

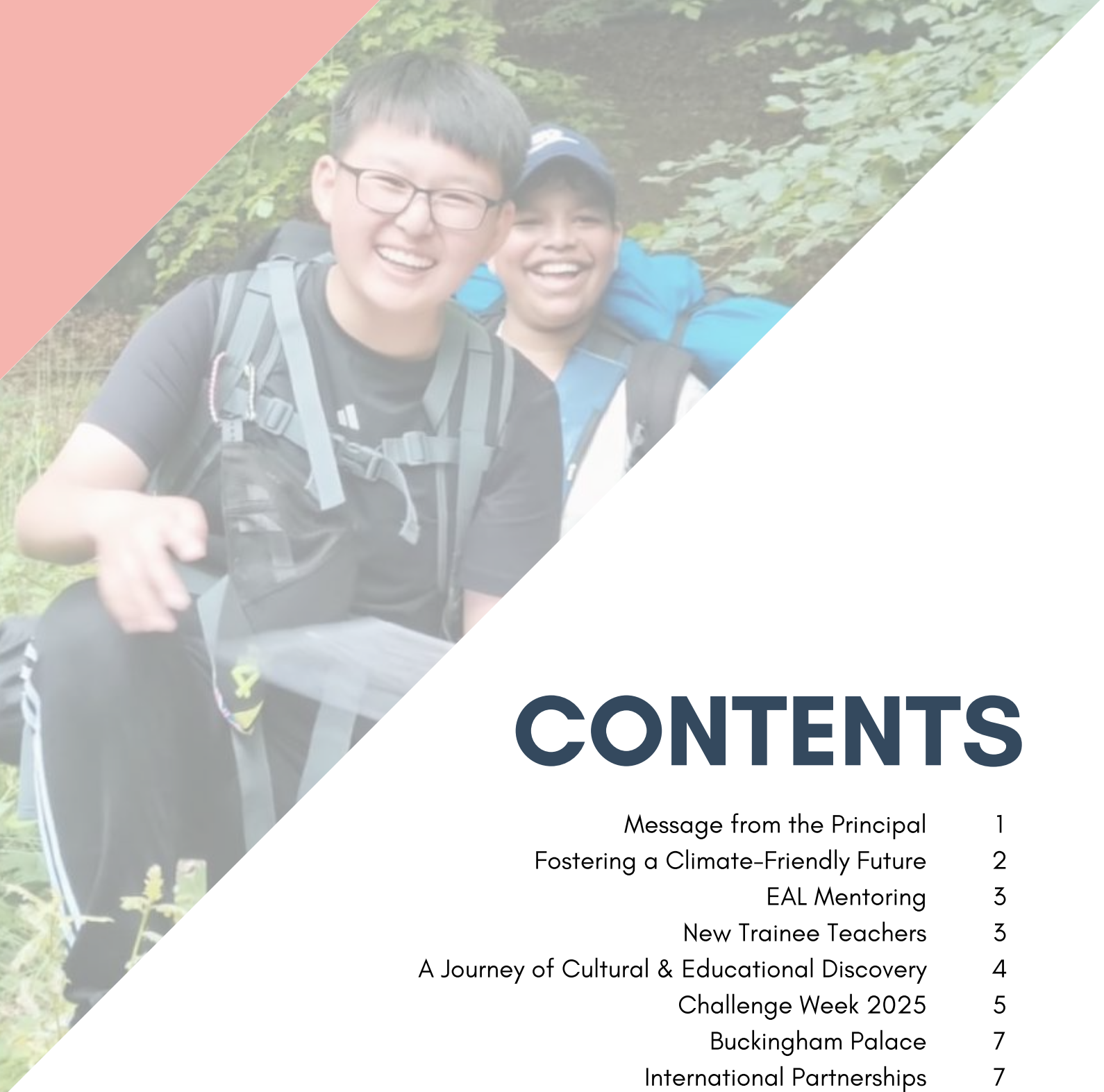


UNIVERSITY OF
BIRMINGHAM
SCHOOL

UOB SCHOOL NEWSLETTER

Summer Edition 2025 | Issue 16





CONTENTS

Message from the Principal	1
Fostering a Climate-Friendly Future	2
EAL Mentoring	3
New Trainee Teachers	3
A Journey of Cultural & Educational Discovery	4
Challenge Week 2025	5
Buckingham Palace	7
International Partnerships	7
Network Rail Station Artwork	8
Sustainability at School	8
Girls into Electronics	9
A Unique Maths Programme	9
Poetry in Translation	10
In Other News...	11
Artsfest 2025	13
Sport at UoBS	14
The Book Nook	15
Term Dates & Useful Contacts	16
Staying Safe Over Summer	17

