

Year 5 Class Assembly

Many thanks to our Year 5 pupils who led a fantastic assembly this morning on Forces. It was great to see some actual science experiments and to see how engaged they were with their learning.

Donations

Year 1 urgently need toilet/kitchen roll tubes for their Big Art Week project. Please can you send donations to the school office.

Connect Virtual Support Group

Connect MHST invites Parents and carers supporting children and young people with social, emotional, and mental health needs to a virtual support session on Wednesday 30th October 2024, 6pm on Zoom. The virtual session is a place for parents and carers to share their experiences, help and support each other and get information and advice to support them. October's support session will focussed on Managing and Regulating your child's emotions. This link will take you to a flyer where you can click or scan the QR Code to register your interest and to receive the Zoom invite. <https://shorturl.at/LNB1G>

School Lunches

Please complete the school meals form to make your child's lunch choices by clicking on this link. Menus are available on our school website. The form is open from 8am on Mondays until noon on Wednesdays. <https://forms.office.com/e/miMkUpPTB5#>

October Half Term Activity Camps

Just a reminder that bookings are open for Miley and Johnson Active Kids Club for this October half term. To book your place visit their facebook page or <https://miley-johnson-active-kids-club.classforkids.io> Please also see the attached flyer from RugbyTots

EasyFundraising

We bet your favourite retailers work with easyfundraising! This means your online shopping can provide St Mary's RC Primary North Shields with much-needed funding and support! Over 8,000 retailers will give us free donations when you buy something. Plus, sign up to support us today and we'll get an entry to win a £300 donation prize. Please join here:

<https://join.easyfundraising.org.uk/stmaryrcpnorthshields/NXVY1N/c2s/hs13VITQ/CE975/facebook/>

Graduated Approach for EYFS

Please see the attached flyer about an upcoming information session designed specifically for parents and carers of children with SEND (under 5 years). This session, titled "Introduction to the Graduated Approach," will provide valuable insights into the processes that Early Years schools and settings put in place to support children's individual needs and support connections with other parents.

House of the Week is St Hilda

Next week is MONKEY week on the school lunch menu

Don't forget to visit it our school website for further school information

www.stmarysonline.co.uk

Online Safety

#wakeupwednesdays

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.

What Parents & Educators Need to Know about HORROR FILMS & AGE RATINGS

The 'on-demand' availability of streaming platforms in many homes creates extra possibilities for young viewers to be exposed to age-inappropriate content. Material which features horror or violence can cause anxiety and nightmares for children, especially since it can be hard for young ones to grasp that what they're watching isn't real.

CLASSIFICATION BREAKDOWN

The British Board of Film Classification has the following age ratings:

U: Suitable for all ages

PG: For children aged 8 and above; this content shouldn't unsettle them

12A: Children under the age of 12 should not watch without an adult; this content potentially features bad language, nudity or sexual references

15: Suitable only for 15-year-olds and above

18: Exclusively for an adult audience, with potentially explicit themes of violence, nudity or sex

WHAT ARE THE RISKS?

STREAMING IS EVERYWHERE

Modern mobile devices make it very easy for children to watch streamed films without the need for a TV. The availability of inappropriate content has risen significantly on streaming platforms, almost all of which host 18-rated content. If not restricted by parental controls, this could be viewed by children who aren't quite ready for such adult themes, concepts and imagery.

FACT VS. FICTION

Many children have no trouble separating fact from fiction. However, with modern day technology making pretend violence and horror look ever more realistic, it's becoming harder for youngsters to tell the difference. For instance, consider remakes of older films, where dated special effects (making it easy to discern that something wasn't real) have been replaced by far more convincing monsters and gore.

PEER PRESSURE

Friends encouraging each other to watch the latest film featuring violence or horror can lead to children consuming content that they're not ready for. As 18+ content is available on many streaming platforms, youngsters can watch these together – potentially without their parents' or carers' knowledge.

TOO SCARED?

CHILDREN SCARE DIFFERENTLY

It can be difficult to decide what content is appropriate for children. What's fine for one child could be extremely frightening for another. As many children admit to not sharing or discussing the content they watch with their parents, encouraging an open dialogue around the kind of media that young people consume can help avoid exposing them to any inappropriate content.

PSYCHOLOGICAL IMPACTS

Horror prides itself on its ability to startle or induce genuine fear in the viewer – so it's no surprise that this genre isn't usually intended for children. A natural side-effect of this is that 'jump scares' or a creepy, suspenseful atmosphere can have lasting effects on younger minds. The resulting anxiety can impact a child's sleeping patterns or eating habits.

Advice for Parents & Educators

WATCH THE FILM FIRST

If you're concerned that a film might be unsuitable for children (whether it's their first dive into the horror genre or a step up in age classification), then take a look for yourself. There's no better way to judge whether this content is something you'd deem appropriate for a child – and if a parent, for example, has actually seen the film (or at least a portion of it), they can construct a far more credible case if they decide it's inappropriate.

REMEMBER – IT'S NOT REAL

Emphasise to children that the content they're viewing is entirely fictional and has no chance of affecting them in real life. If a child is upset after watching a film, try to understand what exactly has unsettled them; this can help you approach the topic in a healthy and informative manner, to dispel any fears or anxieties they may have.

DISCUSS THE CONTENT OF FILMS

If a child has seen a film that you think may have exposed them to potentially uncomfortable themes and ideas, don't shy away from talking about it, and answer any questions they may have. This is especially important if they watched the film without an adult present. Ask them to summarise the story for you, as this will give you an understanding of what they've learned from watching it.

USE PARENTAL CONTROLS

Most streaming platforms have the option to put age ranges on children's accounts. This means that films and shows that are inappropriate for children won't be advertised while they're browsing and won't even appear if a child specifically searches for them. This can be changed any time at parents' discretion, but it's wise to protect these settings with a password, so a child can't alter anything on their own.

Meet Our Expert

John Insley is an assistant principal at a secondary school. He has been involved with e-safety in schools for over 10 years, writing policies and supporting various schools in developing their e-safety provision. John has introduced a range of strategies at multiple schools aimed at helping parents to better support their child in the ever-changing digital world.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/horror-films-and-age-ratings>

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