



Bishop Wilkinson
Catholic Education Trust
Through Christ, in Partnership

ST. PATRICK'S



St. Patrick's Catholic Primary School

Newsletter - Issue 11 - December 2023

Executive Headteacher: Mr D Miller

Head of School: Mr S Keys

Chair of Governors: Mrs C Bainbridge

Telephone: 0191 378 0552

E-mail: stpl@stpl.bwcet.com

Website: www.stpatrickslangley Moor.org.uk

Dear Parents, Carers & Parishioners,



The Christmas break has now arrived and we are all ready for an enjoyable time with the family. We know the children are very excited and looking forward to the arrival of Father Christmas!

Firstly, and most importantly, we would like to congratulate all of our wonderful children for their achievements so far this year. Once again, their hard work and commitment to learning has been reflected in their end of term parent meetings; their unique gifts and talents have been shared in our regular newsletter; recognised in Celebration assemblies and demonstrated beautifully in our recent Nativity performances. Please know how proud we are, and how proud the whole St. Patrick's team are, of each and every one of you. You're all AMAZING!

The autumn term has been packed full of creativity with excellent work produced in all classes across school. Children have participated in dedicated themes such as Anti-Bullying Week, Black History Month and the start of our Rights Respecting journey, where they had opportunities to debate issues, discuss topics and present their work.

It is hard to believe that we are already at the end of Autumn term! As always, the rooms and corridors in our school have been filled with happy children who, on a daily basis, show resilience, manners and a positive attitude to their learning. Behaviour is exemplary and it is an absolute pleasure to visit each class to see and feel the positive vibes and just how hardworking our pupils are - true St. Patrick's Super Stars!

Spiritually, we have been preparing for Christmas through our whole school liturgies and our Advent mission — to share the gift of **HOPE**. We know that many people have now been touched by your thoughts but we also know that they have only had a small insight into what we have the joy of seeing every day in school, that we *'Use well the gifts that God has given us'*.

The vast range of opportunities and activities are planned by our amazing staff and we know you will want to join us in saying a huge thank you to their dedication, efforts and hard work, they truly are an amazing team! They join us in wishing you all a peaceful and happy Christmas and wish you all the best for the new year. We look forward to seeing you all in 2023!

Best wishes,

David and Sam



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Thank you

We have few thank you to make for special people this week.

A Special thank you to our wonderful former Caretaker, Mr Skillcorn who has very generously purchased a Christmas Tree for the school. Here it is, complete with the children's Advent Promises hanging from the branches. This is an amazing act of generosity and reflects what a special family feel St. Patrick's has about it.

Another massive thank you to Mrs Matthews Who has very generously loaned the school some amazing Christmas costumes. These have been greatly appreciated and are very much welcome and have really added to the experience for the children. This unprompted act of generosity again reflects the continued support that the St. Patrick's families offer the school.

We would also like to say a thank you to Mr Tony Winn has made a very special donation to the school.

Finally, a huge thank you to the parents and governors who have helped with refreshments and spreading extra Christmas cheer.



Extra-Curricular Success



Here is our very own Finn who was an absolute superstar in his Activate Theatre Christmas show recently. Finn played the part of 'Sneezy' in Far Far Away. His acting, singing and dancing was amazing. A future in Hollywood definitely beckons.

Finn, we are all so proud of your efforts and just a little bit jealous of your talents. Well done!

School Prayer

Dear Lord,

Thank you for making St. Patrick's a safe place to be,

Where we all try our hardest to be the face of Jesus,

Thank you for the special gifts and talents you have given us all,

Let us use them to follow in your footsteps, showing each other love and forgiveness,

Help us all to share peace and love in your world,

May we always be kind and good in everything that we do,

Letting God guide our heads and our hearts.

Amen



Here is our new personal school prayer which has been created by taking elements of the prayers submitted by:

Georgia, Isobel Hill, Natalia R,
Lyla

Well done!

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Behaviour Policy Queries

It has been a pleasure to meet with parents and class reps this week to discuss the new Behaviour Policy. Through discussion, we have sought to amend a few areas and change the language of the document. Thank you for all your comments and suggestions. As a school, we value parental voice and welcome every opportunity to develop these partnerships further. Please see below for some of the areas which have been discussed and clarified.

Are you saying that my child is restricted from using the toilet during lessons?

