

NEWSLETTER

FRIDAY 14TH NOVEMBER 2025



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WWW.SWAINHOUSE.CO.UK

EMAIL: OFFICE@SWAINHOUSE.BRADFORD.SCH.UK

ASPIRE

BELIEVE

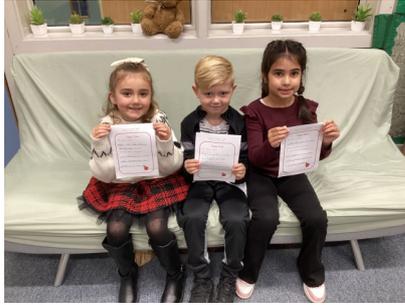
PERSEVERE

ACHIEVE

REMEMBRANCE DAY

On Tuesday Swain House commemorated Remembrance Day. The children came to school dressed in black or red clothing as a mark of respect to remember those who have lost their lives in conflicts around the world. They also took part in Remembrance activities and learnt about the importance of this day.





Mrs Pugh delivered a special assembly where we held a two minute silence at 11 o'clock.



YEAR 6 VISIT TO THE GURDWARA

We visited our local Gurdwara. We learned about Guru Nanak and listened to a reading from the Guru Granth Sahib, We also listened to Narinder play the sarod. Afterwards, we looked at some artefacts and found out what they were.



LEARNING SHOWCASE

SPOTLIGHT ON MYHAPPYMIND

What is myHappyMind?

myHappyMind is a whole school approach that aims to develop resilient, confident, independent children. The programme enables our children to understand how to keep mentally healthy.



Why do we teach the myHappyMind programme at Swain House?

The myHappyMind programme helps children to:

- Feel happier
- Know what to do when they feel worried or stressed
- Improve their concentration
- Achieve more of the goals that they set for themselves
- Develop better relationships with friends and families

myHappyMind is taught across five modules and each introduces a new set of content and habits to help children build resilience, self-esteem and confidence:



1 Meet Your Brain

Understanding how your brain works and how to ensure we look after it so that we can manage our emotions and be at our best. Growth mindset is a key part of this too.



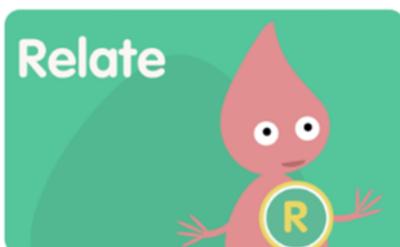
2 Celebrate

Understanding your unique character strengths and learning to celebrate them. This is a fantastic module for building self esteem.



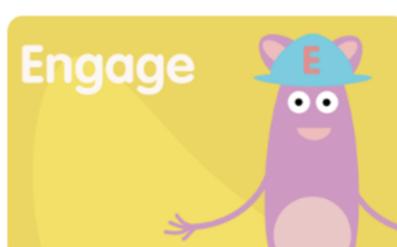
3 Appreciate

Understanding why gratitude matters and how you can develop gratitude as a habit. Gratitude is key to wellbeing and resilience and we're all about making it a habit!



4 Relate

Understanding why positive relationships matter and how to build them. We're focussed on the building blocks of good relationships and friendships.



5 Engage

Understanding how to set meaningful goals that matter and how to keep resilient in times of challenge. This module is all about building self esteem and resilience too.

LEARNING SHOWCASE

CELEBRATE MODULE



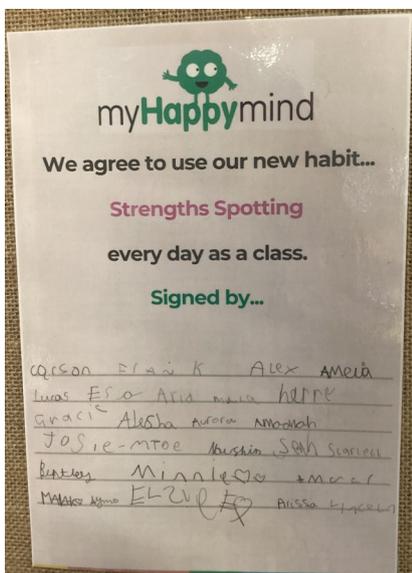
This half term we are focusing on the **Celebrate** module. We started by attending an assembly delivered by the Happiness Heroes. They shared all the exciting learning we will be doing. Celebrate focuses on understanding our unique character strengths and celebrating these!