MESSAGE FROM THE PRINCIPAL

Dear Parents, Carers, and Friends of the School,

I write with the summer term 2025 now behind us, to introduce this edition of the University School's newsletter. You will note when engaging with its contents that as ever, so much activity has occurred in and out of the classroom, and in partnership work. The last of these is valuable. Partnerships enhance so greatly the experiences pupils, students, and staff benefit from. And, in line with the University of Birmingham's founding heart as a civic University, as a School by design 'for the city of Birmingham' it is invariably energising and purposeful for us to outwardly collaborate.



With gratitude to Junior, Hardik, and Sara for their student leadership across 2024/25.

The University of Birmingham School in September 2025 reaches its ten-year anniversary. In September 2015 our School opened its doors to its first young people, families, and staff. Across that time the School has become fully formed and celebrates many established and respected strengths. The traditional anniversary gift for a 10-year milestone is tin. Not the most exciting of metals it might be said, yet among its properties are being pliable whilst retaining strength. Our School is so much more than that, yet this is a relevant metaphor for a complex organisation developing over time and determining its identity. The University of Birmingham is at the same time 125 years old. Across the coming academic year, we plan to mark these notable institutional anniversaries.

Our 2024/25 graduates in Year 11 and Year 13 are to be commended on their steadfast preparations across the year for public examinations. They have shown commitment, maturity, and determination. The results days happen 14 August (for A levels) and 21 August (for GCSEs) and at those times I really hope that their endeavours will have proved fruitful. They deserve no less.

I was delighted over the last couple of weeks to engage with the interview processes for our School's senior pupil and student appointments in readiness for the coming academic year. As ever, I found myself bowled over with their confidence, intelligence, thoughtfulness, and excitement about the accomplishments each hopes to land in the future. These included Sabrina, Anika, and Tiffany appointed to the Student President Team in Sixth Form, and Ivy, Lara, McKenzie, and Rithicka in next year's Year 11 cohort earning roles as Head and Deputy Head Prefects in Lower School. Impressive one-and-all does not come close to describing them sufficiently! I look forward to their leadership across 2025/26, whilst thanking this year's pupil and student leaders for their service to the School upon now vacating their roles.

I enclose my sincere thanks to each member of staff for their care and commitment across the year. To our parents, carers, and families, I send my appreciation of your support and partnership for the School. Finally, I wish all members of our School community a safe and happy summer ahead.

With kindest regards, **Colin Townsend**

FUTURE FORESTS: FOSTERING A CLIMATE-FRIENDLY FUTURE

To mark the occasion of COP30, the Birmingham Institute of Forest Research (BIFoR) has launched an innovative initiative called Future Forests which aims to inspire a new generation to active roles in environmental sustainability.

BIFoR organised a knowledge exchange event at the University of Birmingham campus which brought together 44 A level students from three schools in the West Midlands, including UoBS Sixth Form. Our students participated in an interactive policy workshop where they discussed potential policy measures that could be implemented to support sustainable practices. They were also introduced to various green careers and the diverse opportunities available beyond the traditional sciences.

UoB School enjoys a strong partnership with the BIFoR team and, this year, we were awarded a Royal Society grant for a project to explore which tree species will be the most resistant and resilient to extreme weather events, and whether fertilisation may improve recovery. We have purchased a new greenhouse which students are using to gain a better understanding of how plants respond to drier soil conditions.

Year 12 Biology students will grow different tree seedlings under varying conditions to find out which species is better prepared to survive extreme weather. To help with their understanding, they enjoyed a field trip to the BIFoR Free Air Carbon Experiment, based in a forest in Staffordshire.



EAL MENTORING

We have over 40 different home languages represented within our pupil and student body, reflecting the diverse nature of our School. This year, to support some of our Year 7 pupils who have English as an Additional Language (EAL), we set up a Sixth Form mentoring scheme which has paired Sixth Form students and Year 7 pupils with the same home language. Pairs meet every Wednesday during form time.

