



# Woodthorpe Junior and Infant School



**Friday 17<sup>th</sup> April 2026**  
**Article of the month: 15**  
**School Value: Respect**

Dear Parents and Carers,

**Welcome back** to the summer term, we hope you all enjoyed a restful end of spring term break.

**Year 6** went to the **Black Country Living Museum** on Wednesday to experience, firsthand, what it was like to be a child in Victorian times. I know they found it fun and insightful.

Class textiles projects are underway to celebrate **World Arts Day** this week. Please keep an eye on your child's class blog site to see their finished pieces or work.

The summer **Calendar of Events** will soon be available. There are always a lot of class and school events towards the end of year, some of which depend on the weather and may be subject to change. We will endeavour to keep you informed when and if any changes to dates and times are made. We are looking forward to our Drama Clubs' A Midsummer's Night Dream performance next week. We hope you can come along on Thursday to watch and enjoy all their hard work. Thank you to Woodthorpe Friends who will be providing some refreshments for you. Any money raised supports school fund.

**Year 3** have made a great start to their **swimming sessions** at Cocksmoors Leisure Centre this week. We look forward to seeing the children make great progress as this continues next week.

Unfortunately, school has received a complaint from a local resident regarding inconsiderate parking of cars as they drop off and pick up their children from school. The resident's driveway is being blocked daily. This is preventing them from doing the school run themselves. Please can we remind all our parents/carers who park on

Woodthorpe Road to please take care not to obstruct driveways. Thank you.

Happy Vaisakhi to our families celebrating this week.

Have a great weekend.

Ms McGrath

## House Points Weekly Leaderboard

**Brandwood – 529**  
**Dawberry – 557**  
**Jasmin – 497**  
**Highbury – 496**

## Attendance & Punctuality

w/c 23.03.26

| Year Group                     | Present marks (%) | No of Lates |
|--------------------------------|-------------------|-------------|
| Reception                      | 95.67             | 4           |
| Year 1                         | 97.04             | 13          |
| Year 2                         | 96.67             | 6           |
| Year 3                         | 95.67             | 4           |
| Year 4                         | 94.67             | 1           |
| Year 5                         | 96.85             | 15          |
| Year 6                         | 95.33             | 1           |
| <b>Average % / Total Lates</b> | 95.99             | 44          |

## Notices, Updates and Reminders **Road Restriction – before and after school**

Just a reminder that Greenwood Close is traffic restricted to permit and disability badge holders only during the following times of day, Mon- Fri: 08.30-09.15 and 14.45-15.30. Please avoid driving down the close at these times to keep our children and their families safe.

## **Book Fair**

Thank you for helping us to raise **£197** at our Scholastic Book Fair last week.

## **Arbor App**



# Woodthorpe Junior and Infant School



If you are not receiving Notifications, please check you Arbor App settings & ensure you have selected - *allow notifications* & for the app to be *running in the background*, to receive real-time notifications.

**Meal Information – New Summer Menu Week 2 (attached).** Please also find attached *New Summer Menu Week 1 & 3*. Please let us know your child's Meal Pattern, if this is changing for Summer term one, as soon as possible. Please could we ask that all meals are paid for promptly, where required, via Arbor App – Payment Section – Meal

Account. Please continue to report any discrepancies to the school office.

If your child requires a school meal (instead of providing packed lunch from home) as a one-off emergency, please let the school office know at the beginning of **the day or as soon as possible**.

A reminder that you do not need to select your child's meal preference or order your child's meal, as this is generated automatically from your child's 'Meal Pattern'. Any changes of meal patterns, please notify school office at the end of each half term. Thank you – School Office Team

## **KS2 Fruit available to purchase in School Shop – 45p per item**

Daily Fruit for junior children will now be available from the School Shop on Arbor App. A selection of Apples/Oranges/Bananas will be available to purchase.

## **School Fund Contributions**

School fund contributions kindly welcomed.

