

ST. JAMES' (C OF E) JUNIOR SCHOOL

Every Child, Every Chance, Every Day.



WEEKLY NEWSLETTER

FRIDAY 5TH DECEMBER 2025

CHRISTMAS DINNER & CHRISTMAS JUMPER DAY...

We had a fantastic time on Wednesday celebrating Christmas Dinner and Christmas Jumper Day. The children looked amazing in their jumpers, filling the school with colour and cheer. A huge thank you to Julie and the kitchen team for the wonderful Christmas dinner and making the day feel truly special for everyone

CHRISTMAS DINNER & CHRISTMAS JUMPER DAY...

3/4MS had a brilliant time at the Christmas Megafest at Derby Tennis Centre. The children threw themselves into all the activities with great enthusiasm and represented the school wonderfully. It was a fun, energetic morning and they returned full of excitement and festive spirit.

YEAR 3 NATIVITY TO PARENTS...

Our wonderful Year 3 children will be performing their Nativity play to parents on Tuesday 16th December. The performance will start at 9:15am. Last year's performance was very busy, so please arrive in school in good time to avoid being late and to ensure you get a seat!

PANTOMIME...

Next Wednesday, the whole school will be heading to Derby Arena to watch this year's pantomime, Dick Whittington! Oh yes we are! We'll be setting off at 9am and will return just after lunch. Children are welcome to bring a small snack for the interval - but please remember that snacks must not contain nuts. We're looking forward to a fun-filled morning of panto magic and plenty of laughs.

SCHOOL CLOSURES...

A reminder that school closes to children on Thursday 18th December. There is no school on Friday 19th December. Children return to school on Monday 5th January.

MERRY CHRISTMAS...

Wishing a warm and joyful Christmas to all our children, families, and staff who will be celebrating - may your holidays be filled with peace, laughter, and special moments together.



This week's theme for the Golden Book is 'Someone who has shown all the GROW values this half-term.'

This week's winners are:

3R	Shayaan
3W	Minahil
3/4MS	Subhan
4A	Peter
4B	Jochebed
5F	Ayaan
5H	Aurora
5/6FB	Aaliyah
6K	Princess
6Q	Maryam

A huge well done to all this week's winners.



What Parents & Educators Need to Know about

INSTAGRAM

AGE RESTRICTION
13+

Instagram remains one of the world's most popular social media platforms, especially among teens – with around 70% of 13 to 17-year-olds using it. Owned by Meta, Instagram allows users to share photos and videos, create interactive 'stories', broadcast live, send private messages and follow others. With regular updates and new features, it's essential for parents and educators to stay informed about how children are using the app – and what the risks are.

WHAT ARE THE RISKS?

EXCESSIVE SCREEN TIME

Instagram's design encourages prolonged use through endless scrolling of trending content and generating a fear of missing out (FOMO). Children can quickly lose track of time browsing posts from friends, influencers, and strangers, which may disrupt their day-to-day activities.

AI CHATBOT CONCERNS

Meta's AI, which is available on Instagram, allows users to chat with an in-app chatbot. While often helpful, it can blur boundaries for young users, who may ask for or read content that is inappropriate or see it as a real friend or confidant. Privacy issues also arise, as conversations may not be as secure or private as children assume.

RISKS OF GOING LIVE

The livestream feature allows real-time broadcasting to followers – or anyone, if the account is public. This increases the chance of unwanted contact from strangers and pressure to act in ways that gain attention, including engaging in inappropriate behaviour. Viewers may also post offensive or harmful comments during live sessions.

THREADS INTEGRATION

Threads is Instagram's sister app for public, text-based conversations. Posts from Threads appear in users' Instagram feeds and can lead children to view, share, and comment on public conversations with strangers. The content may not always be age-appropriate and can be misleading or false.

SCHEDULED MESSAGING

Instagram's newer ability to schedule direct messages means that children could receive messages late at night or early in the morning. This can disrupt their sleep or keep them preoccupied before the school day even begins.

EXCLUSION AND LOW SELF-WORTH

Feeling left out online can have a real emotional impact. Being left out of photos, receiving fewer likes, being unfollowed, or being ignored in chats and comments can leave children feeling excluded, which often hurts as much as in real life. There is a risk this can lead to reduced self-esteem and a sense of not belonging.

Advice for Parents & Educators

USE INSTAGRAM'S SUPERVISION TOOLS

Instagram's built-in Family Centre lets parents monitor how much time their child spends on the app. Specialised 'teen accounts' are private by default and offer controls on who can message them. Make sure that children use their real age when registering their account to ensure they have these protections.

OPEN UP THE CONVERSATION

Talk regularly to the children in your care about what they enjoy on Instagram – and what makes them uncomfortable. Encourage honest chats about filters, body image, and online approval. Reassure them that they don't need to edit their appearance or chase 'likes' to feel valued.

SET BOUNDARIES FOR THREADS AND AI

Parental controls on Instagram also apply to Threads. These allow parents to monitor time spent in the app, check follower lists and adjust exposure to sensitive content. Discuss AI features, too, therefore helping children understand that chatbots aren't real people and should be used with care.

BE MEDIA-SAVVY WITH INFLUENCERS

Parents should follow a few of the influencers their child watches, so they can better understand the content they're seeing. Use this as a springboard to talk about the difference between genuine recommendations and paid promotions – and how online personalities can shape opinions and behaviour.

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.



#WakeUpWednesday

The National College