

Monday Memo



Monday 13th April

Summer Term

Issue #26



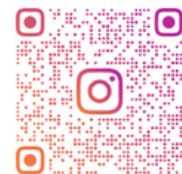
Welcome back

It is wonderful to have everyone back from the Easter half term. We are looking forward to a great Summer term filled with learning, growth, and memorable moments together.

As we begin the new term, please note the Diary Dates below. As always, there could be changes or additions to the events shared, please check the newsletter each week.

Please remember to book upcoming dinners, secure spots for toast and Breakfast and After School clubs on School Money.

If you haven't already, please follow our Instagram page for all that is wonderful about St. Paul's
<https://www.instagram.com/faringtonmosstpauls/>



FARINGTONMOSSSTPAULS

Diary Dates

Monday 13 th April Welcome back to Summer 1 Term	Wednesday 15 th April World Art Day Year 5/6 Netball Club starts	Thursday 22nd April Earth Day + Themed Dinner	Thursday 23rd April St. George's Day



Diary Dates

Thursday 23rd April Year 2 Class Worship 09:05am-09:30am	Monday 4th May School Closed - Bank Holiday	Friday 8th May Year 4 Lego Robotics	Monday 11th - Thursday 14th May Year 6 SATs week
Friday 15th May Year 4 Reading Breakfast 09:05am-09:30am	Tuesday 19th May Reception and Year 1 Tots on Tyres	Friday 22nd May End of term awards 09:05am Close for half term 3:20pm from School	Monday 8th June School re-opens for Summer 2 Term



St. Pauls' Parish News & Events



Tuesdays 09:00am—11:30am

Warm Space (coffee and bacon butties)
Supported by members of our
Children's Chaplain from
10:00-10:30am



www.stpaulsprimaryschoolfarington.co.uk



www.instagram.com/faringtonmossstpauls/



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What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

WHAT ARE THE RISKS?

ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

CHALLENGE 'PERFECT' POSTS

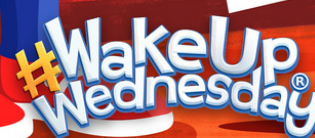
When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



The National College®

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