## **Diary for the Week**

*Summer Menu Week Two– attached*

*Y3 swimming daily (week 2)  
13.30 -14.15*

## **Monday 20<sup>th</sup> April**

8.30 – 8.45 am The Daily Mile

Guitar lessons

3.15 – 4.15 pm KS2 Multi-Sports (Inspired Sports – Richard Stedman)

## **Tuesday 21<sup>st</sup>**

3.15 – 4.15 pm Rec/Y1/Y2 Football (Aston Villa Football Club)

No Choir (Start date tbc)

## **Wednesday 22<sup>nd</sup> -**

8.30 – 8.45 am Wake -Up, Shake Up

3.15 – 4.15 pm Y1 – Y6 Street Dance (Fusion Dance – Amy Morris)

## **Thursday 23<sup>rd</sup>**

8.30 – 8.45 am The Daily Mile

Brass and Keyboard Lessons

3.15 – 4.15 pm KS2 Arts Club

5.30 – 7 pm KS2 Drama Club's Performance of Midsummer Night's Dream

3.15 – 4.15 pm KS2 T1 Rugby (Moseley Rugby Club)

## **Friday 24<sup>th</sup>**

3.15 – 4.15 pm Rec/Y1/Y2 Multi-Sports (Premier Education)

## **Remaining staff training days 2025-26:**

- Polling Day 7<sup>th</sup> May
- Monday 20<sup>th</sup> July



# Woodthorpe Junior and Infant School Health and Wellbeing Newsletter



Friday 17<sup>th</sup> April 2026

## Clubs and Activities



| Position        | Year Group | Distance Travelled |
|-----------------|------------|--------------------|
| 1 <sup>st</sup> | Year 2     | 19.93              |
| 2 <sup>nd</sup> | Year 4     | 12.08              |
| 3 <sup>rd</sup> | Reception  | 11.78              |
| 4 <sup>th</sup> | Year 5     | 6.19               |
| 5 <sup>th</sup> | Year 6     | 6.04               |
| 6 <sup>th</sup> | Year 3     | 5.44               |
| 7 <sup>th</sup> | Year 1     | 2.57               |
|                 |            | <b>64.03 miles</b> |

We had an impressive 58 active children this week, travelling a total distance of 64 miles! Year 2 were once again our most active class this week – travelling a total distance of 19.93 miles! A great start to the new term!

Don't forget that it takes place every Monday and Thursday morning at 08:30.

Please note Wake-up Shake-up will be on Wednesdays for all year groups.

### **After-School Sports Clubs – Summer 1**

Monday: Multi-Sports (3/4/5/6)

Tuesday: AVFC Football (R/1/2)

Wednesday: Streetdance (1/2/3/4/5/6)

Thursday: Moseley Rugby (3/4/5/6)

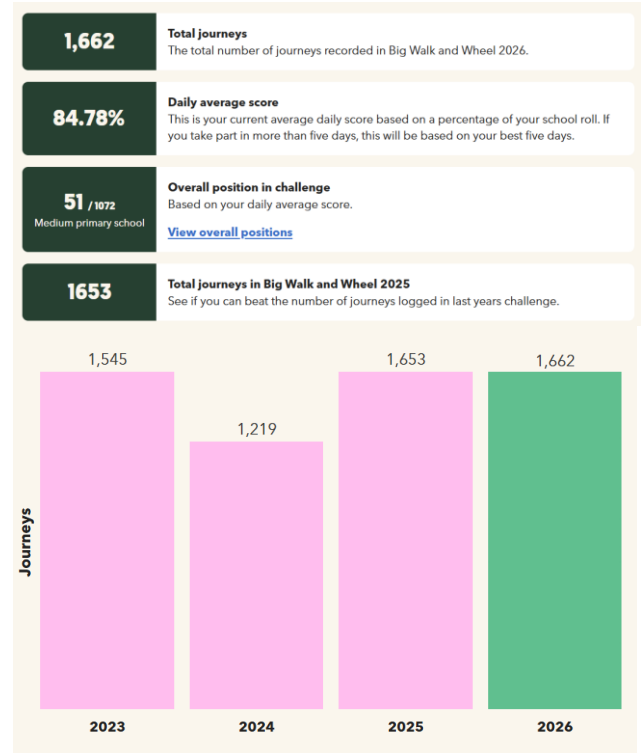
Friday: Multi-Sports (R/1/2)

Please see attached for more details.

