



Dear Parents/Carers,

Students have been given their data collection sheet to take home. Please write on the form any changes or fill in any gaps in the essential information and return it via your child to their form tutor by Monday 13th July. This ensures our records are up to date and we have all of the important information for your child.

Years 7 to 9 end of year tracker reports have been shared. There is also a survey sent out for you to feedback and raise any queries which we will respond to before the end of term. Students also receive their grades in school and reflect on what they have been achieved and their next steps.

Today, some of our Year 10s and 11s have completed their Duke of Edinburgh expedition, and were really successful demonstrating everything they'd learnt in their training. Next week, Year 10 are on their residential from Wednesday to Friday at PGL where they will be taking part in outdoor activities and water sports, as well as core subject masterclasses and study skills. We look forward to hearing all about it and seeing the photos which will be shared too.

In preparation for the following week, included below is information ahead of our annual Sports Day, which is a full school event with all students participating in activities throughout the day. This is on Tuesday 22nd July and there is more information included below. And preparations are also underway for end of term rewards events happening starting from Monday, with year group assemblies next week, and into the final week including the KS3 Graduation for Year 9, and the awards for the whole school assembly on Wednesday 22nd July. Students are reminded that to achieve their badges they need to ensure they have reached 300 positives for Bronze, 600 for Silver and 1000 for Gold.

Finally, a reminder - as we start to get towards the end of term, please ensure you have topped up your ParentPay accounts to cover any outstanding balances. Reminder emails about any negative balances are being sent out with this needing to be repaid, and credit added to students' accounts to enable them to buy lunch. Any students without credit, or with a negative balance, will be able to buy our lowest priced food option so they are able to eat lunch, and this will still be charged but will not be able to buy anything extra to this. If you need your log on details for ParentPay, or any additional support, please contact the main office.

Principal's Awards

Awarded to the students in each year group with the highest number of Positive Points and 0 Negative Points each week.

Isaac
(7E)

Asad (8M)
Jessica(8R)

Ali- Akbar
(9R)

Maimuna
(10T)



J Pilkington
Principal



Artsmark
Silver Award
Awarded by Arts
Council England



Leading Parent
Partnership Award

2022-2025

Stars of the Week

Congratulations to this week's star students:

Year 7

P- Mollie
R- Ashton
I - Hijab
M - Zaeem
E - Macie
HOY - Taylor

Year 8

P- Mohammed
R- Samuel
I - Vadim
M - Sahil
E - Abdul
T - Henry
HOY - Sheharyar

Year 9

P- Melissa
R- Ali
I - Payton
M - Lucianno
E - Sara
T - Rehan
A- Archie
HOY - Lily

Year 10

P- Lauren
R- Rabiya
I - Hayden
M - Logan
E - Rebecca
T - Mollie
A - Kristale
HOY - Demi

Year 11

P- Attiq
R- Joshua
I - Balal
M - Jamie
E - Georgia
T - Callum
A - Yusuf
HOY - Eden

Primet Positive Focus: Progressing

This week we have been focusing on our core value of always progressing. Learning and progress are at the heart of everything we do. We strive to constantly develop our knowledge and skills, ensuring that every day we move forwards.



UNCRC Articles

As part of our UNICEF Rights Respecting Schools Award, we have been looking at each of the United Nations Convention on the Rights of a Child Articles. There are 54 Articles in total. This week we have been learning about:

- Article 28 – Right to education: Every child has the right to an education. Primary education must be free and different forms of secondary education must be available to every child. Discipline in schools must respect children's dignity and their rights. Richer countries must help poorer countries achieve this.
- Article 29 - Goals of education: Education must develop every child's personality, talents and abilities to the full. It must encourage the child's respect for human rights, as well as respect for their parents, their own and other cultures, and the environment.
-



Upcoming Dates

15th July – Year 7 Work Experience Tech Challenge

15th – 17th July – Year 10 Residential trip

20th July – Year 10 School Photos for use throughout Year 11

20th July – Year 9 KS3 Graduation Celebration

21st July – Sports Day, including Rewards Prizes

22nd July – Whole School Assembly, including Senior Prefect announcements; school finishes at 1pm



Focus on Maths

As we reach the end of another fantastic school year, we would like to celebrate the hard work, resilience and achievements of our students in Mathematics. It has been a busy and rewarding year, with students embracing challenges, developing their mathematical understanding and achieving success both inside and outside the classroom.