Over the last few months, the groups have worked through lesson content in the Year 7 knowledge organisers to help with the acquisition of English vocabulary. Pupils have a small exercise book where they can write down the different words they hear over their week to bring to their session. Our Sixth Form mentors are currently supporting pupils who speak Cantonese, Mandarin, Yoruba, Urdu, and Turkish. Our students have shown leadership and patience as they have led these sessions themselves. Their commitment to supporting our younger pupils is fantastic and they have been excellent role models. Our younger pupils have been able to build their confidence in language as they learn new words and improve their understanding of subject-specific vocabulary.

Thank you to all the students for their efforts and commitment every week to support our younger pupils!



NEW TRAINEE TEACHERS

It has been another busy term at UoB School for trainee teachers. We welcomed six teachers completing their training placements from University of Birmingham, University of Worcester, and Bishop Challoner Training School Alliance. All have made fantastic progress and built strong relationships with pupils and loved getting involved with our annual Challenge Week!

If you are interested in training to teach, then we'd love to hear from you! Please contact David Ashmore, our ITE senior mentor, at d.ashmore@uobschool.org.uk to explore how we can support your journey ahead.



A JOURNEY OF CULTURAL & EDUCATIONAL DISCOVERY

Going to Greece through the Turing Scheme was such a unique and unforgettable experience. It was my first time travelling with an educational programme like this, and I'm grateful I had the chance to go. It gave me the opportunity to explore a different country, culture, and way of life, all while growing as an individual and stepping out of my comfort zone.

One of the most interesting parts of the trip was visiting the American Farm School in Thessaloniki. It wasn't like anything I'd ever seen before – students there learn through proactivity, especially in areas like agriculture, sustainability, and science. We were able to view the snails, greenhouses, and even the labs where students were working on real-life experiments and projects. Speaking to the students made me realise how different education can be in other parts of the world. I found it inspiring – how passionate they were about their learning.

Another big part of the trip for me was trying new foods – something I'm usually a bit cautious about. But I challenged myself to try everything, from gyros to souvlaki. This helped me become more open-minded and willing to embrace unfamiliar experiences.



We also visited museums and cultural sites, including the White Tower and the Archaeological Museum of Thessaloniki. Seeing ancient ruins and artefacts in person made Greek history come to life. It was fascinating to learn about Greek mythology, whilst standing in the location of where so much of it happened!

Most of all, this experience taught me a lot about myself. I learned that I'm capable of more than I thought, especially when I push myself outside of what's comfortable. I had to talk to new people, manage new situations, and stay confident in unfamiliar settings – and I really surprised myself with how well I handled it. The Turing Scheme didn't just give me the chance to travel; it gave me the chance to grow. I came back more confident, curious, and motivated. I now have a stronger appreciation for different cultures, and I'm more excited than ever to keep exploring the world and learning from it.