### **Big Walk & Wheel 2026**

We did fantastically well as a school in the recent Big Walk & Wheel initiative. We managed to beat last year's record of 1653 journeys, by a mere 9 journeys! An amazing effort by everyone – thank you for your continued support. It is great to see that active travel is an embedded strength at Woodthorpe and supports our on-going

travel plan. Can be beat 1662 journeys in 2027....



### **Personal Bests**

Our Personal Best challenge for this half term is a skipping challenge. There are three levels for children to work through – Bronze, Silver and Gold – each with its own set of skipping challenges. Children can choose which level they would like to start at, allowing everyone to challenge themselves at a level that feels right for them. Lots of children have already had a go at the challenge and have absolutely loved skipping at lunchtimes with the BAs.

### **Blackwell Adventure – Year 3/4 Residential**

A reminder that the deadlines for the forthcoming residential visit to Blackwell are as follows:

Payment 2 – 28/02/2026

Payment 3 – 31/03/2026



# Woodthorpe Junior and Infant School Health and Wellbeing Newsletter



Payment 4 – 30/04/2026

Letters will be given out on Monday 20<sup>th</sup> April relating to the dietary and medical needs for the children. This will need to be completed and returned to school by Friday 24<sup>th</sup> April. If you have any questions or concerns, please speak to Mr Trevor.



## TCS London Mini Marathon 2026

We are only a week away from the TCS London Mini Marathon 2026! Packs were distributed this week with further information. Race bibs can be collected at 3:15pm from the school office on Tuesday 21<sup>st</sup> and Wednesday 22<sup>nd</sup> April. A reminder will be sent out via Arbor next week. ALL of our children will be involved with the TCS Mini London Marathon in Schools initiative. See class blog sites for more details next week.



Aston Villa Foundation Curriculum Support



## Lunchtime Sport Provision – Summer Term 1

Tuesdays – Aston Villa Foundation - Handball

Wednesdays – Mr Trevor - Football

Fridays – Premier Education – Four Square

## Year 3 Curriculum Swimming

Year 3 have now completed the first week of their 2-week swimming block at Cocks Moors Woods swimming pool. They have already shown huge levels of progress and represented the school positively throughout the week.

## Woodthorpe in the Community

Alex (Y6) plays for South Birmingham District and won the cup last week. This was a great end to his season with his team. Well done!

Aminah (Y6) won 2 out of her 3 matches in her Muy Thai competition. She trains every week and is really enjoying the new challenge.