Each class signs a Habit Agreement—for this module it is an agreement to spot character strengths.

CELEBRATE IN ACTION!

The children in Early Years enjoyed reading the story *Charlie's Rainbow Adventure* from the Module Celebrate.



Children from Year 1 to Year 6 have their own journal where they record their thoughts and ideas.



MYHAPPYMIND KINGS AWARD!

Mrs Pugh and Miss Shaw were very delighted to celebrate a special event yesterday - myHappmind receiving the King's Award for Enterprise! The King's Award is the most prestigious business award in the UK, personally approved by His Majesty the King. The award recognises the work that myHappmind have done to build positive mental health and resilience in children. We are so happy for the myHappmind Team receiving this well deserved award, well done everyone and thank you for inviting us to celebrate your special achievement.



ODD SOCK DAY!

Thankyou to all the children who wore odd socks on Monday for anti bullying week.



LIVING WELL PARENT COURSE

Please join us for a parent's course about supporting your child's emotional wellbeing—see information below. If you will be attending please let a member of the office staff know—thank you.

The poster features a background of crumpled paper in shades of blue, pink, and white. At the top left is a circular logo with 'LIVING WELL' in pink and a rainbow border. In the center is the Swain House Primary School logo, a circular emblem with a house and the motto 'Aspire Believe Persevere Achieve'. To the right is a green 'LIVING WELL ACADEMY' logo with a starburst effect. The text is centered and includes the date and time of the course, the title 'Supporting your child's emotional wellbeing', a list of topics, and a note about refreshments. At the bottom right, there is a simple line drawing of a mug and cookies.

Please join us for a parent course

Tuesday 25th November
8.45am - 10.00am

Supporting your child's emotional wellbeing

This course looks at:

- Understanding the common emotional wellbeing needs of children
- Understanding how to support your child to build emotional resilience.
- Practise active listening and supportive communication.

Refreshments will be provided

RECEPTION OPEN DAYS



SWAIN HOUSE
PRIMARY SCHOOL

RECEPTION 2026 OPEN DAYS



TUESDAY 11TH NOVEMBER - 9.00AM
FRIDAY 14TH NOVEMBER - 3.30PM
THURSDAY 20TH NOVEMBER - 4.30PM

THURSDAY 4TH DECEMBER - 4.00PM
MONDAY 8TH DECEMBER - 5.00PM

TUESDAY 6TH JANUARY - 9.00AM
THURSDAY 8TH JANUARY - 3.30PM
TUESDAY 13TH JANUARY - 9.15AM
THURSDAY 15TH JANUARY - 9.30AM
THURSDAY 15TH JANUARY - 4.30PM



01274 639049



www.swainhouse.co.uk



GREAT OAK NURSERY



Great Oak Nursery

at

Swain House Primary School

Now enrolling for our September, January and April intakes

Is your child 3 or 4 years old?

'My child started Great Oak Nursery in September. All of the teachers have been amazing and my child loves coming to his new school and is thriving



We have full & part time places available

With wrap around care 7.30am until 6.00pm

7.30am Breakfast Club - £2.40 a day

7.45am Breakfast Club - £1.90 a day

8.00am Breakfast Club - free

After School club 3.15pm until 4.00pm £2.50 a day

Extra Club 4.00pm until 6.00pm £4.50 a day

Please contact the school on

01274 639049

LITTLE ACORNS NURSERY

Little Acorns Nursery At Swain House Primary School

Do you have a 2 year old?