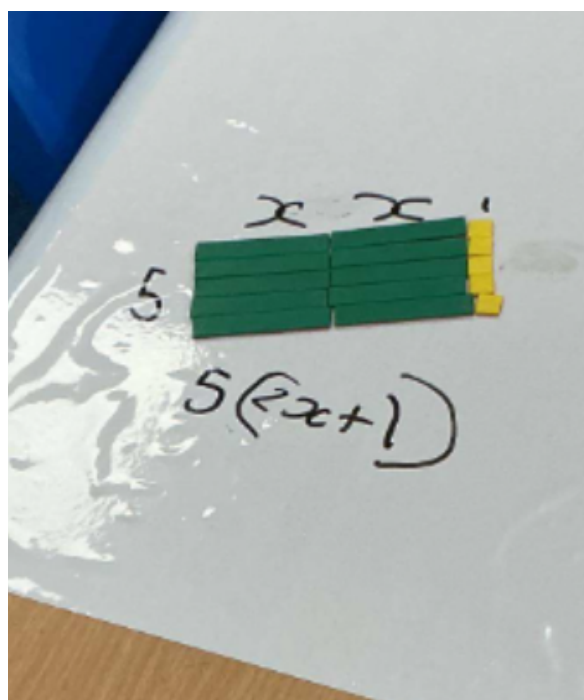
This year, many students took part in the UK Mathematics Trust (UKMT) Challenge, demonstrating excellent problem-solving skills and mathematical reasoning. We are delighted that several students achieved Bronze, Silver and Gold awards, reflecting their hard work and dedication. A special congratulations goes to Jessica who performed exceptionally well and progressed to the next round of the competition. We are incredibly proud of all students who participated and represented the school so positively.

Students in Years 7 and 8 have been working hard throughout the year on Maths-Whizz, striving to improve their maths age and deepen their understanding of key concepts. Many students have shown great commitment, earning their much-coveted blue and red gems and making significant progress along the way. It has been wonderful to see students taking ownership of their learning and celebrating their achievements.

Across all year groups, students have been using a range of manipulatives and practical resources to develop a deeper understanding of mathematical concepts, particularly within algebra. These hands-on approaches have helped students build confidence and improve their problem-solving skills.

Students have also been encouraged to research how the mathematical topics they study link to a variety of future careers. Exploring the real-world applications of mathematics has helped students appreciate the importance of the subject beyond the classroom and understand the opportunities that strong mathematical skills can provide.

Throughout this half term, students have been developing their mathematical knowledge and skills through the following topics:



Focus on Maths

Year 7

Students have been applying mathematical ideas to real-life situations while strengthening their numerical reasoning and problem-solving abilities.

Year 8

Students have explored the laws of indices and developed their understanding of percentages, including percentage increases, decreases and calculations involving percentages of amounts.