Absolutely not. Any child who needs the toilet can use the toilet whenever they need to. We recognise that many children have medical issues and that older girls need to access the facilities for a variety of reasons. We also accept that the language used in the curriculum document could be clearer and will therefore revise the document to make it explicit that toilet access is in no way restricted. The reason we actively encourage children to use the toilets during break is to minimise the number of children who leave lessons immediately after returning from breaktimes and ultimately missing key teaching content. Furthermore, no child will receive a sanction of any kind for using or wanting to use the toilets.

Why do children have to walk and eat in silence?

The document does not state this at all. We do encourage the children to talk to each other quietly and not use a loud voice when eating in the hall. We have several children in school with sensory needs and eating in a space which is loud and noisy can become extremely distressing. All children are allowed to talk to each other, but, just as if you were out with friends or the family, enjoying a meal sitting next to someone using a loud voice is never a pleasurable experience. We encourage children to talk to their friends and the 'buzz' generated from the school curriculum means that this is inevitable—we simply ask the children to control the volume so it is not magnified when 30 children are all talking.

I think it's wrong that my child will be sanctioned for not following the SHAPE approach.

The document does not state this at all. Our teaching pedagogy is that children always answer in full sentences, using ambitious vocabulary at all times. We want all of our pupils to be confident public speakers who are able to debate issues and justify their answers. However, we also recognise that some children are shy and don't always like to speak publicly in front of their friends—this is perfectly fine. As a school, we have offered 3 Christmas Productions meaning increased speaking opportunities, Class Liturgies where all children have a key role, debating opportunities in English to name but a few. We want all children to challenge themselves and to be able to debate key issues, challenge information presented to them and be ready for the next stage of their academic life when they leave us. Again, no child will receive a sanction for mumbling or not making eye contact. We will actively promote this and when necessary, make adaptations for those children who require it.

Yellow behaviours are things that all children do - why is this poor behaviour?

We agree that all children lose concentration at times and will demonstrate these behaviours. The policy states that these are behaviours when a child 'Continues to demonstrate behaviours contrary to the

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St. Patrick's Way, despite having 'time out' to aid regulation and also missing the next available break.'
To clarify...

Each child will be given 3 verbal reminders (using Unicef Child friendly Rights Respecting Language) before being placed on Level 1 (just a tick on a sheet).

A further 3 verbal reminders will be given before moving to Level 2 (a change of table within the classroom for 5 minutes) before moving back to their original seat.

A further 3 verbal reminders will be given before they move to **Level 3** (a missed break time).

A further 3 verbal reminders will be given before moving to **Level 4** (A Yellow Card).

This means that each child will be given 12 opportunities to adjust their behaviour before they receive a Yellow Card. If, for example, we accept that each verbal reminder takes 30 seconds, this means that 6 minutes would be spent during a lesson talking with a child about learning behaviours which are affecting other children. When we multiply this by the 30 children in the class, it ultimately means that no learning is taking place at all within a lesson.

To clarify, we understand that children will demonstrate these behaviours and a Yellow Card will never be issued for a 'one-off' isolated incident. Never. However, all children have the right to learn and therefore promoting strong learning behaviours and removing 'low-level' disruption is something we believe strongly in. Yellow Cards are for repeated and continued behaviour despite teacher intervention and support.

Level 5 (Red Cards) will be issued immediately for swearing, fighting and racist language. I'm sure we all agree that we do not want any child exposed to these behaviours.

Are the teachers also going to ask my child how their day has been?

Both myself and Mr. Keys set the tone here. We sit in the dinner hall whenever possible and have our dinner with the children. It is a joy when the KS1 children knock on our door and ask us to sit with them. It is here that we have and encourage conversations with the children and ask about what has been going on in their day. We're a Right respecting School and yes, all staff want to talk to your child(ren) and to really get to know their personalities.

Do children need to smile all the time?

We recognise that all children will experience a range of emotions throughout the day. At St. Patrick's, we operate a 'Zones of Regulation' system where the children are encouraged to embrace their emotions—positive or negative. All staff are trained to respond accordingly. Children are encouraged to have a positive mindset and smile. However, for obvious reasons no child will be forced to smile and all emotions will be respected. Furthermore, no child will receive a sanction of any kind for not smiling.

Will this turn school into a prison?