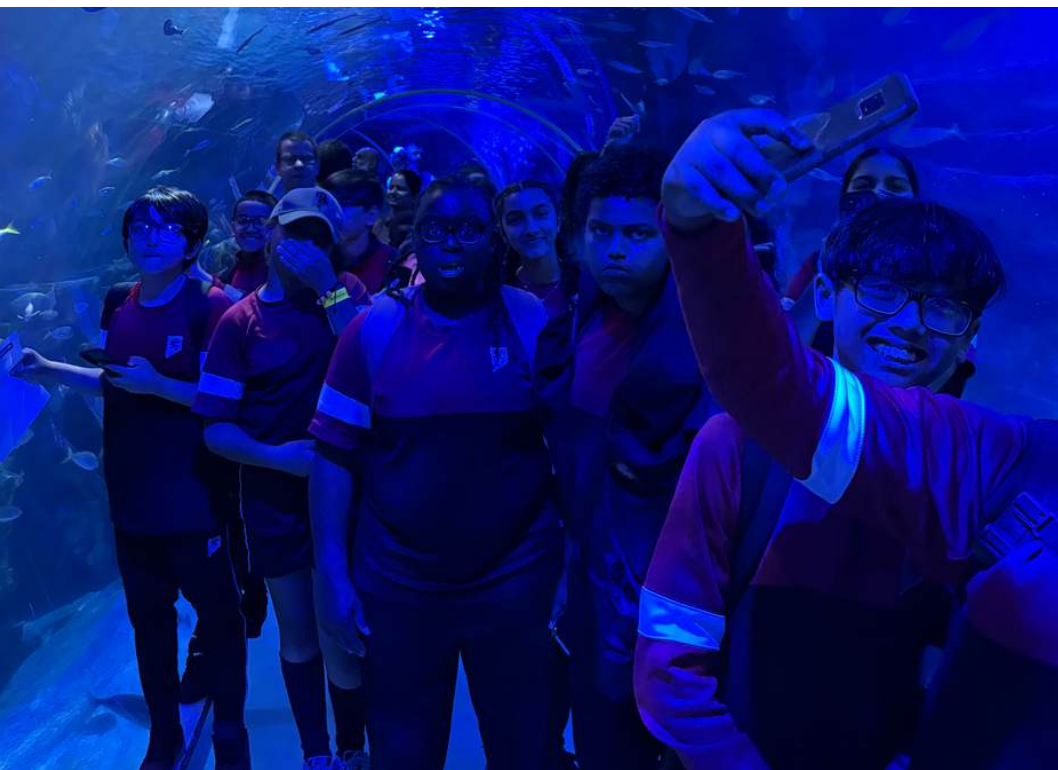
By Freedom M, Year 12 Student





CHALLENGE WEEK 2025





UOB SCHOOL ATTENDS EVENT AT BUCKINGHAM PALACE



Principal Colin Townsend and Vice Principal Arthur Reeves attended, by invitation, the Education and Skills event hosted at Buckingham Palace in conjunction with the Department for Education. The event recognised contribution and impact within education and provided an opportunity to network with education leaders and colleagues from across the country – alongside sharing views on education and skills with members of the Royal Family and Household. We are grateful for the opportunity to celebrate our School and Trust's many distinctive and rich partnerships – foremost with our founding partner, the University of Birmingham.

INTERNATIONAL PARTNERSHIPS

We had the pleasure of hosting 30 leaders from secondary schools across India as part of their visit to Birmingham with the Central Board of Secondary Education in India, the British Council, and the Education Leadership Academy at the University of Birmingham. Our visitors met with the school leaders and learnt more about our partnership with the University of Birmingham, our approach to character education, and our enrichment programme. They had a great time meeting our Year 10 prefects, observed some lessons, and enjoyed a tour of our School.

We would like to thank all of our new friends from India for joining us and we look forward to more opportunities to learn and grow with our international communities.



NETWORK RAIL STATION ARTWORK



We had a great time at the unveiling of the new Network Rail artwork as part of their Railway 200 campaign commemorating the 200th anniversary of the birth of the modern railway. The pieces were created by young people from six local schools, including UoB School, and designs were based on landmark Birmingham organisations including Birmingham Municipal Bank, Norton Motorcycles and the Mailbox.

Well done and congratulations to our pupils and students Nishant C, Hanny A, Daniel V, and Mrs Kershaw for your wonderful designs! It was a pleasure to work with Network Rail on the project and have an underground tour of New Street station. The designs will be on display all year and are located outside Birmingham New Street station.



SUSTAINABILITY AT SCHOOL



A huge thanks to the [Friends of UoBS](#) (our School PTA) for making progress on our roof top community garden. The Friends have been busy potting new plants and working on a new garden design.

Head Gardener at Winterbourne House & Gardens - Daniel Cartwright, visited the School to advise on the best plants for our space. Winterbourne kindly donated some plants to our garden and they are thriving!

Our garden also provides a space for learning, and our Year 12 students are using the greenhouse to test how tree seedlings cope under different conditions. We have recently joined the 'Let's Go Zero' pledge to become zero carbon and monitor our air-quality in the environment around the School. Our garden will assist our pupil and student learning as we continue to focus on sustainability and solutions for the planet.

GIRLS INTO ELECTRONICS

"11 female pupils from Year 10 and Year 12 attended a 'Girls in Electronics' event hosted at Aston University by the UK Electronics Skills Foundation (UKESF). Below is what they had to say..."

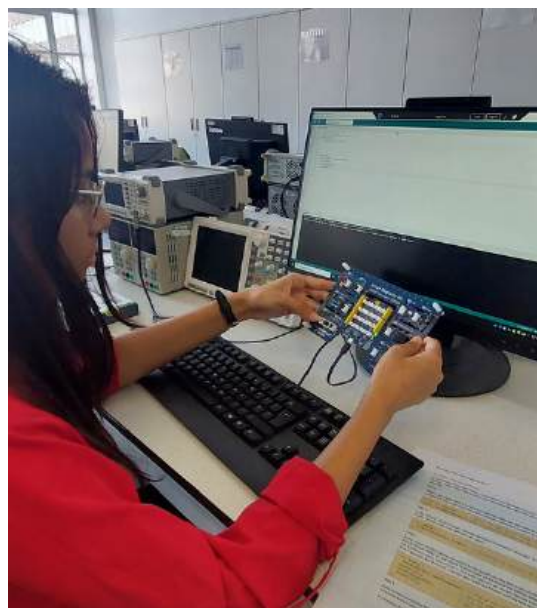
As an aspiring student considering a future in electronic engineering, I attended an inspiring event at Aston University focused on encouraging girls to explore opportunities in this field. The experience deepened my interest in electronic engineering by highlighting its impact and potential, especially for women. I particularly enjoyed touring the various labs, which showcased hands-on applications and cutting-edge technologies that made the subject come alive.

