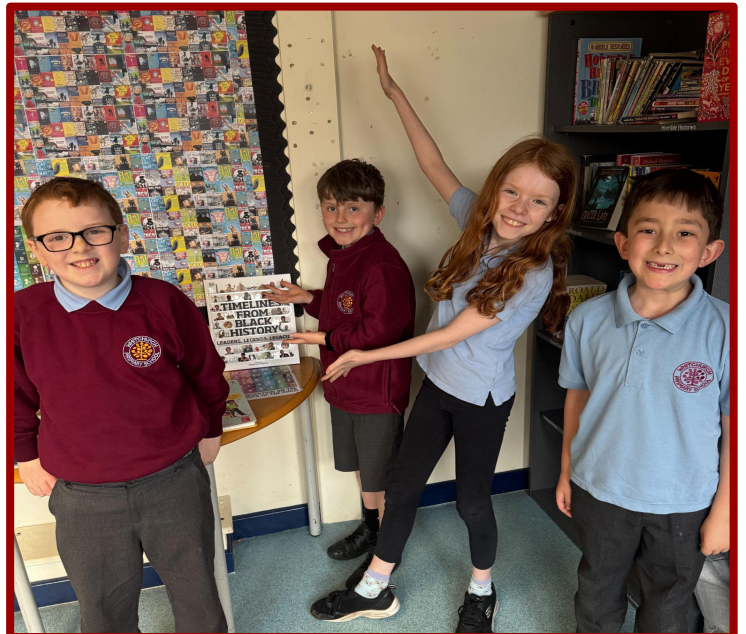


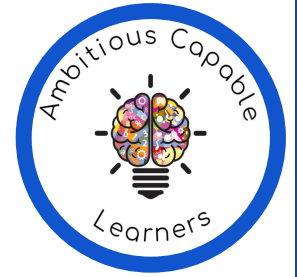
READING AMBASSADORS

The Reading Ambassadors have had a busy term helping get the school library and running. They have helped to design the library space after their trip to Whitchurch Hub to spend time in their library.

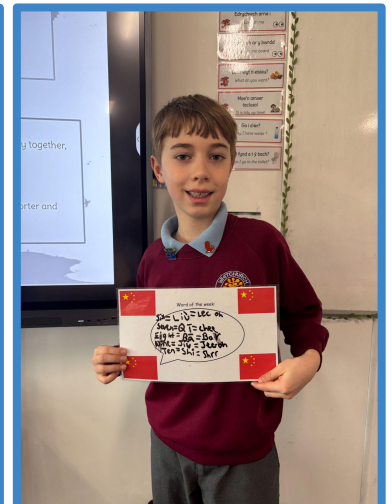
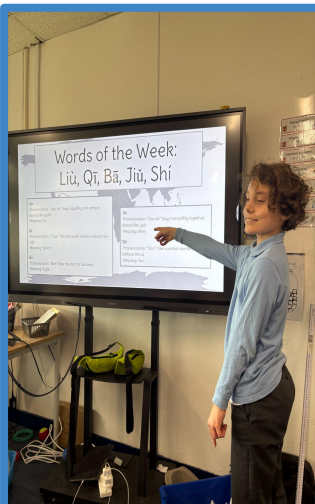
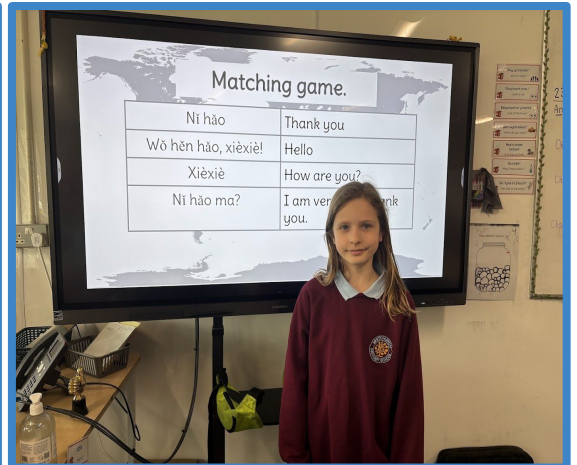
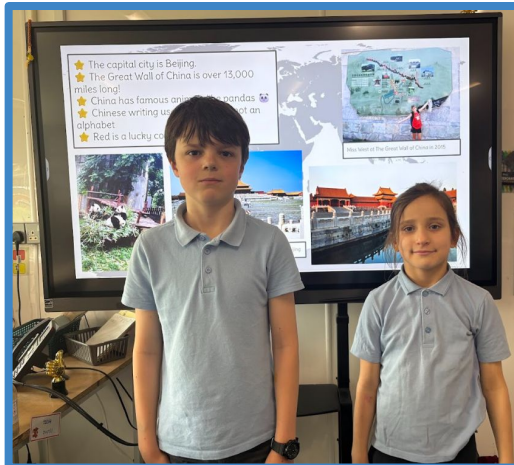
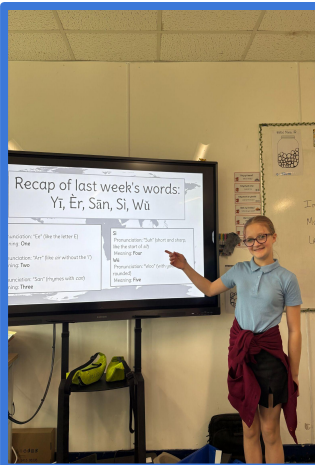