No is the short answer. This is a policy document which outlines our high standards and expectations. However, multiple opportunities are given, when appropriate, to allow personalities to shine and for

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exceptions to be made. For example, the school operates an nail polish policy but for 'Diabetes Week' we embraced the children wearing blue and allowed blue nail varnish. We believed this was the right thing to do and to support our children who have diabetes. We are a Catholic school where our faith is very important to us—we still celebrated Halloween with the children. We have a uniform policy but support special events via non-uniform days such as Children in Need and Anti-Bullying Week. Our nativity productions are rooted in the true message of Christmas but we are still taking everyone to see the pantomime. Myself and Sam have opened up the school, and will continue to do so at every opportunity, to welcome families into school to sample the ethos for yourselves, for example, parental coffee events, Liturgies, fayres and school club events. School initiatives such as 'Class Reps' also highlight our commitment to working in partnership with parents to improve our wonderful school.

Mental Health and Emotional Support

Mental Health & Emotional Support
for children, young people & families in County Durham

This is a **great starting point** to help you **access support**

If **Christmas is a hard time** for you, it's important to **remember that you are not alone.**

KOOTH | www.kooth.com
Free, safe, anonymous online support for young people aged 11+

CAMHS - Single Point of Access | 03001 239 296
Community mental health teams for children (0-16 years)
www.tevw.nhs.uk

Emotional Health & Resilience Team | 03000 263 532
Emotional health, advice and guidance for 5-10 years

NHS 111 | www.nhs.uk
Get medical help near you or advice on your nearest walk-in centres

TEWV Crisis line | 0800 0516 171 | www.tevw.nhs.uk
24 hour service for young people experiencing a mental health crisis

Children's Social Care First Contact
Report a concern about a child's welfare
www.durham.gov.uk/FirstContact

Rollercoaster Parent Support
Helping parents to support children (0 – 25 years) with emotional or mental health issues
www.facebook.com/groups/1601632260084760

Childline | 0800 1111 | www.childline.org.uk
Confidential telephone counselling service for any child with a problem

Mind | 0300 123 3393 | www.mind.org.uk
Provides information and signposting around mental health, including where to get help and treatment options.

Samaritans | 116 123 | www.samaritans.org
The Samaritans offer a safe space to talk in your own time and way about what is important to you

Young Minds | 0808 802 5544 | www.youngminds.org.uk
Helping young people around isolation and gaining support around mental health

The Mix | 0808 808 4994 | www.themix.org.uk
Free, confidential support for under 25 via online, social or mobile

PAPYRUS | 0800 068 4141 | www.papyrus-uk.org
Confidential support and advice for young people with thoughts of suicide

Shout | Text SHOUT to 85258 | giveusashout.org
Confidential 24/7 crisis text support when you need immediate assistance

BEAT Youthline | 0808 801 0711 | www.beateatingdisorders.org.uk
Provides support for children and young people with an eating disorder

Remember your **local school** and **GPs** are available to help.
You are not alone, we can get through this together.

NHS
County Durham
Clinical Commissioning Group

Tees, Esk and Wear Valleys NHS
NHS Foundation Trust

County Durham Care Partnership

Durham
County Council

Support

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Online Safety Tips

Article 19: The right to be protected from all forms of harm

Disney +



More than 150 million subscribers worldwide. Disney+ has enjoyed a steady rise in popularity since launching four years ago: the platform's deep library of treasured old-school animated favourites, modern classics and original series means that it can offer a rich seam of engrossing content that caters for young and not-so-young users alike.

Of course, a consequence of this approach is the presence of the sort of age-inappropriate material one might not expect to find on the platform, given Disney's fabled status as a purveyor of family entertainment. There's useful advice in avoiding this pitfall (and more besides) in this week's guide, as Disney+ comes under the microscope.

Snap Chat



What is Snapchat? Snapchat is a social media app used for messaging and sharing photos and videos. You must be 13+ to sign up. Users can send messages (snaps) to others that can only be seen for a set time e.g. 10 seconds and users can also upload snaps to stories, which disappear after 24 hours.

What should I be concerned about? There are risks to using Snapchat, including the risk of your child viewing content that is not appropriate for them, location sharing and contact from strangers.

Family Centre features: Family Centre includes features such as allowing you to see who your child is friends with, who they are communicating with (not the contents of conversations though) and who your child has sent messages, photos or videos to in the last week. You will also be able to report any accounts that you are concerned about as well as restrict sensitive content. Snapchat have also published a safety checklist to help support conversations about how to use Snapchat safely. Click [here](#) to access it.