A standout moment was the talk by a representative from Apple, who shared insights into the role of electronic engineering in their products and his personal journey in the tech industry. His story greatly motivated me and reinforced my curiosity and enthusiasm toward pursuing a career in electronic engineering."

By Ramsha M, Year 12 Student

"The experience was very enjoyable as we learnt new skills such as coding in another language. We got involved in various practical sessions such as Arduino making codes for a device to light up and buzz. During our visit we showed curiosity as it was a new experience for most of us. We had an amazing in-detail tour of the department, looking at the computer labs and 3D printing machine. We also received a free key ring that the staff made using the machine and a lovely lunch too!"

By Ysabelle T and Anupurba S, Year 10 Pupils



A UNIQUE MATHS PROGRAMME

We are now coming to the end of the first year of the School's participation in the Mathematics Progression Programme. This is a programme unique to Birmingham in which nine schools were selected to take part, and we are lucky enough to be one of them. This first year had a lot of exciting experiences for many of our pupils. Pupils from Year 7 have been taking part in problem solving sessions in and outside of school; Year 8 pupils went on a hands-on trip to explore Maths and Science degrees at the University of Birmingham; Year 9 and 11 attended exciting Maths lectures! The Mathematics department here are excited by the other opportunities and experiences that our pupils will have in the coming years.

POETRY IN TRANSLATION

Translating poetry is a wonderful way for pupils to deepen their understanding of both language and literary expression. Pupils in Years 7, 8, and 9 have been preparing to enter the Stephen Spender Prize Poetry Translation Competition, by translating French poems into English. Below we have shared an example of the translation work from pupil Farhan K (Year 7). Translating French poetry is challenging yet rewarding. We wish our pupils the very best of luck with the competition!

Quand je serai grand...



Moi, quand je serai grand,

je serai bâtisseur.

Je construirai des palais de cristal
aux escaliers en spirale,
des fontaines qui dansent,
de gros châteaux en pierre
et des ponts qui se balancent
au-dessus des rivières,
des fermes aux toits pointus
pour les animaux perdus
et aussi une cabane en bois
sur un arbre, tout en haut
pour écouter les oiseaux.

Oui mais...
comme je suis encore petit,
j'ai construit
sous le bureau de mon papa
une tente avec des draps.

Translation by Eloise C

When I am older
I dream of being a builder
I will build a palace made of crystals
with tall, swirly stairways
and dancing fountains
I will build a large castle made of stone
That has a bridge perched
Across the river
I will build a farm with a pointed roof
For all the lost animals to live in
I will build a cabin made of wood
Next to the tall trees
Where you can listen to the birds

Pupil Commentary

"In the poem, I decided to make it so that the boy was dreaming of becoming a builder because I thought that it meant he really wanted to be a builder."

I used the repetition of 'made of' to link all of the different places together.

I like the ending as it still links to all the other places he wants to build but also shows that he has already built something.

I also added the last line to link it back to the start of the poem and add a bit of emphasis on his dreaming about his future."

IN OTHER NEWS...

Year 10 Aspirations Evening

Year 10 pupils and their families joined us this term for an aspirations evening. We had several colleges, sixth forms, and apprenticeship providers attend, offering valuable insights on courses and career pathways. UoB School staff also discussed the importance of the upcoming GCSE exams and how we will help pupils transition to Year 11. We hope that the evening inspired our pupils to think about their future pathways and the diverse opportunities that lie ahead. A huge thank you to all of the providers who joined us to make the event a success.



Year 12 University of Oxford Visit

Year 12 students had the exciting opportunity to visit Keble and Hertford Colleges at the University of Oxford as part of their aspirations programme. The visit gave students a glimpse into life at Oxford, they took a tour of several landmarks, and learnt more about the application process.