The Reading Ambassadors also helped to organise activities for World Book day and chose the 'best dressed' winners from each class. It was wonderful to see so many children dressed as a character from their favourite book.

LANGUAGE LEADERS



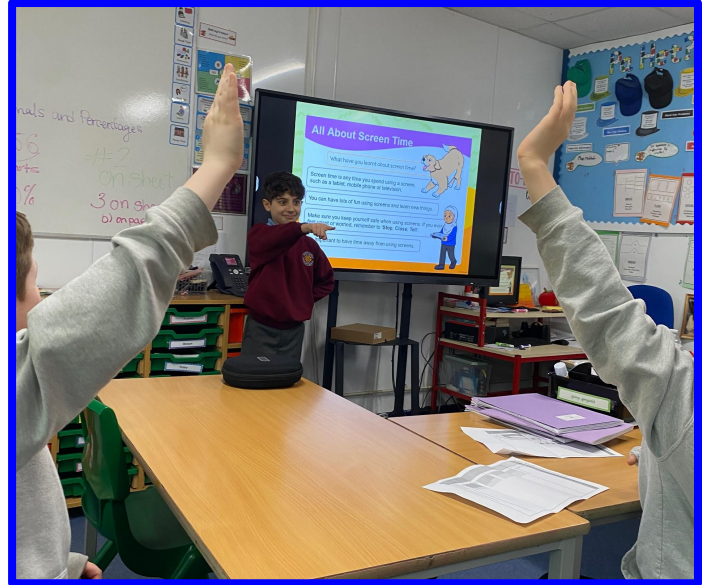
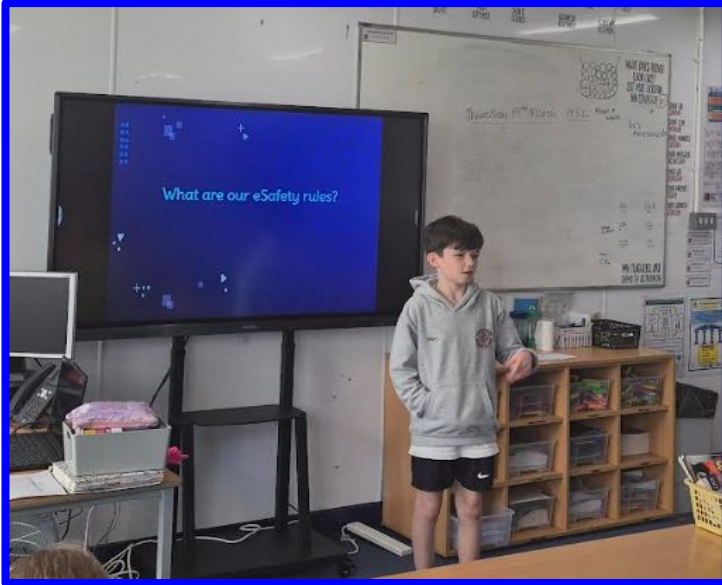
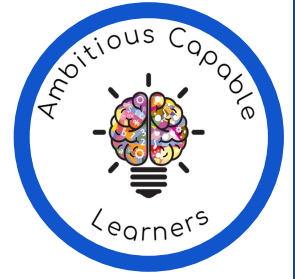
The Language Leaders have continued to promote a love of languages across the school. This month, they have been working on Mandarin Chinese, finishing the term by exploring Chinese culture. Pupils enjoyed listening to traditional music, learning about typical foods, and discovering more about the customs and celebrations of China.