September, January and April intake

Little Acorns Nursery is a warm, nurturing atmosphere where children learn through play in a safe and stimulating environment



We have full & part time places available

With wraparound care
7.30am until 6.00pm

please contact the school on
01274 639049

SHARING YOUR NEWS!



On Sunday Aymie in Year 5 was with cubs in Bradford town centre remembrance parade. She smartly walked with her group, then stood for an hour and half while the service was being held and wreaths being laid. After the service they marched back down from the cenotaph to fountains where they stood with their group and the Lord mayor thanked them for attending.

If you have any news about your child's achievements that you would like to share in our newsletter, please speak to your child's class teacher!

**CLICK THE ICON TO SEE REGULAR UPDATES
ON OUR FACEBOOK PAGE!**



CHRISTMAS AT SWAIN HOUSE 2025!



Friday 21st November	Non-Uniform for a bottle
Friday 28th November	Non-Uniform for chocolates and sweets
Friday 5th December	Christmas Fair
Tuesday 9th December	10.00 am LKS2 Carol Concert
Tuesday 9th December	2.00 pm UKS2 Carol Concert
Wednesday 10th December	Dick Whittington Panto
Thursday 11 th December	Christmas Lunch
Thursday 11 th December	Christmas Jumper Day
Friday 12th December 10am and 2pm	EYFS Nativity/Christmas Performance for parents
Tuesday 16th December	10am & 2pm - KS1 Nativity for Parents
Wednesday 17 th December	Christmas Parties – all year groups
Thursday 18th December	Children's Toy Raffle
Friday 19th December	Swain House has Got Talent
Friday 19th December	Non-Uniform day & Toy Day

CHRISTMAS FAIR 2025



Friends of Swain House

Christmas Fair

50P ENTRY
SWAIN HOUSE PUPIL
ENTRY IS FREE

TOMBOLAS, GAMES,
FOOD AND RAFFLE
CASH ONLY

DECEMBER

FRIDAY

| 5 |

4-5:30PM

JOIN US FOR STALLS, GAMES, FOOD AND
RAFFLE INCLUDING SOME AMAZING PRIZES!



WEEKLY UPDATES

ATTENDANCE AND PUNCTUALITY

Here are this week's attendance and punctuality figures. There is a proven link between attendance and achievement and it is therefore very important that your child attends school and is on time unless they are too unwell to do so. Our doors open at **8.30am** and close at **8.40am**.

Please see the information below for our whole school and class attendance for the week ending **14/11/25**.

Early Years and Key Stage 1:

CLASS	PERCENTAGE %	LATES
Elm	96.0%	0
Willow	96.1%	4
Kandinsky	89.6%	0
Matisse	100%	0
Lowry	92.8%	3
Van Gogh	100%	2

Key Stage 2:

CLASS	PERCENTAGE %	LATES
Anne Fine	90.5%	2
Roald Dahl	96.3%	1
JK Rowling	94.1%	4
Michael Morpurgo	96.0%	0
Elgar	98.4%	4
Mozart	98.5%	2
Beethoven	93.4%	1
Vivaldi	96.3%	1

Congratulations to **Matisse Class, Van Gogh Class and Mozart Class** for having the **best attendance** this week.

Congratulations to **Elm Class, Kandinsky Class, Matisse Class and MMO Class** for having **no lates!**

Our whole school attendance this week: **95.6%**

COMMUNICATION SINCE THE LAST NEWSLETTER

These are the letters, messages and website updates that have been sent out this week. If you have not received any of these letters, please speak to your child's class teacher or contact the office on **01274 639049**.

WEBSITE UPDATES:	National Online Safety - 'Wake Up Wednesday' guide from National Online Safety is about 'AI-Generated videos'.
LETTERS:	10.11.25 - Christmas Activities 2025 11.11.25 - Food Standards Agency 12.11.25 - Life Caravan Week 13.11.25 - Swain House Christmas Fair
MESSAGES VIA PARENTAPPS:	10.11.25 - Extra Club 14.11.25 - Year 5 Homework

COMMUNITY NEWS



EXCLUSIVE OFFER FOR YOUR
EMPLOYEES & CUSTOMERS

SCAN HERE

TO BOOK YOUR FREE TOUR AND DISCOVER EVERYTHING OUR
CLUB HAS TO OFFER



• POOL



• GYM



• CLASSES



• SPA



• CAFE

JOIN AND RECEIVE 25% OFF YOUR
MEMBERSHIP!



