

Monday Memo



Monday 9th March

Spring Term

Issue #22

Celebration Assembly

Congratulations to the recipients of last week's awards in Celebration Assembly. These moments remind us why learning is such an adventure. Keep reaching for those stars - there's so much more magic to come! ✨

	Star of The Week	Good Work	Forgiving Friend
Reception	Keana H	Opal C & Jack H	Sienna N
Year 1	Amelia W	Millie D & Oliver R	Ruby-Rae T
Year 2	Emma T	Louie H & Harlow J	Iris L
Year 3	Ted N	Louie B & Archie H	Wren C-C
Year 4	Charlotte R	Layla C & Billy-J W	Hugo O
Year 5	Ayda E	Eden B & Lily M	Gregory K
Year 6	Katie W	Henry P-C & Esmé K	Josh M





Parents' Evening

As shared last week on Class Dojo, bookings for Parents' Evening on Tuesday 24th and Wednesday 25th March go 'live' Tuesday 10th March at 12:00pm.

All parents/carers were sent a link last Thursday, with advice to contact the Office if the link was not received.

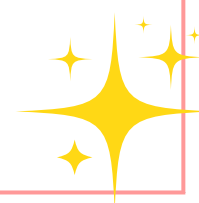


FOSPS Easter raffle Comic Relief Red Nose Day

On Friday 20th March we are inviting pupils to wear non-uniform to school with a suggested donation of £1.00 cash to be donated to Comic Relief. We also welcome donations from families for the FOSPS Easter raffle on this day. Donations may include: chocolates, Easter eggs, pamper products or if you or someone you know owns a business, you may like to donate a gift voucher.

Diary Dates

Tuesday 10 th March FOSPS Mother's Day Pop-Up Shop Year 5/Year 6 Dance Club Competition	Tuesday 10 th March Reception/Year 6 Heights & Weights Parents' Evening Bookings go 'live' at 12:00pm	
Tuesday 17 th March Year 2/Year 6 Fire Safety Workshop	Thursday 19 th March Let's Go Sing Choir Concert	Friday 20 th March FOSPS Easter Raffle Comic Relief Red Nose Day
Tuesday 24 th and Wednesday 25 th March 3:30pm-6:30pm Parents' Evening(s)	Tuesday 31 st March End of Term Service 1:00pm Finish for Half Term 2:00pm Collection from Church	



Worship Values



Our worship value this half term is 'Forgiveness'

In our Celebration Assembly, we will celebrate 1 pupil from each class who has shown the term's value. 🏆

This term we will celebrate our 'Forgiving Friend'

Attendance w/b 02/03

Reception: 97%

Year 1: 93%

Year 2: 95%

Year 3: 100%

Year 4: 89%

Year 5: 100%

Year 6: 100%

Whole School Overall: 96%

Target: 97%

House Points w/b 02/03

Bowland: 210

Parlick: 291

Pendle: 310

Longridge: 204



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/



01772 336166

What Parents & Educators Need to Know about STREAMING SERVICES

WHAT ARE THE RISKS?

Streaming services are platforms that allow users to watch cartoons, documentaries and movies online immediately (often referred to as SVoD: streaming videos on demand). Ofcom reported that children and young adults prefer streaming services to traditional TV. With two-thirds of UK households subscribing to at least one streaming service, parents must understand how to manage screen time, set age restrictions and ensure safe viewing.

COSTLY

Subscription services can be costly. As the main source of entertainment, most households have at least one streaming platform, and each platform has its own monthly subscription fee. Services are charging more for ad-free viewing, and better quality and resolution; however, there is a cheaper option with adverts. Due to price increases, Netflix and Disney+ reported a sharp increase in users subscribing to their ad-supported tier in 2025.

ILLEGAL STREAMING

Sharing passwords or using modified Fire Sticks to access streaming content without permission is illegal. Most streaming services have now put measures in place to detect account sharing. When account sharing is identified, platforms will offer an opportunity to pay for an added member or will ask the user to verify who they are.

AGE-INAPPROPRIATE CONTENT

Most streaming platforms allow users to set up a profile for each family member, with the option of putting specific restrictions in place. These include adding a profile lock or PIN, controlling autoplay of previews and next episodes, and limiting content based on age ratings. Nonetheless, these restrictions aren't foolproof. Content which is rated as suitable for an age group may still include themes, language, or images which children and families find inappropriate.

EXCESSIVE SCREEN TIME

Excessive screen time contributes to sedentary behaviour and can negatively impact physical and mental health. Ofcom found that 4- to 15-year-olds averaged 2.5 hours per day across all video-sharing platforms, not including gaming. The vast range of content available, combined with features such as autoplay, makes it easy for children to watch for extended periods of time.

BINGE WATCHING

Features such as autoplay make it easy for viewers – especially young people – to continue watching episodes without a break. This can foster unhealthy and addictive patterns, such as consuming a vast amount of content in one sitting. With binge watching come a lack of social interaction, lack of physical exercise, and often late nights and sleep disruptions which impact their mental and physical wellbeing.

HARMFUL STEREOTYPES

Many platforms track viewing habits, time consumed, and preferences, and generate recommendations to encourage your child to keep watching. This results in your child being in a 'loop' whereby they think the 'recommended' shows would be something they would enjoy rather than thinking critically for themselves. This can shape their beliefs, values, and understanding of the world from a young age without even realising it.

Advice for Parents & Educators

SET UP INDIVIDUAL PROFILES AND ADD PINS

Almost all streaming services allow users to set up individual profiles where each family member can have age restrictions put in place for the content they can view. Adult profiles can be protected through the use of PIN. Keep this private. Use the options of putting specific restrictions in place such as controlling autoplay of previews and next episodes, and limiting content based on age ratings.

MONITOR AND TALK OFTEN

Discuss with your child what they are watching, find out which programmes are trending, and watch them yourself. Have a little look at their watch history to check the content of what they're watching. Some platforms have been known to recommend or autoplay older or graphic content after a child's movie has been played. While some tv shows or movies may have a suitable age rating, your child may still find the content scary, or it may explore themes you don't want to explore with your child yet.

TALK ABOUT ALGORITHMS

Talk to your child about how streaming services track what they watch, and base adverts and recommended shows/movies on previous viewing. Encourage them to critically think about whether the recommendations are suitable and how they want to spend their time. Discuss stereotypes with your child and challenge them to think about what they watch and how this may influence their beliefs.

SET TIME RESTRICTIONS

Many streaming services offer the opportunity to buy movies, or add additional features to your subscription such as sports channels, as well as play games. This can increase the amount of time young people spend sitting idly in front of the screen. Some platforms (e.g. Apple TV+) allow you to set screen time restrictions. If the streaming service doesn't allow you to set screen time limits, set a family rule and stick to it.

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.



See full reference list on our website



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 11.03.2026

#WakeUpWednesday

The National College