



Portobello Primary School  
Weekly Newsletter  
23<sup>rd</sup> May 2025



**Achievement Assembly**

Our achievement assembly celebrated children who have shown "resilience" this week. Well done to the following children:

**Reception:** Oliver    **Year 1:** Tommy    **Year 2:** Isla  
**Year 3:** Roman    **Year 4:** Katelyn    **Year 5:** Lucas    **Year 6:** Ayaan, Frankie & Yanis

**Celebrating Attendance**

Whole school attendance is currently at 95.6%  
Well done to Reception for best attendance this week at 98.5%!

**Date for Diary**

- **Mon 2<sup>nd</sup> June - Inset day - school closed to pupils**
- **W/C 3<sup>rd</sup> June - Multicultural week - would you like to tell us your story?**
- **Fri 6<sup>th</sup> June - Y3 visiting Birtley library**
- **Midnight 15<sup>th</sup> June - School Uniform order deadline for free to School Delivery**
- **Tues 17<sup>th</sup> June - Y2 & Y4 Newcastle trip & Discovery Museum Workshops**
- **Thur 19<sup>th</sup> June - Sponsored colour run event/national picnic day lunch**
- **Fri 4<sup>th</sup> July - Summer School Fayre 2pm**
- **Monday 7<sup>th</sup> July - Occasional Day - school closed to pupils and staff**
- **Thur 10<sup>th</sup> July - DT Showcase/workshop, timings will be shared in the summer term**

**Rights Respecting**

Article 14:



I have the right to have my own thoughts and beliefs and to choose my religion, with help from my parents



Governments should make sure no one stops children from practising their religion or beliefs. Parents should guide their children in this.

**TEMPEST Class Photo Order deadline**

Free delivery back to school is Monday 26<sup>th</sup> May 2025. Order through the Tempest website using your unique link or visit [www.tempest-orders.co.uk](http://www.tempest-orders.co.uk) If you need any assistance in ordering your photos, feel free to contact Tempest on 01736 751555 (option 3).

**Multicultural Week w/b 3<sup>rd</sup> June - would you like to come in and tell us your story?**

Every year we take part in Multicultural Week which allows us to explore different parts of the world and the different environmental issues that may affect them. This year, we are going to explore the diversity of Great Britain. We would love volunteers to come in and discuss their heritage with the children in school W/B 3<sup>rd</sup> June. We are looking for people to:

- Tell stories of what it was like in the area when they were younger. Has there been changes?
- Tell us about your religion
- Tell us if you have always lived in the area or if you moved here. If so, why?
- Share or help cook one of your favourite family meals
- Share your family tree and any interesting facts you have found out about your family.





**Sponsored Colour Run at Portobello Thursday 19<sup>th</sup> June 2025 @ 2pm**

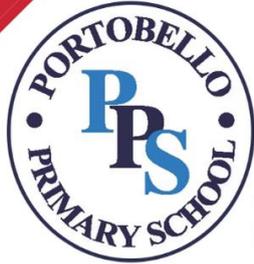
An account has been created on Schoolcomms/ParentPay for parents/carers to collect sponsorship money from friends and relatives to pay online: FUN RUN SPONSORSHIP DONATIONS 2025 or send in cash to school along with sponsor form.

NB: if you or an adult family member are entering to take part on the day, please pay the £4 adult entry fee online or send in an envelope to school re: Parent/Carer Entry Sponsored Colour Run Thursday 19th June 25. Please make sure you add the name of the adult taking part too and for which child.

For your child to take part please complete below consent by 23rd May <https://forms.gle/yfMAanrJVApfPFRG7>



The colour run on the 19<sup>th</sup> of June also coincides with National Picnic week and on the day, there will be no other dinner option available.



# NEEDS YOU!

**We are planning our Summer Fayre and we need your help!**

**Do you have any donations for our tombola or raffle?**

We would appreciate any suitable items such as unused gifts, bottles, chocolates etc

**Please leave any donations at the drop off point at reception.**

**Can you spare a few hours of your time?**

We are always looking for volunteers to join our Fundraising Committee or even just help out on the day!