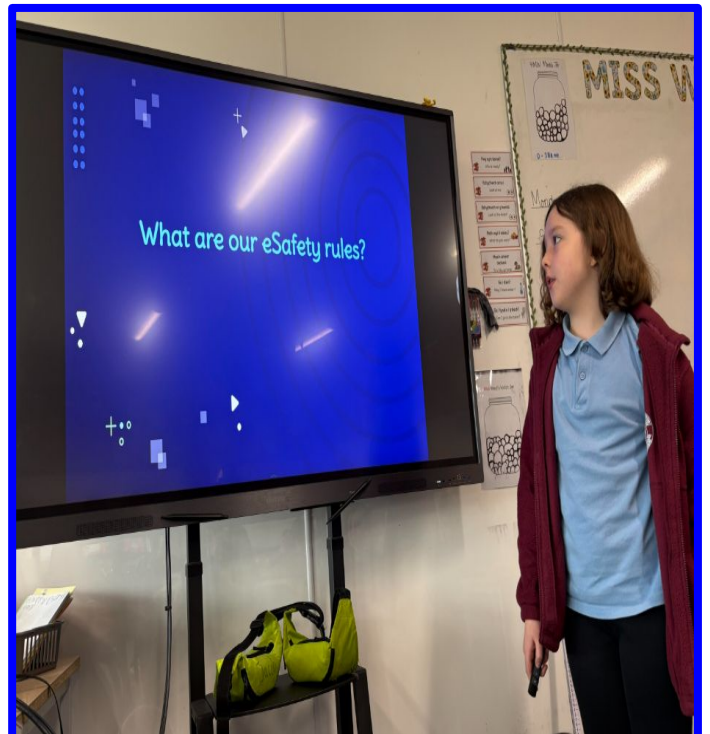
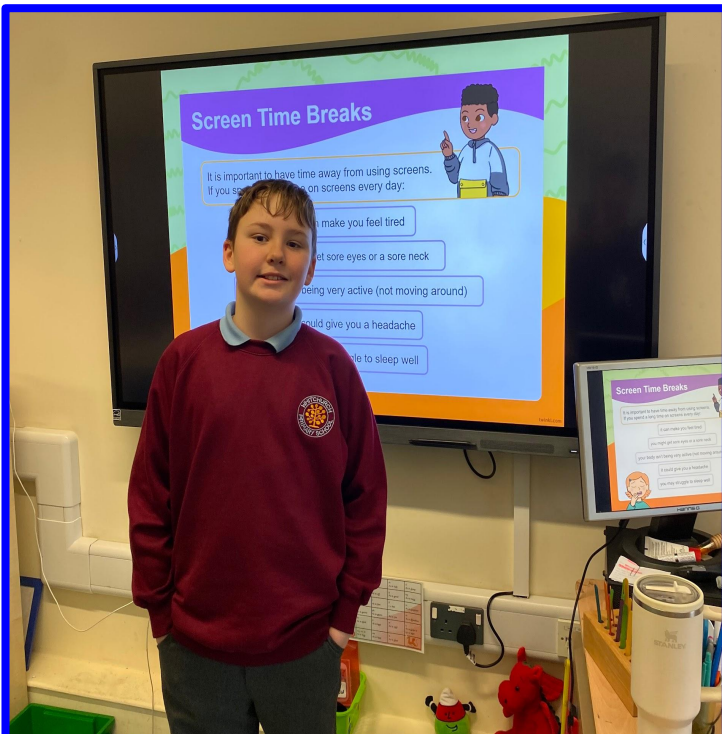
It has been wonderful to see so many pupils enjoying the term, developing their confidence in Mandarin, and broadening their curiosity about different languages and cultures.



DIGI DUDES



This term Digi Dudes have presented to their classes about screen time, explaining both the benefits of using technology and some of the negative effects of spending too much time online. They encouraged pupils to think about finding a healthy balance when using devices.



ECO COMMITTEE



The Eco Committee really enjoyed their workshop with Gareth from Keep Wales Tidy. They completed their first litter pick in the local area, with the aim of becoming a litter-free zone. An amazing four bags of rubbish were collected!



SPORTING SUCCESS



Cardiff and the Vale Urdd Championships 2026

Coryton Away



SPORTING SUCCESS

Coryton and Melin Gruffydd Away



ANIMATION WORKSHOP



Year 3 took part in exciting animation workshops with Bigfoot, where they created their own stop motion films linked to deforestation, global warming and overfishing. The children loved designing models, recording voice overs and bringing their ideas to life.

Neurodivergent Friendly Children's Club



'Thrive' in a library session for neurodivergent children and families.

The session is held when the library is usually closed to the public and offers play, craft and storytelling, led by volunteers from Cardiff Wellbeing service.

Parents must supervise their children when participating in the session that promotes accepting difference in a welcoming and inclusive environment.