Brilliant Club Scholars Graduates

Congratulations to our Year 12 students who celebrated at the University of Birmingham following their successful completion of the Brilliant Club Scholars Programme. All students involved presented their research projects effectively on 'The Renaissance: Beauty, Genius, and Revolution.'



Disability Awareness Week

Pupils Kayleigh, Ali, and Spencer researched, created, and presented an assembly for their peers to raise the profile of Disability Awareness Week. Their goal was to foster understanding and empathy among pupils, supporting our inclusive school environment.

They discussed both visible and non-visible conditions. The pupils not only educated their peers but also planted seeds for a more compassionate school community. Well done to you all. With thanks to Mrs Harnett for supporting the pupils during the preparation stage.



UoBS Alumnus Celebrates Gold Award Achievement

Wonderful news from UoBS alumnus Luke who was invited to Buckingham Palace for the DofE Gold Award Ceremony to celebrate his achievements amongst peers. Luke and his family had a wonderful time exploring the gardens and listening to inspirational talks from Alex Scott, Heather Fisher, and Jake Jarman – including a brief interaction with the Duke of Edinburgh himself!

Congratulations to Luke for his tremendous commitment and independence shown, and thank you to our UoBS DofE staff who continue to organise and support such wonderful opportunities for our pupils and students.



Join our Alumni Network

We are really proud of our former pupils and students and want to stay connected with as many of you as possible. We hope that pupils and students still feel part of Team UoBS when they have left School and we are growing our alumni community to keep you up-to-date with the latest news and opportunities to engage.

Did you attend UoBS and have a story to share? Contact us via alumni@uobschool.org.uk or [Click here to join our Alumni Network.](#)

Work Experience Success at Mondelez

Well done to Abdulla Z in Year 12 for successfully completing his virtual work experience placement with Mondelez International and winning the group challenge! The group had to develop and present ideas for potential new products

Their winning ideas were Black Pepper and Strawberry Milk Chocolate, Saffron Honey White Chocolate, and Raspberry Dark Chocolate – great combinations!

Abdulla received a box of treats as a thank you for his hard work and innovative thinking.





ARTSFEST 2025



SPORT AT UOBS

T20 Women's Cricket

Pupils had a brilliant day at the Edgbaston Cricket Ground at the T20 Women's Cricket: Bears Women vs Essex Women. The live event had a fantastic atmosphere and great weather! This raised the profile of women in cricket and reinforced high aspirations for females in sport.



Empowering Females in Sport

Year 7 pupils had a wonderful day at the 'Girls of Brum Takeover' event at the Alexander Stadium dedicated to empowering females in sport, breaking down barriers, and highlighting the importance of physical activity and enjoyment. Through specific sport workshops and inspiring speeches from female athletes, pupils were left motivated and felt supported to explore several activities throughout the day.

"We learnt how regular physical activity can lead to better health, not just physically but mentally too, and overall wellbeing." Year 7 pupil.



We hope our pupils feel empowered to pursue their passions and stay active, paving the way for a healthier, more inclusive future in sports.

12 Minute Cooper Run

Year 12 students took part in the '12 Minute Cooper Run' at the University of Birmingham Athletics Track. We had a great set of results in a hot climate - a true test of aerobic endurance to help identify their VO2 Max.



Big shout out to Toby who achieved the furthest distance of 2920m in 12 minutes (7.3 laps, average 1 minute 39 seconds per lap of a 400m track).

T1 National Finals

Our team of Year 8 and Year 9 pupils finished in the top 6 teams nationally at the T1 Rugby National Finals. A fantastic effort by all. Player of the tournament: Liam.



THE BOOK NOOK

Harry Potter Book Night

June saw another successful Harry Potter Book Night at UoB School, with over 30 pupils competing for their chosen Hogwarts house in the quiz, eating an array of delightful snacks, and decorating magical wands. The competition was intense this year... Hufflepuff regained the trophy after last year's defeat by Ravenclaw!