WWW.NUFFIELDHEALTH.COM/GYMS/SHIPLEY



01274 532227

COMMUNITY NEWS



**BOYS
DEVELOPMENT
SESSIONS**

**Goals
Bradford**

SCAN



TUESDAYS

AGES 6-9

5-6PM

COMMUNITY NEWS



Bradford District Care
NHS Foundation Trust

Parent and Carer Support Group

From the Mental Health Support Team

Our online Parent and Carer Support Groups offer a safe and welcoming space to explore ways of supporting your child's emotional wellbeing, and your own.

Each half term, we cover a new wellbeing topic inspired by the Five Ways to Wellbeing, and share practical tips and ideas. It's also a chance to connect with other parents, share experiences, and support one another.

This half-term's topic: Connect - Strengthening Healthy Relationships

This session will explore simple ways to strengthen communication, build trust, and maintain healthy relationships with your child and family. Together, we'll discuss how small, everyday actions can make a big difference to emotional wellbeing at home.

Date: [Tuesday 25th November 2025](#)
Times: 10:30am – 12:00pm or 7:00pm – 8:30pm
Platform: Microsoft Teams

To register your interest and receive a joining link, please email:
mhstparentsupport@bdct.onmicrosoft.com



better lives, together

W: www.bdct.nhs.uk

T: [@BDCFT](https://twitter.com/BDCFT)

MYHAPPYMIND

OUR CONVERSATION CARD OF THE WEEK



Enjoy a conversation!

Each week we will share a conversation card. These are designed to help you have meaningful and fun conversations with your child and aid discussions about mental health and happiness.



MYHAPPYMIND APP

The myHappyMind app includes lots of fantastic features such as—kids zone, myHappyMind games and mini master classes for parents .



Download your FREE myHappyMind Parent App



...An online resource to support you and your family to learn more about how you can use myHappyMind to support your child.



myHappyMind for Parents

Exclusively for parents with children at a myHappyMind School or Nursery.



Learn all about what your children are learning in school



YOU WILL NEED THIS AUTHENTICATION CODE TO SIGN UP

107220

REMINDERS

BREAKFAST CLUB AFTER SCHOOL CLUB

Our Breakfast Club opens at 7.30am at a cost of £2.40 each per day or at 7.45am at the cost of £1.90 each per day. Children from Nursery to Year 6 can attend.

If you would like to book your child into Breakfast Club, please use ParentPay.

We have a free Breakfast Club 8.00am—8.30am

If you would like to book this please use ParentApps

CLUB

Our After School Club is available until 4pm at a cost of £2.50 each per day.

If you would like to book your child into After School Club, please use ParentPay.

EXTRA CLUB

We also offer an Extra Club service that runs until 6.00pm at a cost of £4.50 per day.

If you would like to book your child into Extra Club, please use ParentPay.

Please can you ensure that Extra Club places are booked and paid for in advance - by Monday morning. This ensures registers are accurate and places are booked and guaranteed.

If you have any problems booking any of our before or after school clubs, please contact Miss Armitage, one of our learning mentors.

DIARY DATES

ANY NEWLY ADDED ITEMS WILL BE IN BLUE

DAY	DATE	TIME	EVENT
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COMING UP IN AUTUMN TERM

AUTUMN TERM ASSEMBLY SCHEDULE

DAY	DATE	TIME	EVENT
Thursday	27.11.25	2.30pm	JK Rowling Class Hanukkah Assembly
Thursday	11.12.25	2.30pm	Vivaldi Class Assembly

DATES TO REMEMBER!