## Pupil Voice

## Dates for your diary

### TCS Mini Marathon

Monday 20th April- The Daily Mile

Wednesday 22<sup>nd</sup> April- Wake-up Shake-up

Thursday 23<sup>rd</sup> April – The Daily Mile



# Woodthorpe Junior and Infant School Health and Wellbeing Newsletter



## Active April 2026

| MONDAY  | TUESDAY  | WEDNESDAY  | THURSDAY  | FRIDAY  | SATURDAY  | SUNDAY  |
|---|--|--|---|---|---|---|
|  <p>6 Do a body-<br/>scan meditation<br/>and really notice<br/>how your body<br/>feels</p> |  <p>7 Get natural<br/>light early in<br/>the day. Dim<br/>the lights in<br/>the evening</p> | <p>1 Commit<br/>to being<br/>more active<br/>this month,<br/>starting today</p>          | <p>2 Spend as<br/>much time<br/>as possible<br/>outdoors<br/>today</p>              | <p>3 Listen to<br/>your body and<br/>be grateful for<br/>what it can do</p>             | <p>4 Eat healthy<br/>and natural food<br/>today and drink<br/>lots of water</p>             | <p>5 Turn a<br/>regular activity<br/>into a playful<br/>game today</p>                    |
| <p>13 Make sleep<br/>a priority and<br/>go to bed in<br/>good time</p>  | <p>14 Relax your<br/>body &amp; mind<br/>with yoga,<br/>tai chi or<br/>meditation</p>  | <p>8 Give your<br/>body a boost<br/>by laughing<br/>or making<br/>someone laugh</p>      | <p>9 Turn your<br/>housework or<br/>chores into a<br/>fun form of<br/>exercise</p>  | <p>10 Have a day<br/>with less screen<br/>time and more<br/>movement</p>                | <p>11 Set yourself<br/>an exercise<br/>goal or sign up<br/>to an activity<br/>challenge</p> | <p>12 Move as much<br/>as possible,<br/>even if you're<br/>stuck inside</p>               |
| <p>20 Focus on<br/>'eating a<br/>rainbow' of<br/>multi-coloured<br/>vegetables<br/>today</p>  | <p>21 Regularly<br/>pause to<br/>stretch and<br/>breathe during<br/>the day</p>  | <p>15 Get active<br/>by singing<br/>today (even if<br/>you think you<br/>can't sing)</p> | <p>16 Go exploring<br/>around your<br/>local area<br/>and notice<br/>new things</p> | <p>17 Be active<br/>outside. Plant<br/>some seeds and<br/>encourage<br/>growth</p>      | <p>18 Try out a<br/>new exercise,<br/>activity or<br/>dance class</p>                       | <p>19 Spend less<br/>time sitting<br/>today. Get up<br/>and move<br/>more often</p>       |
| <p>27 Find a fun<br/>exercise to do<br/>while waiting<br/>for the kettle<br/>to boil</p>  | <p>28 Meet a<br/>friend outside<br/>for a walk<br/>and a chat</p>  | <p>22 Enjoy<br/>moving to your<br/>favourite music.<br/>Really go for it</p>             | <p>23 Go out and<br/>do an errand<br/>for a loved one<br/>or neighbour</p>          | <p>24 Get active<br/>in nature. Feed<br/>the birds or<br/>go wildlife-<br/>spotting</p> | <p>25 Have a<br/>'no screens'<br/>night and take<br/>time to recharge<br/>yourself</p>      | <p>26 Take an<br/>extra break in<br/>your day and<br/>walk outside for<br/>15 minutes</p> |

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**





**Woodthorpe Junior and Infant School**

Greenwood Close, Kings Heath,  
Birmingham, B14 6ET

Headteacher: Ms L McGrath

-  0121 464 5203
-  enquiry@woodthorpe.drbigmat.org
-  www.woodthorpe.drbigmat.org

Friday 17<sup>th</sup> April 2026

Dear Parents/Carers,

Please see our **breakfast** and **after-school club** provision for Summer Term 1 below. The sessions will run over a 5-week period from Monday 20<sup>th</sup> April 2026 to Friday 22<sup>nd</sup> May 2026. Please see the table below for the information relating to each club. To secure your child’s place within a club you will need to reserve a place through the **online booking system provided by Microsoft Forms**. If you have successfully secured a place, you will then receive a message with instructions on how to pay through Arbor.

*\*There are no sessions on Monday 4<sup>th</sup> May and Thursday 7<sup>th</sup> May due to the Bank Holiday and local elections.*

| Day / Time                 | Club   | Cost                          | Year Groups     | Available Places |
|----------------------------|--|-------------------------------|-----------------|------------------|
| Monday (3:15pm-4:15pm)     | <b>Multi-Sports</b> (Inspired Sports – Richard Steadman) | £3.50/<br>session<br>(£14.00) | 3/4/5/6         | 20               |
| Tuesday (3:15pm-4:15pm)    | <b>Football</b> (Aston Villa Football Club)              | £3.50<br>/session<br>(£17.50) | R/1/2           | 18               |
| Wednesday (3:15pm-4:15pm)  | <b>Street Dance</b> (Fusion Dance - Amy Morris)          | £3.50<br>/session<br>(£17.50) | 1/2/3/4/5/<br>6 | 25               |
| Thursday (3:15pm – 4:15pm) | <b>T1 Rugby</b> (Moseley Rugby Club)                     | £3.50<br>/session<br>(£14.00) | 3/4/5/6         | 20               |
| Friday (3:15pm-4:15pm)     | <b>Multi-Sports</b> (Premier Education)                  | £3.50<br>/session<br>(£17.50) | R/1/2           | 16               |

