next piece of reading material that sparks their current interests. The National Year of Reading focus of 'Go All In' captures this well as it is their key theme. As children grow and change, so do their interests. A visit to the local library is a great way to support the reconnection.

10 LEAD BY EXAMPLE

Let them see you reading. If you make time to read, you send a strong message to children: reading matters. Share why you enjoy it. Is it to relax, escape the world, learn something new or to be entertained? When children see reading as a normal and valued part of everyday life, they are more likely to adopt it themselves.

Meet Our Expert

Carl Pattison is a literacy advisor and early reading expert at The National College. Through his programmes, he supports schools to enhance reading and writing. In addition to his independent work, he also works for a large academy trust in the East Midlands as the strategic lead for their English Hub and Literacy Excellence Centre.



See full reference list on our website

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