New safeguarding features: Snapchat have recently announced their newest features to help protect 13-17-year-olds. The first feature is in-app warnings so a pop-up warning will now be displayed if someone tries to add them as a friend that they don't have mutual contacts with, or the person isn't in their contacts. The second feature is 'stronger friending protections.' Currently 13-17-year-olds must have several mutual friends in common for that user to show up in search results or as a friend suggestion, but this number has been increased. These two features are available to users aged 13-17-year-olds, this is one of the reasons why it is always important for your child to sign up with their correct date of birth, so they can benefit from any such features. Click [here](#) to view.

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Diary Dates

Any new dates added to the calendar will be shown in blue.

Date	Event	Time	Parents Invited
Monday 8th January	Children return to school	8:45am	Yes
Tuesday 30 th January	SEND Parental Coffee Meeting	9am	Yes
w/b Monday 5 th February	Children's Mental Health Week	All Week	No
Tuesday 6 th February	Safer Internet Day	All Day	Yes
Friday 9 th February	Break up for half-term holiday	3:25pm	Yes
Monday 19 th February	Return to school for Spring 2nd Term	8:45am	Yes
Wednesday 31 st January	Year 2 parents SATS Meeting	3:30pm & 4:15pm	Yes
Wednesday 7 th February	Year 1 Parental Phonics Meeting	3:30pm & 4:15pm	Yes
Thursday 8 th February	Year 6 parents SATS Meeting	3:30pm & 4:15pm	Yes
Tuesday 20 th February	Year 1/2 'Seeing is Believing'	1:15pm – 3:25pm	Yes
Wednesday 21 st February	Year 3/4 'Seeing is Believing'	1:15pm – 3:25pm	Yes
Thursday 22 nd February	Year 5/6 'Seeing is Believing'	1:15pm – 3:25pm	Yes
Wednesday 6 th March	Reception Stay and Discover Number	AM	Yes
Thursday 7 th March	World Book Day	All Day	No
Friday 8 th March	Interim Reports go out	3:30pm	--
Monday 11 th March	Parents Evening	3:30pm - 6:00pm	Yes
Tuesday 12 th March	Parents Evening	3:30pm - 6:00pm	Yes
Tuesday 15 th March	Comic Relief: non-uniform day	All Day	No
Monday 25 th March	Year 1 & 2 Palm Sunday Liturgy	2:45pm	Yes
Tuesday 26 th March	Year 3 & 4 Last Supper Liturgy	2:45pm	Yes
Wednesday 27 th March	Year 5 & 6 Garden of Gethsemane Liturgy	2:45pm	Yes
Thursday 28 th March	Crucifixion and Resurrection Liturgy	1:00pm	No
Thursday 28 th March	Break up for Easter holiday	3:25pm	Yes
Monday 15 th April	Return to school for Summer Term	8:45am	Yes

Thank you!
FOR SUPPORTING

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attendance MATTERS

Procedure for appointments during school hours

If you have to take your child out of school for any reason, including a medical, dental, school visit appointment, please could you inform the school office prior to the appointment along with any supporting evidence of the appointment. This is so that we can authorise the absence where we can and your child is not marked as unauthorised in our register.

Please see below guidance from the government regarding school attendance. <https://www.gov.uk/school-attendance-absence>

Children should aim to arrive in school by 8.55 am at the latest. **Persistent lateness causes disruption to your child's education.**

Year	Attendance this week:
R	88.89%
1 / 2	92.21%
3 / 4	96.43%
5 / 6	94.29%
Weekly Overall Attendance: 93.45%	
Yearly Attendance to date: 95.35%	

Late arrivals

Class registers are taken at 9:00am prompt as we don't want to miss any learning opportunities. **All children should be in class and sat down by 9:00am.**

We want all of our children to be sat down at their desks for 8:40am whenever possible.


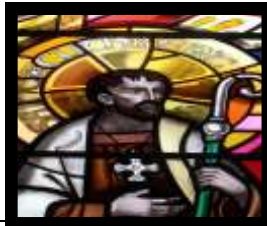


Standards at St. Patrick's

Our expectations on attendance must remain strong and, as the parent community know, we take this part of our job very seriously indeed. We will be contacting parents/carers of those children who are persistently absent, this means any child with an attendance percentage of 90% or less. Please understand that this is a supportive measure and that we are working hard to leave no stone unturned to help your child achieve the very best possible outcomes.