Thursday 11th December 2025

More details to follow!

MENU 17/11/25

Homemade bread,
selection of seasonal
vegetables / fresh salad
and fresh fruits served
daily

Swain House Primary School

Wk 1 - 3rd Nov, 24th Nov,
15th Dec, 5th Jan, 16th
Jan, 9th Mar
Wk 2 - 10th Nov, 1st Dec,
22nd Dec, 12th Jan, 2nd
Feb, 23rd Feb, 16th Mar
Wk 3 - 17th Nov, 8th Dec,
29th Dec, 19th Jan, 9th
Feb, 2nd Mar, 23rd Mar



MON

TUES

WED

THUR

FRI

WEEK 1

Halal Rich & Creamy Meat Lasagne
(Red Tractor Accredited HMC Beef Mince in a rich Tomato Sauce with Herbs & Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread)

Rich & Creamy Meat Lasagne
(Red Tractor Accredited Beef Mince in a rich Tomato Sauce with Herbs & Garlic layered with Pasta Sheets and a Creamy Cheese Sauce, served with Garlic Bread)

Spaghetti Marinara
(A Tomato and mild spiced Sauce combined into cooked Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Hot Sub Roll

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

Chicken Tikka Masala with Pilau Rice / Naan Bread
(Red Tractor Accredited diced Chicken & Chickpeas in a mild Curry Sauce with Pilau Rice or Naan Bread)

Creamy Mac & Cheese
(A Macaroni Pasta dish, coated in a Creamy Mature Cheddar Sauce, served with Crusty Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

Butterfly Buns
(Individual decorated Sponge-based Dessert)

Roast Meat Dinner
(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

Halal Roast Chicken Breast
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

Toad in the Hole
(Quorn Sausage Baked in a light Batter, served with Roast Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

Fruity Flapjack
(A sweet Bar made with Oats, Golden Syrup & Butter with Fruit)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes

Creamy Rice Pudding with Strawberry Jam
(Creamy Milk pudding served with Jam)

MSC Breaded Fish Fillet Fingers
(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

Southern Fried Chicken Goujons & Garlic Mayo
(Red Tractor Accredited pre-fried Breaded Chicken, served with Garlic Mayonnaise & baked Jacket Wedges)

Vegetable Samosa
(Vegetables with a light Spice enclosed in Pastry & Baked, served with Raita)

Assorted Jacket Potatoes /
Hot Sub Roll

Strawberry Sponge & Custard
(Homemade, light Vanilla Sponge with a Strawberry Jam swirl, served with Custard)

WEEK 2

Beef & Red Lentil Bolognese & Garlic Bread
(Red Tractor Accredited Beef Mince & Lentils in a Tomato Sauce served with Pasta & Garlic Bread)

Halal Keema Biryani
(Red Tractor Accredited HMC Beef Mince & Peas in a Spicy Pilau Rice)

Pomodoro Pasta
(A simple, delicious rich Tomato Sauce with Beans, served with Garlic Bread)

Assorted Jacket Potatoes /
Hot Sub Roll

Decorated Fruit Jelly
(Jelly with Fruit, topped with Fresh Cream)

Traditional Chicken Pie
(Red Tractor Accredited diced Chicken Pieces in a rich Gravy with Vegetables, topped with a Golden Pasty Lid served with Potatoes)

Golden Cheese Whirl
(Cheese, Potato & Onion encased in Puff Pastry, served with baked Jacket Wedges)

Assorted Jacket Potatoes /
Hot Sub Roll

Vanilla Sponge
(Homemade, light Vanilla Sponge with a hint of Vanilla, served with Custard)

Roast Meat Dinner
(Red Tractor Accredited Meat (either Gammon, Turkey or Pork Loin) served with Yorkshire Pudding, Roasties & Gravy)

Halal Roast Chicken Breast
(Red Tractor Accredited HMC Chicken Breast, served with Yorkshire Pudding, Roast Potatoes & Vegan Gravy)

