

# Broxbourne CE Primary School Newsletter



Spring Term Issue 4

30th January 2026



## HEADTEACHER UPDATE

We are excited to come together as a church and school community this Sunday for Broxbourne Goes to Church. The service begins at 11:00am, and our school choir will be singing two songs as part of the service. I will also be sharing a short update on the impact of a faith education within our school. We very much hope you can join us.

This week has seen our archery competition continuing. Year 3 have finished, Year 4 are currently taking their turn, and next week we move on to Year 5, with Year 6 concluding in the final week of the half-term. Many thanks to our House Captains and Sports Ambassadors for running the competition alongside Miss Hawthorne. The children's focus, enthusiasm, and sportsmanship have been fantastic.

Well done to our eight Year 6 children for representing us at the Holocaust Memorial Day service at Lowewood Museum earlier in the week. Miss Clifford reports you were excellent ambassadors of our school. Thank you to those who sent in photos of their window lit candles on Tuesday evening.

Today's PTA Yes Day brought lots of fun and laughter. While the children may not have looked as smart as usual, the smiles and various teddies and others said it all! Thank you for supporting the PTA through this event.

This evening, our own Becky Watson is hosting a quiz night to raise funds for Teens Unite. Mrs Watson is working hard on her training for the London Marathon in April and if you are unable to attend tonight, you can still support her via her JustGiving page. Thank you for any contributions and messages of support you are able to make:

<https://www.justgiving.com/page/beckylondonmarathon2026>

We wish her every success!

Looking ahead to next week, we are pleased to welcome back some former pupils from Broxbourne School for work experience, as well as Year 8 students who will be reading with and

***Dream, Believe and Achieve with God***

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supporting our EY2 and Year 1 children on Thursday afternoon. We also look forward to welcoming Vicky Emsley from Jubilee Church once more, who will be working with our Year 3 children on further discussions of faith.

As a faith and church school, we aim to follow the guidance of Proverbs 22:6: *“Start children off on the way they should go, and even when they are old they will not turn from it.”* This is at the heart of everything we do—through learning, kindness, and our shared community.

Thank you for your continued support. There is so much to celebrate at Broxbourne and we are very blessed indeed!

Wishing you all a pleasant weekend.

Best wishes Paul Miller

### **REMINDER: BROXBOURNE GOES TO CHURCH**

We invite all families to worship with us and hear our wonderful choir on Sunday 1st February at 11.00am at St Augustine’s Church.



**YES DAY IN FULL SWING!**



**.....AND IN YEAR 1!!**





## **JANUARY IS A GREAT TIME FOR A DECLUTTER AT HOME !!**

Please can you donate any unwanted gifts/items to the PTA by the 6th March for the mothers and significant others gift sale which takes place Friday 13th March!



# **PTA Donation Rules Checklist**

When donating something to the PTA please use the checklist below before bringing it in to save our volunteers' precious time sifting through items we cannot use:



### **Teddies/toys/books**

- Is it clean/are all the pieces/pages there?
- Are books appropriate for sale at school?
- Would you be happy to receive it in the condition it is in?



### **Food/drink/toiletries**

- Is it in date?
- Is it unopened/unused?
- Would you be happy to receive it in the condition it is in?



### **Uniform**

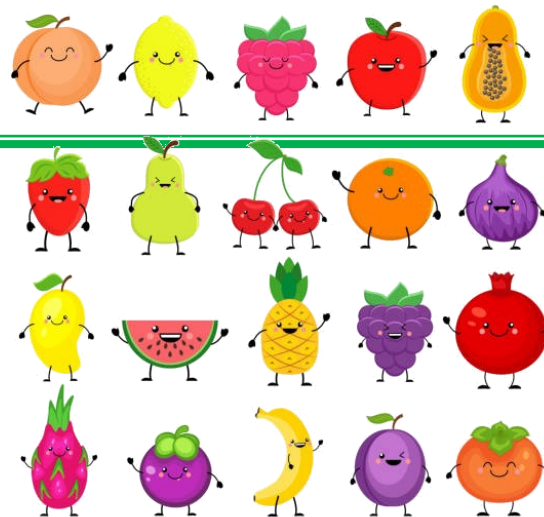
- Would you buy it?
- Is it stained?
- Does it have holes in?
- Is it off colour?



## SNACKS

Children in EYFS & KS1 are provided with fruit or vegetables each break time as part of the Government's Fruit & Vegetable Scheme. In KS2, if children wish to have a snack at break time, they need to bring in their own. It is requested that only fruit or vegetables be provided. It can be fresh or dried. If your child brings grapes as a snack, please can these be cut in half for safety reasons.

We encourage parents to avoid high sugar fruit snacks e.g. Fruit Winders as these are not nutritionally appropriate for school. If your child has a medical need, where they may need something alternative, please speak to the school and provide a supporting letter from your GP. Thank you for your support with this.



## HOUSE POINT LEADERS

This week's winners are.....

*Blue Badgers*



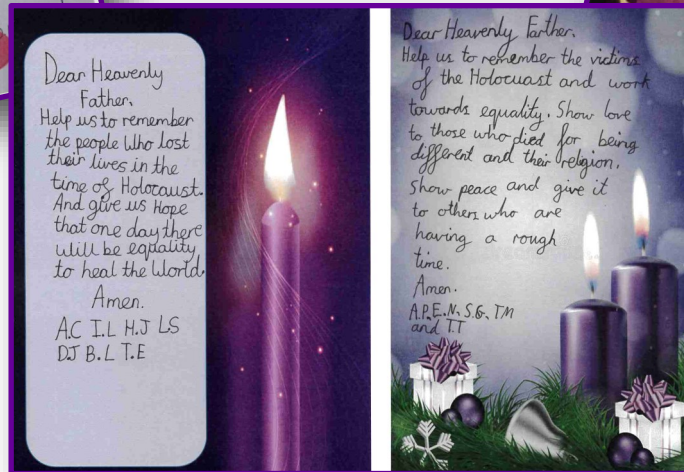
**REMINDER:** The House that wins the House Cup for the greatest number of weeks each term will enjoy a non-uniform day in the final week of term. The children should wear an item of clothing in their house colour!

## HOLOCAUST MEMORIAL COMMEMORATION

This week, our school came together to commemorate Holocaust Memorial Day, taking time to reflect, remember and learn. Through thoughtful discussion and quiet reflection, the children explored the importance of standing up to hatred and treating everyone with kindness and respect.

As part of our commemoration, the children created moving prayers, some of which are shared below. Some of children were photographed placing a candle in their window at home, symbolising remembrance and hope. These simple but powerful acts helped the children to understand how remembering the past can shape a kinder future.

We are very proud of the sensitivity and maturity shown by the children during this important time of reflection.



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](http://nationalcollege.com).

# What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

## WHAT ARE THE RISKS?

A research study by Ofcom revealed that children aged 9-15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

### POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

### RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

### LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

### IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

### MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

### REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

## Advice for Parents & Educators

### MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

### SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

### IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

### ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

### Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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**BIRTHDAY BOOK THANK YOU**

Deniz—EY1—The Extraordinary Gardener

Naomi—EY1—Silly Dizzy Dinosaur!

Rue—Year 2—Jonty Gentoo

**REMINDER:** Birthday books should be new and age appropriate for the year your child is currently in.

We hope you had a lovely day!

If you wish to donate a birthday book, please send in via your child and we will put in the library for everyone to enjoy. Thank you.