Top Borrowers of the Year

1. Hannah A in Year 8
2. Aisha R in Year 7
3. Ahmad S in Year 7
4. Kashif B in Year 10
5. Jack RM in Year 8
6. Mahima V in Year 7
7. Nina K in Year 9
8. Hephzibah O in Year 7
9. Solyana S in Year 12
10. Faisal E in Year 9

Most Popular Books:

1. Percy Jackson and the Lightning Thief by Rick Riordan
2. Hot Mess by Jeff Kinney
3. Lewandowski by Matt Oldfield
4. Hinata and Kageyama by Haruichi Furudate
5. Jujutsu Kaisen 11 by Akutami, Gege; Aharon, Snir
6. Mashle: Magic & Muscles. Vol. 1 by Komoto, Hajime; Grandt, Eve
7. A Good Girl's Guide to Murder by Holly Jackson
8. Party Time by Rachel Renee Russel
9. The Hunger Games by Suzanne Collins
10. Harry Potter and the Philosopher's Stone by JK Rowling



**Reading Champions
2024-2025
Form 7Y4!**



TERM DATES

Autumn Term 2025

*Staff Professional Development Day: Monday 01 September 2025

*Staff Professional Development Day: Tuesday 02 September 2025

Induction Day for Year 7 & 12 ONLY: Wednesday 03 September 2025

Term Starts for ALL pupils & students: Thursday 04 September 2025

*Staff Professional Development Day: Wednesday 08 October 2025

Half Term: Friday 24 October to Monday 03 November 2025 (11 days incl)

*Staff Research Day: Thursday 04 December 2025

School closed: Friday 05 December 2025

Term ends: Friday 19 December 2025 from 12.00

*no pupils or students to attend/non-teaching day.

Spring Term 2026

*Staff Professional Development Day: Monday 05 January 2026

Term Starts: Tuesday 06 January 2026

*Staff Research Day: Friday 13 February 2026

Half Term: Monday 16 February to Friday 20 February 2026 (09 days incl)

Term ends: Friday 27 March 2026 from 12.00

*no pupils or students to attend/non-teaching day.

[See our full term dates here, including dates for academic year 2026 – 2027.](#)

USEFUL CONTACTS

PAUSE - Forward Thinking Birmingham

0207 841 4470

A mental health service provider for young people up to the age of 25 in Birmingham.

Childline

0800 1111

childline.org.uk

Support for children and young people in the UK, including a free 24-hour helpline.

SHOUT

Text 'SHOUT' to 85258

Available 24/7

A FREE and confidential service for anyone in the UK who needs support.

Birmingham Mind

0121 262 3555 (helpline)

help@birminghammind.org

Open 09.00 – 23.00 everyday. Offering support to people who may be feeling low, anxious, worried, or stressed.

NSPCC

0800 800 5000

nspcc.org.uk

Support for children and anyone worried about a child.

Kooth

kooth.com

Free, anonymous online support service for young people.

10 Top Tips for Parents and Educators

STAYING SAFE AROUND WATER

Enjoying time in, on, and around water plays a vital role in a young person's overall development, offering a healthy and exhilarating way to have fun. This guide outlines essential safety advice, based on the Royal Life Saving Society UK's Water Safety Code, to help ensure children can enjoy swimming and similar activities safely and responsibly.

1 STICK TO LIFEGUARDED AREAS

It's never advisable to enter unsupervised bodies of water, especially alone. Instead, it's considered best practice to accompany children to places with lifeguards, as they will be trained to respond swiftly in emergencies and provide first aid when needed.



2 LEARN SIGNS AND FLAGS

When going to a new environment, it's important to research the local area and make children aware of safety signage before entering the water. If visiting the seaside, make sure children are always supervised by an adult and that they know what different beach flags mean, so they're knowledgeable of where and when they can enter the sea.



3 STOP AND THINK

Young people should be cautious before entering water, as it's difficult to know what hazards could be underneath. Use the Water Safety Code and encourage children to ask themselves questions such as, "Is the water too deep or too shallow? Are there currents, tides, or underwater objects?" Make sure children know never to enter water from a height, as what lurks below could cause serious injuries.



4 CONSIDER WATER TEMPERATURE

Even on hot days, water can be deceptively cold. Tragedies strike when young people experience cold water shock. Never let children enter water quickly; instead, ensure that they enter slowly and carefully to allow their bodies to adjust to the temperature or exit easily if needed.



5 INFLATABLE SAFETY

Although inflatables may seem like a fun idea when visiting locations like the beach, they can float further out from shore and into more dangerous water. It's advisable only to use inflatables in spaces like appropriately managed swimming pools, where they're used in more controlled and supervised environments.



6 SUPERVISION IS KEY



For young children, and particularly those under the age of five, it's important for them to be supervised at home, outside and at the pool at all times. It's essential for parents and educators to understand that young children can drown quickly and silently; therefore, anyone supervising them must maintain constant watch in case they get into difficulty.