We are a proud  
member of



Please click on the relevant links below to book your child's place:

**Multi-Sports (KS2)** - [KS2 Multi-Sports After-School Club – Fill out form](#) (20 places available)

**Football (EYFS/KS1)** - [EYFS/KS1 Aston Villa Foundation Football After-School Club – Fill out form](#) (18 places available)

**Streetdance (KS1/KS2)** - [KS1/KS2 Streetdance After-School Club – Fill out form](#) (20 places available)

**T1 Rugby (KS2)** - [KS2 Moseley Rugby After-School Club – Fill out form](#) (20 places available)

**Multi-Sports (EYFS/KS1)** - [EYFS/KS1 Multi-Sports Premier Education After-School Club – Fill out form](#) (16 places available)

Once you have completed the online booking form (Microsoft Forms), await further instructions from the school stating if you have been successful in gaining a place. If so, then we will make contact via Arbor regarding payment.

If any of our clubs are oversubscribed, places will be allocated on a first-come first served basis. The school will contact you through Arbor if you have been successful in gaining a place.

Our '**Breakfast Clubs**' will continue to operate as usual. These are **free of charge** and there is no need to pre-book onto them. Parents/Carers do not need to collect their children at the end of their sessions, they will be supervised by members of staff from 08:30 onwards.

| Day(s)              | Breakfast Club          | Timings / Location        |
|---------------------|-------------------------|---------------------------|
| Monday and Thursday | The Daily Mile*         | 08:30-08:45 / Playground  |
| Wednesday           | Wake Up, Shake Up Dance | 08:30-08:45 / School Hall |

*\*Weather permitting. A message will be sent out via Arbor if the event is cancelled due to adverse weather conditions.*

Thank you for your continued support.

**Mr M Trevor**  
Deputy Headteacher

**Woodthorpe Junior and Infant School**

Greenwood Close, Kings Heath,  
Birmingham, B14 6ET

Headteacher: Ms L McGrath



0121 464 5203



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# Summer Menu Week 1

13th April, 4th May, 25th May, 15th June, 6th July, 7th Sept, 28th Sept, 19th Oct 2026

| WEEK ONE               | MONDAY               | TUESDAY              | WEDNESDAY             | THURSDAY              | FRIDAY               |
|------------------------|----------------------|----------------------|-----------------------|-----------------------|----------------------|
| <b>Main - Option 1</b> | Fajita Chicken       | Beef Lasagne         | Roast Beef in Gravy   | Chicken Curry         | Fish Goujons         |
| <b>Vegetables</b>      | Vegetable Medley     | Carrots              | Mixed Vegetables      | Mixed Vegetables      | Peas                 |
| <b>Sides</b>           | White Rice           | Baked Potato Wedges  | Golden Roast Potatoes | Wholegrain Rice       | Oven Chips           |
| <b>Main - Option 2</b> | Macaroni Cheese      | Chickpea Curry       | Cheese & Onion Pie    | Lentil Bolognaise     | Vegetable Lasagne    |
| <b>Vegetables</b>      | Sweetcorn            | Cauliflower          | Mixed Vegetables      | Mixed Vegetables      | Peas                 |
| <b>Sides</b>           | Diced Potatoes       | Wholegrain Rice      | Golden Roast Potatoes | Penne Pasta           | Oven Chips           |
| <b>Jacket Potatoes</b> | Filled Jacket Potato | Filled Jacket Potato | Filled Jacket Potato  | Filled Jacket Potato  | Filled Jacket Potato |
| <b>Dessert</b>         | Apple Crumble        | Chocolate Sponge     | Lemon & Orange Sponge | Chocolate Chip Sponge | Somerset Apple Cake  |