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HOUSE POINTS

Feast Days:	St. Bede	St. Cuthbert	St. Hilda	St. Aidan
25th May				
20th March				
17th November				
31st August				
Weekly total	304	306	270	289
Running total	774	710	685	655

Stars of the week

Peaches	Year R	For always trying her best.
Emily G	Year 1 / 2	For being a wonderful member of Class 2.
Benediktas	Year 3 / 4	For being kind and respectful throughout the week.
Albie	Year 5 / 6	For being a wonderful member of the class and our school.

Rainbow Rewards

Red	Is for the blood he gave (Be Kind)	Shauna and Miss Dennis
Green	Is for the world he made (Be a steward)	
Yellow	Is for the light so bright (Be humble)	
Orange	Is strong and full of might (Be courageous)	Ruby and Thomas
Purple	Is for his hour of sorrow (Be compassionate and say sorry)	
Pink	Is for a new tomorrow (Be just and fair)	
Blue	Is for the sky he made so we can aim high (Never give up or take the easy option)	Albie

**The rainbow is a sign of God's promise,
 He will guide us through any storm.
 When you feel battered by life's storms,
 Just remember God's rainbow is coming -
 It's only a prayer away.**

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Ask your child



We're sure you all ask your children what they have learned at school every day. We're also sure that the depth of answers that you receive will also vary, with some children saying, 'nothing'. To help aid your discussions, each week in the newsletter we will include a starter question that will help your child to talk about what they have been learning that week in school. Try it tonight

Reception	Can you name Santa's reindeer?
Year 1 / 2	What is the true meaning of Christmas?
Year 3 / 4	How do you say Merry Christmas in French?
Year 5 / 6	What did John mean when he said "Word became flesh"?
General	How many Christmas Carols can you name?

Article 14: The right of freedom of thought, belief and religion

The Gospel in Church - 24th December



The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin engaged to a man called Joseph. The virgin's name was Mary. "Rejoice, favoured one!" said Gabriel. "The Lord is with you." Mary was disturbed and asked herself what he could mean. "Do not be afraid, Mary," the angel continued. "You have found favour with God. Listen! You will conceive and bear a son and you will call him Jesus. He will be great and will be called Son of the Most High and his kingdom will never end." "How can this be," questioned Mary, "since I am a virgin?" "The Holy Spirit will come down upon you," the angel said, "and you will have a child who will be called the Son of God." "I am the servant of the Lord," Mary replied. "Let it happen just as you have said." Then the angel left her .

Luke 1: 26-38

The Gospel in Church - 27th December



When Jesus was a baby, his parents, Mary and Joseph, took him up to the Temple to present him to God and make an offering of two young pigeons. Now in the Temple there was a good and holy man named Simeon. The Holy Spirit had promised Simeon that he would not die until he had seen Jesus, the Light of the World. Prompted by the Spirit, Simeon came to the Temple; and when the parents brought in the child Jesus, to make their offering, Simeon took Jesus into his arms and blessed God; and he said: "Now, I can die in peace because you have kept your promise. This child, Jesus, will be a light for all nations." Jesus' parents took him back to Nazareth where Jesus grew to maturity, and he was filled with wisdom; and God's favour was with him.

Luke 2: 22-40

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Recommended Read

All the Ways to be Smart

There are lots of ways to be smart and this book cannot wait to share with you all the different ways that you are smart throughout each and every day. Being smart can be drawing or making things or being helpful. You can be smart at playing, at dancing and at taking chances. You can be smart at pretty much anything and everything. And remember, no-one will ever do the very same smart things as you...

Page Count: 32

Age: Year 1 and 2

Genre: Everyday life

Themes: Rhyme



'a word about books' says... *"Great book with a great message! All the Ways to be Smart is a bright and bubbly celebration of all the brilliant things that make children who they are."*

Armstrong

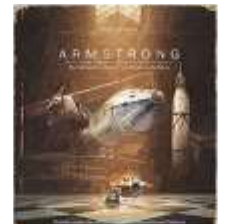
When a little mouse's fascination about the moon isn't shared by his mouse buddies he sets out to prove to them that moon is made of rock, and not, as they believe, made out of cheese. With the assistance of a wise, old mouse at the Smithsonian Institute, can this little mouse take to the skies just like his mouse-flying ancestors had before...