Hearty Shepherd's Pie
(Soya Mince, Veg and Gravy filling, topped with Mashed Potatoes)

Sprinkle Cake
(Homemade Vanilla Sponge, lightly topped with Water long and Sprinkles)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Arrabiata Pasta
(Chili Tomato Sauce with Lentils and Peppers, served with Pasta & Crusty Bread)

Assorted Jacket Potatoes /
Selection of Sandwiches

Gallydale Biscuits
(Homemade, cranberry, Catty Biscuits)

MSC Battered Fish Fillet
(MSC Battered Fillet of Fish, served with Baked Jacket Wedges)

Vegetable Pakoras
(Mixed Vegetables & Onion coated in Tempura Batter, served with Baked Jacket Wedges & Raita)

Assorted Jacket Potatoes /
Hot Sub Roll

Marble Sponge & Chocolate Sauce
(Homemade Sponge with swirls of both Vanilla & Chocolate Cakes, served with Chocolate Sauce)

WEEK 3

Creamy Chicken Pasta & Crusty Bread
(Red Tractor Accredited diced Chicken in a homemade Creamy Sauce with Garlic, served with Penne Pasta)

Halal Chicken Bhuna
(Red Tractor Accredited HMC Chicken stir-fried and slow cooked in a spicy Shama Masala)

BBQ Quorn Pasta
(Quorn Pieces in a Barbecue flavoured Tomato Sauce, served with Wholemeal Pasta)

Assorted Jacket Potatoes /
Hot Sub Roll

Apple Crumble & Custard
(Stewed Apples topped with Oat Crumble, served with Custard)

Loaded Wedges with a Mild Mexican Chili & topping
(Red Tractor Accredited Beef Mince in a mild, homemade Chili Sauce, served on Baked Jacket Wedges)

Loaded Wedges with a mild Mexican Veg Chili
(Vegan Mince in a mild, homemade Chili Sauce, served on Baked Jacket Wedges with toppings)

Assorted Jacket Potatoes /
Hot Sub Roll

Peaches & Ice Cream with Syrup
(Vanilla Ice Cream with Tinned Peach Slices with a Chocolate flavoured Syrup)

Sausage in Gravy with Yorkshire Pudding
(Red Tractor Accredited Sausage, served with Yorkshire Pudding)

Halal Cottage Pie
(Red Tractor Accredited HMC Beef Mince in a Gravy with Onions, topped with Mashed Potatoes & Cheese served with Yorkshire Pudding & Gravy)

Savoury Mince topped Tatties
(Soya Mince, Vegetables & Potatoes, served with a Yorkshire Pudding)

Assorted Jacket Potatoes /
Hot Sub Roll

Cornflake Tart
(Pastry base with Cornflakes and Syrup, served with Custard)

Classic Cheese & Tomato Pizza with Coleslaw & Salad
(Wholemeal 50/50 Base topped with a lightly spiced Sauce and topped with Mozzarella/Cheddar Cheese)

Spaghetti Marinara
(A Tomato and mild spiced Sauce combined into cooked Spaghetti, topped with Cheese)

Assorted Jacket Potatoes /
Selection of Sandwiches

Chocolate Sponge & Chocolate Sauce
(Homemade, light Chocolate Sponge, served with Chocolate Sauce)

MSC Breaded Fish Fillet Fingers
(MSC Fish Fillet Fingers, served with Seasoned Potatoes)

MSC Salmon & Sweet Potato Fishcake
(MSC Salmon & Sweet Potato, served with Seasoned Potatoes)

American Style Quorn Hot Dog
(Quorn Sausage, served in a White Bun with Seasoned Potatoes)

Assorted Jacket Potatoes /
Hot Sub Roll

Chocolate Crispy Crunch
(A sweet bar made from puffed Rice, Cocoa & Syrup)

food quarter

For full allergen
& nutritional
information
head to our app



City of
BRADFORD
METROPOLITAN DISTRICT COUNCIL



NATIONAL ONLINE SAFETY

This week, our 'Wake Up Wednesday' guide from National Online Safety is about 'AI-Generated videos'.