Date: Thursday, April 2nd and 9th

Time: 10:30 AM - 12:15 AM

Location: Canton Library, Library Street, Cardiff, CF5 1QD

**New Location!*



**Canton Library
Virtual Tour**



For more details please contact info@thrive.org

 Cardiff
Thrive



What Parents & Educators Need to Know about WHATSAPP

AGE RESTRICTION
13+

WhatsApp is a free messaging app owned by Meta, allowing users to send text and voice messages, share multimedia, make video calls, and chat in groups. With end-to-end encryption, only the sender and receiver can view messages. This may offer privacy, but it also comes with risks that parents and educators need to be aware of.

WHAT ARE THE RISKS?

GROUP CHAT PRESSURES

Group chats enable multiple users to message in the same space, but this can also make it easier for young people to feel excluded or overwhelmed. Negative comments can escalate quickly, and young people may feel pressure to respond or stay engaged even when the conversation is uncomfortable or upsetting.

SCAMS TARGETING YOUNG USERS

Scammers are increasingly using WhatsApp to trick users into sharing personal information. Common scams include fraudsters posing as family members in an emergency or tricking users into revealing security codes. These can lead to identity theft or access to private conversations.

DISAPPEARING AND HIDDEN MESSAGES

WhatsApp offers features like disappearing messages and 'Chat Lock', which can give users a false sense of security. While intended to protect privacy, they can be used by young users to hide inappropriate conversations or content, making it harder for adults to spot potential issues.

EXPOSURE THROUGH CHANNELS

'Channels' are an optional feature that allows users to follow updates from public figures or organisations; however, there is no way to block this feature or filter its content by age. Young users may encounter adult or distressing content, including misinformation and harmful ideologies.

UNWANTED CONTACT AND LOCATION SHARING

WhatsApp users can share their live location, and if not managed carefully, this can allow others – even those in mutual groups – to track someone's whereabouts. Also, without the right privacy settings, young users may be contacted by strangers.

COMMERCIAL AND AI CONTENT

WhatsApp now includes ads in the 'Updates' feed and has introduced an AI assistant – Meta AI – across the app, which cannot be removed. These additions raise concerns about targeting, privacy, AI use, and the type of content children and young people might interact with.

...ONLINE...

ONLINE

SECRET CODE

Advice for Parents & Educators

REVIEW PRIVACY SETTINGS TOGETHER

Help young users check who can see their profile photo, status, and location. Activate the 'Silence Unknown Callers' setting and set group chat invitations to 'My Contacts' or 'My Contacts Except...' for added safety.

TEACH HOW TO SPOT SCAMS

Encourage caution around unusual and unexpected messages, especially if they involve money or codes. Help young users understand the signs of scams and what to do if they receive a suspicious message. Enable two-step verification to add an extra layer of protection.

BE OPEN ABOUT HIDDEN CHATS

Discuss why children and young people might use features like disappearing messages or 'Chat Lock'. Encourage them to share if something made them uncomfortable, even if the messages are gone. Let them know that privacy should not mean secrecy.

TALK ABOUT ADVERTISING AND AI

Explain that WhatsApp now includes ads and AI tools. Discuss the difference between genuine and sponsored content, and the potential for AI to share inaccurate or age-inappropriate responses. Encourage young users to think critically before trusting or interacting with these features.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian Government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

See full reference list on our website

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.02.2026

parent line

Parentline is a text message service that allows parents and carers of children aged 5 to 16 to contact a school nurse for confidential advice and support via text message.

The service is available to all parents and carers with children aged 5 to 16, including those who are home educated.

To contact a **school nurse**, text **07312 263178**. Text messages will be monitored between 8.30am and 4.30pm Monday to Friday (excluding bank holidays) and the Cardiff & Vale UHB School Nursing team aims to respond within one working day.

A school nurse can offer help and support for a wide range of topics, including:

- Emotional wellbeing
- Day and night time wetting
- Soiling
- Healthy eating
- Behaviour
- Relationships

The team can also arrange for you to speak with your child's school nurse if preferred.

Texts will not be seen outside normal working hours. If you need help before you hear back from the team, please contact your GP or dial 111.

Parentline supports text messages from UK mobile numbers and does not receive voice calls or MMS picture messages. Text messages are charged at your usual rates.

ADVICE AND SUPPORT FOR PARENTS



Smartphone Free Childhood

A guide to the best child-friendly
'non-smartphone' options.

ADVICE AND SUPPORT FOR PARENTS



Gwasanaeth Gwybodaeth i Deuluoedd
Family Information Service

<https://www.childcareinformation.wales/>

Cardiff **Family
Advice and Support**



<https://www.cardiffamilies.co.uk/parents-and-carers/cardiff-family-gateway/>

**Credwch
mewn plant
Believe in
children**



**Barnardo's
Cymru**

<https://www.cardiffamilies.co.uk/family-wellbeing-service-for-professionals/>