**Do you know any local businesses who would be willing to donate anything towards our fundraising?**

**Do you or anyone you know have any skills we could use at our fayre?**

Face painting/Hair brading/ Circus skills

**Please Contact Mrs Lister if you can help!**

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](https://nationalcollege.com).

## What Parents & Educators Need to Know about

# VIOLENT CONTENT ONLINE

Around 70% of teenagers say they've seen real-life violence on social media in the past year – often from as young as primary school age. Just 6% actively seek it out; most encounter it through group chats or social media algorithms. From fights and pranks to hate speech and graphic media, exposure to violent content online is more widespread – and more harmful – than many adults realise.

### WHAT ARE THE RISKS?

#### MENTAL HEALTH AND TRAUMA

Children and young people report feelings of anxiety, guilt, shame or fear after seeing violent content. For some, these effects may be short term, but for those with existing vulnerabilities or past trauma, the impact can be more severe. Many also feel pressured to 'laugh off' violent content to fit in with friends, even when they find it distressing.

#### BEHAVIOUR CHANGES

Exposure to online violence can lead to fear and avoidance behaviours – such as skipping school or staying indoors. When children see weapons used in videos, it can heighten their perception that the world is unsafe and, in rare cases, increase the likelihood they'll consider carrying a weapon themselves, such as a knife for protection.

#### ESCALATION AND PARTICIPATION

Violent videos often go viral quickly. What begins as an online argument can spill into real-world fights – which are sometimes filmed and shared to gain views or status. Some children even admit to sharing or creating violent content themselves to gain attention or boost their reputation.

#### DESENSITISATION

Older teens may become numb to violent content after years of exposure, admitting they're unlikely to report it. Younger children also tend not to report it – usually because they don't believe anything will be done or because they're afraid of being labelled a 'snitch' by their peers.

#### HARMFUL IDEOLOGIES

Violent content online may overlap with racist, misogynistic or otherwise extremist ideas. These messages can dehumanise others or glorify violence as a way to gain power, popularity or notoriety. Over time, this can normalise dangerous behaviours and attitudes among impressionable viewers.

#### DISPROPORTIONATE IMPACT

Not all children are affected equally. Those who are excluded from school, marginalised, disabled or neurodivergent are often more vulnerable to the effects of online violence. It's essential to consider wider context – including home life and access to safe spaces – when thinking about potential harm.

## Advice for Parents & Educators

### CREATE SUPPORTIVE SPACES

Many children feel adults are too busy or won't understand their experiences online. Take time to build trust through non-judgemental conversations about what they're seeing. If they don't want to speak to you directly, gently signpost towards trusted services they can turn to for support.

### KNOW WHAT'S ILLEGAL

Some violent content is simply upsetting, while other examples may be criminal or a safeguarding matter that needs reporting. Help children understand the difference by staying informed about online laws and social media reporting procedures. A useful resource is [reportharmfulcontent.com](https://reportharmfulcontent.com).

### AVOID HARSH RESTRICTIONS

Fear of punishment is a major reason young people stay silent about violent content. Try not to overreact or threaten to take away devices. Instead, reassure children that they can speak openly and that asking for help won't get them into trouble.

### UNDERSTAND TECH AND TRAUMA

Older children may already know how to block accounts or avoid triggering content. Help younger or more vulnerable children learn these tools and encourage habits that reduce exposure. Just as importantly, teach techniques that help them process distress – building resilience and emotional literacy for both online and offline life.

### Meet Our Expert

Dr. Holly Powell-Jones is the founder of Online Media Law UK and a leading UK expert in digital safety, media law, and young people. Her PhD investigates children's understandings of risk online. She works with schools, businesses, and universities to provide award-winning education on the criminal, legal, and ethical considerations for the digital age. Visit [onlinemedialawuk.com](https://onlinemedialawuk.com) for more.



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# Multi-Sports Activity Day for ages 8 - 13

**Birtley Leisure Centre**  
**Wednesday 28 May 2025**  
**10am - 2pm**

Our activity days are packed with a combination of sports, games and challenges to keep kids entertained and active.

**FREE OF CHARGE**  
 and includes lunch.

Booking essential at:  
[www.gateshead.gov.uk/maysports](http://www.gateshead.gov.uk/maysports)