# Summer Menu Week 2

30th March, 20th April, 11th May, 1st June, 22nd June, 13th July, 14th Sept, 5th Oct, 26th Oct 2026

| WEEK TWO               | MONDAY                                  | TUESDAY                 | WEDNESDAY                             | THURSDAY             | FRIDAY                 |
|------------------------|---|-------------------------|---------------------------------------|----------------------|------------------------|
| <b>Main - Option 1</b> | Chicken & Pasta with Tomatoes and Herbs | Chicken Goujons         | Roast Chicken in Gravy                | Sweet & Sour Chicken | Tuna Pasta Bake        |
| <b>Vegetables</b>      | Sweetcorn                               | Baked Beans             | Vegetable Medley                      | Cauliflower          | Peas                   |
| <b>Sides</b>           | Baked Potato Wedges                     | Diced Potatoes          | Golden Roast Potatoes                 | White Rice           | Oven Chips             |
| <b>Main - Option 2</b> | Lentil & Vegetable Flaky Topped Pie     | Vegetarian Tikka Masala | Penne Pasta in Tomato and Basil Sauce | Bean Chilli          | Vegetarian Cottage Pie |
| <b>Vegetables</b>      | Sweetcorn                               | Broccoli                | Vegetable Medley                      | Green Beans          | Peas                   |
| <b>Sides</b>           | Baked Potato Wedges                     | Wholegrain Rice         | Penne Pasta                           | White Rice           | Oven Chips             |
| <b>Jacket Potatoes</b> | Filled Jacket Potato                    | Filled Jacket Potato    | Filled Jacket Potato                  | Filled Jacket Potato | Filled Jacket Potato   |
| <b>Dessert</b>         | Summer Fruit Sponge                     | Bakewell Tart           | Pineapple Sponge                      | Apple Crumble        | Hot Chocolate Brownie  |



# Summer Menu Week 3

6th April, 27th April, 18th May, 8th June, 29th June, 20th July, 31st Aug, 21st Sept, 12th Oct 2026

**Eativerse**  
A UNIVERSE OF FOOD AND DRINK

| WEEK THREE             | MONDAY                              | TUESDAY                         | WEDNESDAY                     | THURSDAY             | FRIDAY                     |
|------------------------|-------------------------------------|---------------------------------|-------------------------------|----------------------|----------------------------|
| <b>Main - Option 1</b> | Cheesy Garlic Chicken               | Smoked Paprika & Tomato Chicken | Sliced Roast Chicken in Gravy | Beef Bolognese       | Breaded Cod                |
| <b>Vegetables</b>      | Carrots                             | Mixed Vegetables                | Mixed Vegetables              | Sweetcorn            | Peas                       |
| <b>Sides</b>           | Diced Potatoes                      | Baked Potato Wedges             | Golden Roast Potatoes         | Penne Pasta          | Oven Chips                 |
| <b>Main - Option 2</b> | Cauliflower, Spinach & Lentil Curry | Tomato & Chickpea Gratin        | Cauliflower & Broccoli Pasta  | Vegetable Quiche     | Potato, Cheese & Leek Bake |
| <b>Sides</b>           | Green Beans                         | Cauliflower                     | Mixed Vegetables              | Carrots              | Baked Beans                |
| <b>Carbohydrate</b>    | Wholegrain Rice                     | Baked Potato Wedges             | Penne Pasta                   | Baked Potato Wedges  | Oven Chips                 |
| <b>Jacket Potatoes</b> | Filled Jacket Potato                | Filled Jacket Potato            | Filled Jacket Potato          | Filled Jacket Potato | Filled Jacket Potato       |
| <b>Dessert</b>         | Lemon Flavour Sponge                | Apricot Crumble                 | Jam Sponge                    | Somerset Apple Cake  | Chocolate Sponge           |



# What Parents & Educators Need to Know about APP & PLAY STORES

## WHAT ARE THE RISKS?

Since the introduction of Apple's App Store and Google's Play Store, an estimated two million apps have been made available on each. Ofcom's 2025 media use and attitudes report states that more than half of children aged between 3 and 7 use apps or sites to communicate with each other, and, by the ages of 10 to 12, 45% of children are playing games on their mobile phones. This guide will help you ensure that children use the app stores and their content safely.

### MALICIOUS APPS WITH MALWARE



Although Google and Apple must approve the apps on their official stores, inappropriate content sometimes slips through the net. For example, in 2025, the security company Kaspersky found that multiple iOS and Android apps contained screen-reading software, primed to look for passwords and stealing crypto-wallet recovery phrases captured in screenshots.

