

Together we build

March 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
9							1
10	2	3	4	5	6	7	8
11	9	10	11	12	13	14	15
12	16	17	18	19	20	21	22
13	23	24	25	26	27	28	29
14	30	31					

April 2026							
Wk	Mo	Tu	We	Th	Fr	Sa	Su
14			1	2	3	4	5
15	6	7	8	9	10	11	12
16	13	14	15	16	17	18	19
17	20	21	22	23	24	25	26
18	27	28	29	30			

Key

Pupils at School
Weekends
Teacher Training Days
Bank Holidays
Holiday

Don't forget to bring your refillable water bottle.



As part of our Careers provision, after Easter we are going to give parents the opportunity to discuss Careers/future pathways/aspirations about their Young Person.

Meetings will be held on Teams at a time to suit you and will give you the opportunity to ask any questions you may have about future pathways (ie College, Apprenticeships etc) routes into particular jobs, support that you can give your young person or any other careers questions you may have.

We will be sending out invites via Teams and look forward to meeting you!

In the meantime, if you have any queries, please don't hesitate to contact Julia Hinks either by email or by

Do you know who is influencing your child online?

When children watch television, parents usually have a good idea of the programmes and personalities they are exposed to. Online however, the situation is very different. Many young people now spend hours watching short videos and livestreams created by online influencers – people they may feel they know and trust, but who parents may have never heard of. These personalities can shape how children think about friendships, success, relationships and even how they see themselves. While many creators produce positive content, others promote attitudes or behaviours that may not reflect the values families hope to pass on to their children.

The Algorithm

One of the challenges for parents is that social media platforms are designed to keep young people watching. The more time a child spends viewing a particular type of content, the more similar content they are shown. Over time, this can create a narrow online world where certain attitudes, lifestyles or beliefs begin to feel normal - even if they are far from it. Children may not always recognise that influencers are often promoting products, chasing views, or presenting an exaggerated version of life designed to attract attention.

1. Stay curious, not critical

Ask your child who they enjoy watching online and what they like about them. Showing interest keeps conversations open.

2. Watch together sometimes

Spend a few minutes watching a video or clip with your child. It helps you understand what they are seeing and opens the door for discussion.

3. Talk about what's real and what isn't

Remind children that many influencers carefully edit their content or present an unrealistic version of life.

4. Encourage critical thinking

Ask questions like: *Why do you think they posted that?* or *Do you think they're trying to sell something?*

5. Keep communication open

Let your child know they can always talk to you if something online makes them uncomfortable, confused, or upset.

Parents can report online concerns to **CEOP**, speak to the school's safeguarding team, or access guidance from **NSPCC**, **ThinkUKnow**, and **Childline**.

Sleep well, live better

World Sleep Day encourages people worldwide to promote the importance of healthy sleep. It's an opportunity to highlight how **quality rest supports mental well-being, physical health and overall quality of life.**

Why sleep matters?

- Supports mood and emotional regulation
- Improves concentration and memory
- Reduces stress and burnout

Healthy sleep habits

- Stick to a regular sleep and wake time
- Limit screen usage before bedtime
- Quiet, dark and calming environment

**Mental Health Support
Teams in Schools**



Need more support with sleep?

My Self Referral - My Self-referral is a website available to young people up to the age of 18 who want advice and support for their mental health. It enables young people to self-care and access a broad range of advice, resources and services.

Health For Teens - Health for Teens is a fantastic resource for young people to find out more about health, covering the likes of feelings, growing up, health, lifestyle, relationships and sexual health.

Health For Kids - Find top tips and advice on all aspects of children's emotional and physical health, from keeping kids active and eating well, to building their confidence and equipping them to cope with specific health issues.

Support for parents and carers - Head to the website lptnhs.com/SupportForParents for clear, practical guidance and resources for families with children of all ages.

Scan this QR code or visit the link for more about our support services:

leicspart.nhs.uk/mental-health

