

Monday Memo



Monday 27th April

Summer Term

Issue #28

Celebration Assembly

Congratulations to the recipients of last week's awards.

These children demonstrated exceptional effort and dedication, and their accomplishments reflect the positive culture we continue to build together. We look forward to celebrating more successes in the weeks ahead.

	Star of the Week	Good Work	Fantastic Friend
Reception	Parker K	Briar K & Cassion B	Lily M
Year 1	Ava S	Ava McL & Elsie M	Oliver R
Year 2	Isabelle S	River K & Arthur S	Amelie A
Year 3	Pippa L	Eliza T & Wren C-C	Benjamin B
Year 4	Henry S	Elliot O'N & Niall K-B	Jamie B
Year 5	Imogen B	Sebastian D & Esme C	Lola-Grace McL
Year 6	Emily H	Kane C & Arya B	Jessie-May M



Diary Dates

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

Fond Farewell and Welcome

We would like to take this opportunity to say a huge St. Paul's goodbye and good luck to our Family Support Worker Mrs J Jackson, as she will be leaving our school next week after 7 years of supporting our community.

Through thoughtful outreach and genuine care, Mrs J Jackson has helped connect families with resources and support that has strengthened both pupil wellbeing and home environments. Her dedication to building positive relationships and fostering trust has created a welcoming space where families feel heard and supported. We are grateful for Mrs J Jackson's commitment to our school and wish her all the best as she begins her next chapter. We will miss you!

It is with great pleasure that following this announcement, we welcome Ms Umpleby to the St. Paul's family. Ms Umpleby will be meeting children this week, before she officially starts w/b 4th May. We are excited to introduce Ms Umpeby to our community.



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

Attendance w/b 20/04

Reception: 99%

Year 1: 97%

Year 2: 98%

Year 3: 97%

Year 4: 98%

Year 5: 98%

Year 6: 98%

Whole School Overall: %

Target: 97%

House Points w/b 20/04



Parlick: 169



Longridge: 135

Pendle: 144

Bowland: 126

Worship Values

Our worship value this half term is 'Friendship'



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 'Fantastic Friend'.



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

WHAT ARE THE RISKS?

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

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

See full reference list on our website

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