7 DON'T GO TOO FAR



When swimming, especially in open water, it's best to teach children to stay within a safe depth. Share advice with them such as only entering water up to a standing depth, and in the case of visiting the beach, swim parallel to shorelines. This will allow a child to stay in control and get out of the water easily.

8 KEEP POOLS AND TUBS DRAINED



For parents of young children, a simple way to protect them at home is to keep outdoor spaces and bathrooms tidy after playtime. This includes removing water from paddling pools after use and turning them over, returning lids to hot tubs and taking toys out of baths, so all water can be fully drained from the tub.

9 FLOAT AND CALL 999



If a child gets into difficulty in the water, they should try to float on their back, stay calm, and call for help. If a young person sees someone else in trouble, they should dial 999 or 112 immediately, then shout to reassure their friend, encouraging them to float on their back, and letting them know that help is on the way. Children should never enter the water to attempt a rescue or retrieve belongings.

10 TEACH WATER SAFETY



Beyond swimming lessons, children should be educated in school on water safety. Use RLSS UK's accredited programme, 'Water Smart Schools', which offers free lesson plans and resources on how to be safe on, near and around water by following the Water Safety Code.

Meet Our Expert

The Royal Life Saving Society UK (RLSS UK) is a national water safety charity that gives children the chance to enjoy a lifetime of fun in the water, safely. Water safety education provided in schools is vital and, in some instances, could be a child's only opportunity to learn about the water.



The National College

Online safety tips for parents & carers to KEEP CHILDREN SAFE ONLINE OVER SUMMER

School's out ... for summer! Yes, it's that time of the year again: around six weeks at home for ecstatic youngsters. For many young people, a bumper stint off school means a welcome chance to spend even more time with their games console, phone, tablet or smart TV. So whether your children are likely to be scrolling on Snapchat, nestling in front of Netflix or frying foes on Fortnite, we've put together some top tips to help you keep them safe online this holiday.

THERE'S NO NETWORK LIKE HOME

Teenagers, especially, tend to be delighted to find that a coffee shop, restaurant or shopping centre offers free WiFi. These public networks are much less secure than home WiFi, though, so discourage your child from making online purchases or entering personal details when out and about.



LIGHTS OUT, SCREENS OFF

This is a golden rule: try to limit how much screen time your child has towards end of the day. Staring at the screen of a phone or tablet for too long before bed severely impacts a child's quality of sleep - which can play havoc with their concentration, mood and energy levels the next day.



FOCUS ON FACTS

The internet is phenomenal at spreading gossip. When children of certain ages aren't in daily contact at school, the digital rumour mill can go into overdrive. Remind your child not to believe everything they're told online - especially if the person involved isn't around to provide their side of the story.



KEEP TALKING

It sounds blindingly obvious, but having regular chats with your child about who they're talking to online, what games and apps they're using and what shows they're streaming is a huge benefit. It doesn't have to be every day or even every week, but it can signal potential issues well in advance.



PRIVATE INFO STAYS PRIVATE

It's worth checking your child's social media or gaming profiles occasionally to make sure they aren't inadvertently giving away too much information. Details such as their full name, address or where they go to school could all be used to track them down by individuals with sinister intentions.



LIMIT SOCIAL AUDIENCES

When they're old enough, young people love to broadcast their summer holiday highlights all over social media. The unfortunate truth, however, is that we don't always know who might be viewing this content. Check the settings to ensure that only friends and family can see your child's posts.



DEMONSTRATE GOOD HABITS

Children often learn their digital behaviour from watching the grown-ups around them. So make sure your child observes you being positive and supportive on social media, for example - and, especially, sees that you know when it's time to switch the screen off, even though you're having fun.



WATCH FOR EXCESSIVE GAMING

With no school, children often take every opportunity to fit in 'just one more go' on their favourite game - sometimes at the cost of their daily routine, or having family time. A little extra gaming is to be expected in the holidays, but it could become problematic if it evolves into a recurring habit.



IT'S 'THE GREAT OUTDOORS' FOR A REASON

For most northern hemisphere-dwellers, this time of year is a rare opportunity to enjoy the outside world in pleasant weather. Remind your child how amazing it is to feel the sun on their back and fresh air in their lungs. Disney+ and Minecraft will still be there on drizzly Sundays in October.



**National
Online
Safety**

#WakeUpWednesday

University of Birmingham School
12 Weoley Park Road
Selly Oak
Birmingham
B29 6QU

t: 0121 796 5000
e: reception@uobschool.org.uk
w: uobschool.org.uk

Keep in touch



@uobschool