Page Count: 128

Age: Year 3 and 4

Genre: Adventure

Themes: STEM, space, historical



'a word about books' says... *"Readers will be captivated by this gloriously illustrated tale of one little mouse and his tenacity and determination to achieve his dreams. This is one small step for mouse, one big non-cheese truth for mouse-kind."*

The Barnabus Project

In a world where pets are made to be perfect, Barnabus - a half mouse, half elephant, finds himself encased in a class jar labelled 'FAIL' and put on a shelf with all the other failed projects. Barnabus dreams of the world above the laboratory and when faced with the threat of being recycled by the green rubber suits, he and his friends make a daring bid for freedom...

Page Count: 72

Age: Year 5 and 6

Genre: Science-fiction, adventure

Themes: Diversity, courage, resilience, team-work, hopes, dreams



'a word about books' says... *"A lovely adventure story with big and important messages at its heart. You don't have to be perfect to fit in, being yourself is more than enough."*

To access more reviews click [here](#) to be taken to A word About Books

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What Parents & Carers Need to Know about DISNEY+

WHAT ARE THE RISKS?

The Walt Disney Company's streaming service, Disney+ combines entertainment from the famous animation studio itself with Pixar, Star and National Geographic, plus the Marvel and Star Wars franchises. With access to the latest releases, Disney classics and original series, there's plenty of content to explore. While parents may have noted that adverts have now been introduced on some versions of the service, the platform is – unsurprisingly for a Disney product – designed to be appropriate for the whole family.

LESS SUITABLE CONTENT

While Disney+ is predominantly family friendly, there are some movies and shows in its library which are aimed at an older audience: these may scare younger ones or contain themes or language that you'd rather your child wasn't exposed to. You could avoid such situations by enabling Junior Mode (see 'Adjust content settings', below) or specifying a content age rating for your child's profile.

BINGE WATCHING

With the option to view content on any internet-enabled device and a growing catalogue of movies, cartoons and documentaries, Disney+ can make managing screen time difficult. This could result in children binge watching content, distracting them from activities like homework or socialising. Too much screen time has also been shown to negatively impact mood, sleep patterns and weight.

PHISHING EMAILS

Be especially cautious if you receive emails or text messages purporting to be from Disney+. There have been numerous reports of online scammers impersonating Disney+ staff in an attempt to gain access to subscribers' personal information. Disney+ states it will never email or call customers asking for their payment details, their private information or their password.

ENCROACHING ADVERTS

Disney+ has introduced a new subscription package – Disney+ Standard with Ads – which plays commercials before movies and during shows (like many TV channels). There are no adverts in Junior Mode, but profiles with a content rating of 5+ years will see ads appropriate for that age category. Adults who give consent will see personalised adverts based on their location and viewing history.

ACCESSING ADULTS' PROFILES

If adults don't set a PIN for their profile, children could access it and encounter content which isn't age appropriate. In the settings, Junior Mode has a toggle titled 'Kid-Proof Exit' which requires the user to read four words (numbers, spelled out) and enter them to switch profiles. For older children who can read, though, this isn't secure enough – so using a PIN for adult profiles is recommended.



Advice for Parents & Carers

ADJUST CONTENT SETTINGS

When setting up an account, there's an option to create profiles in what's called Junior Mode. This generally covers material that's suitable for children up to age 5 and is therefore fairly limited. You can give older children a wider choice of viewing by building a standard profile, then going into the settings and choosing a content rating from one of the pre-set alternatives: 6+, 8+, 12+ or 14+.

TURN OFF AUTO-PLAY

When a cartoon, show or movie finishes, Disney+ uses algorithms to identify content with similar themes, which it thinks your child will also enjoy. This suggestion will then automatically begin to play by default. There's an option to turn off this auto-play function in the profile settings, which will encourage your child to take a break from the screen and move on to a different activity.

ADD PIN PROTECTION

Disney+ enables you to effectively lock profiles behind a four-digit PIN. In particular, some of the shows on the platform's Star content hub are far more oriented to adults (including several hard-hitting dramas from US networks), so protecting parents' or older siblings' profiles with a PIN will help to prevent younger children stumbling across material which isn't intended for them.

ENJOY AS A FAMILY

When your child watches a movie or show on Disney+ for the first time, you may want to sit with them to ensure it's suitable. You could do the same when introducing them to older films that you haven't seen for years: your perception of what's appropriate has very probably changed, and some of the language and attitudes in movies from your own childhood may seem quite shocking today.

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.