What Parents & Educators Need to Know about AI-GENERATED VIDEOS

WHAT ARE THE RISKS?

AI-generated videos are increasingly difficult to spot and easy to share. From fake news clips to deepfake abuse, children and young people face new risks every day online. These videos can imitate real people, spread false narratives or even generate harmful content from scratch. Understanding these dangers is crucial for schools and families who want to protect children in a fast-evolving digital world.

DEEPPAKE ABUSE CONTENT

Shockingly, artificial intelligence is now being exploited to create child sexual abuse material (CSAM). These synthetic images and videos are a form of digital abuse, often generated by manipulating real children's photos, including ones shared innocently online. Worryingly, the Internet Watch Foundation (IWF) has identified a sharp rise in this disturbing trend. Whether real or AI-generated, this content causes lasting trauma – and its creation or possession remains a criminal offence under UK law.

BLURRED REALITY

Regular exposure to fake content can erode a child's trust in real-world evidence. If everything can be faked, they may begin to question genuine videos – including actual abuse or injustice. This is known as the 'liar's dividend', where real harm is dismissed as fake news. It can discourage victims from coming forward or speaking up.

USED FOR BULLYING

Deepfake technology is already being used by peers to create embarrassing or explicit clips of classmates. These videos can be edited to appear as though a child said or did something they never did. Once shared, they are almost impossible to delete completely. AI-generated bullying adds a new layer of harm that is deeply personal and difficult to prove.

EMOTIONAL MANIPULATION

AI-generated videos can be used to provoke strong emotions, including fear, anger or guilt. False footage of crying children, injured animals or burning buildings may be created purely for clicks, donations or political influence. Children may feel upset or powerless, unaware that what they are watching has been digitally invented to manipulate their reaction.

DISINFORMATION

AI-generated videos can spread fake news, making it harder for children to separate fact from fiction. False clips may include deepfake interviews, hoax disasters or fabricated health claims. AI is already being used to produce misleading or persuasive material that appears authentic. If they don't develop media literacy, children may accept false content as truth.

IMPERSONATION AND SCAMS

With just a few photos or voice clips, AI tools can imitate someone's appearance or speech. This makes it easier for scammers or bullies to create fake videos of children, teachers or celebrities. These impersonations can be used for fraud, harassment or humiliation – and can spread quickly through social media or group chats, due to the viral potential of video, in particular, on social media.

Advice for Parents & Educators

TEACH HOW IT WORKS

Explain to children that videos can be faked – and show them how. Demonstrating side-by-side examples of real vs AI-generated clips helps to build awareness. Discuss how faces, voices and even movements can be copied by machines. Understanding the technology reduces fear and builds confidence in navigating digital content safely.

TALK ABOUT TRUST

Always keep lines of communication open. If a child sees something upsetting or unbelievable, they should feel safe discussing it without judgement. Create an environment where they know they will not get in trouble for asking questions. This also helps you step in quickly if harmful content has been shared; trust is vital and needs to be nurtured.

ENCOURAGE CRITICAL QUESTIONS

Help children question what they watch. Who made this? Why was it made? Is it trying to persuade me? These habits encourage digital thinking, especially when videos seem too shocking or convenient. Reinforce that not everything shared by friends or influencers is true, even if it looks convincing at first, and that the initial approach should always be one of speculation.

STRENGTHEN PRIVACY SETTINGS

Advise children not to share voice notes, selfies or personal videos on public platforms. AI tools often scrape content from social media to create deepfakes. Use privacy controls to limit who can see their content and turn off facial recognition where possible. Fewer public images means fewer opportunities for misuse.

Meet Our Expert

Brendan O'Keefe is a headteacher and digital education consultant with over a decade of experience in education. As Director of Digital Strategy across multiple schools and an advisor to The National College, he specialises in digital safety, PREVENT, and pastoral care.



#WakeUpWednesday

The National College