### UNOFFICIAL COPYCAT APPS



Both official app stores contain copycat apps – often games – designed to look like popular rivals, mimicking their branding, layout and logos. While these will usually just offer a poor experience packed with ads as a quick money-making exercise, they're also more likely to be vessels for malware than the products they're counterfeiting.

### INAPPROPRIATE CONTENT



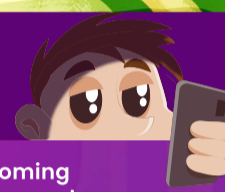
As the App Store and Play Store are for all ages, there's a lot of content available that's inappropriate for children. Examples include apps that have references to alcohol, drugs, sex, violence or gambling. In general, these are sensibly age-rated, but social media sites such as YouTube and TikTok, which both have an App Store age rating of 12+, can be gateways to adult material.

### PREDATORY IN-APP PURCHASES



App-making is a business, and most creators have found that 'freemium' software is the way to make money. That means the app will be free initially but will either require the user to watch ads or rely on them making in-app purchases. Some 'free' apps can be predatory, and there are plenty of examples reported where parents have racked up huge bills on behalf of their children's app activity.

### ADDICTIVE BY DESIGN



Phone addiction is fast becoming recognised as a real concern, and apps are a big part of this. Freemium apps have a real incentive to keep children checking in every day in order to generate more ad views or secure extra in-app purchases. This can interfere with schoolwork and other offline hobbies.

### SIDELOADED BANNED APPS



'Sideloaded' – the more complicated practice of installing applications on a device from sources other than the official app stores – bypasses Google's and Apple's security procedures; however, it is possible for tech-savvy users. This opens up huge risks – not just apps that would be forbidden by Apple and Google, but pirate ones packed with malware too.

## Advice for Parents & Educators

### ACTIVATE PARENTAL CONTROLS FOR APPS



Both Google and Apple have apps that can give adults greater control over children's phone activity. 'Screen Time' (iPhone) and 'Family Link' (Android) have a range of features, such as letting you set age-related restrictions on the app stores, require permission to download an app, set daily time limits on specific apps, and control real-world spending.

### DO YOUR RESEARCH



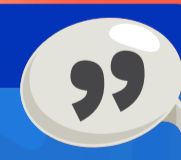
If children ask permission to download an app, do your due diligence and research it. Read the app summary and search the internet for reviews and discussions to establish its legitimacy, safety and appropriateness – if it doesn't seem to be appropriate, look for safer alternatives instead.

### LOOK BEYOND THE REVIEWS



App store reviews are helpful, but they are easily gamed, and some unscrupulous developers will pay for quick reviews to give their work perceived legitimacy. Take more than a cursory glance at listings by digging out the one- and two-star reviews and looking closely at the developer – for example, if they've published a lot of unrelated apps, that's a red flag.

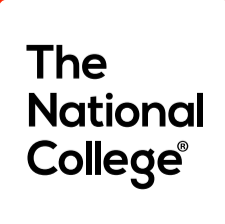
### TALK TO YOUR CHILD



Talk to children and make sure they're aware that apps can be risky. As part of a wider talk about internet literacy, ensure they don't download apps outside of the official channels, nor grant apps permission to access their camera, microphone, or photos without a good reason. Make sure they understand that in-game currency costs real-world money.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, The Telegraph, The Evening Standard, The Guardian and The New Statesman.



# What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

## WHAT ARE THE RISKS?

### ALTERED BEAUTY STANDARDS

Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.

### PRESSURE TO LOOK PERFECT

Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.

### LOW SELF-ESTEEM

Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.

### HIDDEN ADVERTISING

Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.

### BLURRED REALITY

As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.

### SEXUALISED EDITS

Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

## Advice for Parents & Educators

### START OPEN CONVERSATIONS

Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.

### REINFORCE WHAT'S REAL

Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.

### CHALLENGE 'PERFECT' POSTS

When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.

### PROMOTE OFFLINE CONFIDENCE

Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

## Meet Our Expert

Parven Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, TalkTV, and other major media outlets, supporting families across the UK.



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