

19 December 2024

Dear Parents and Carers

As we approach the festive season, I hope this letter finds you well. This is a time of joy and togetherness, but also one that offers an opportunity for reflection.

I am writing to encourage us all to help our children to strike a healthier balance with technology and keep them safe during this time away from our usual routines. This is important with regards to the content they encounter but also the amount of time spent on devices, which can quickly become an unhealthy obsession.

Navigating the challenges of our increasingly digital world and keeping our students safe, especially over this holiday, is something we are committed to, but we need your support.

Social media is a great tool for connection and learning. However, it also presents challenges and has grown into something complex and often harmful. Children are increasingly being exposed to content and trends that their young minds struggle to process, shaping how they see themselves and the world in damaging ways.

The consequences of this are seen every day. Confidence and joy are being eroded by online content. Young people's mental health suffers under the weight of impossible comparisons, and, most distressingly, a growing number of children fall prey to the darkest corners of the Internet with relentless predators seeking to exploit and harm them.

Some of you have contacted me to share what adjustments you have in place for your children; others have shared that they are unsure how to positively take on what feels 'like a battle' with their child. We value working together to support our students so, in the new year, we will invite you to join a parent-school working group to share ideas and strategies to support our children. Please look out for more details which will follow the holiday.

I am aware that this is a serious message, but it comes from a place of love, care and a desire to safeguard our children's well-being at all times. By being honest about the challenges they face, we can work together to address them.

The festive season offers a chance to connect, renew, and nurture healthier habits for our children. Let's guide them with purpose and joy. *"Start children off on the way they should go, and even when they are old, they will not turn from it"* (Proverbs 22:6).

Thank you for your continued support in safeguarding the well-being of our children.

Wishing you a peaceful and joyful holiday season



Solomon Berhane
Headteacher