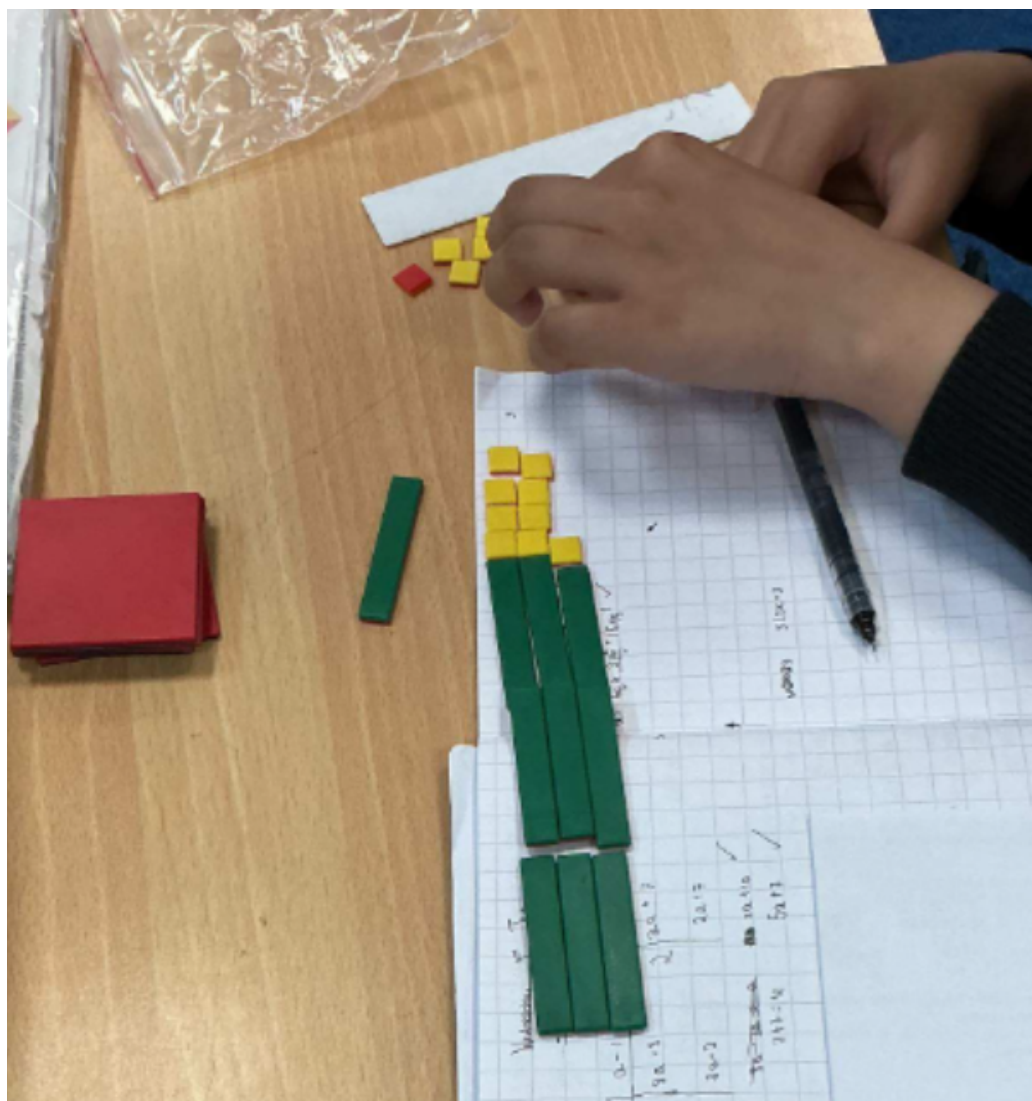
Year 9

Students have continued to build their algebraic fluency and have applied Pythagoras' Theorem to solve a variety of geometric problems.

Year 10

Students have been investigating measurements of two-dimensional and three-dimensional shapes, applying these skills to increasingly complex problems and real-life contexts.

We would like to thank all parents and carers for their continued support throughout the year. We are incredibly proud of what our students have achieved and the enthusiasm they have shown towards Mathematics. We look forward to building on these successes next year and continuing to develop confident, resilient and successful mathematicians.



Mrs Erskine
Head of Maths

Investing in Future Talent Matters

Work Experience Placement for Harry

We take pride in offering real-world experiences to young people considering careers in engineering and manufacturing.

Last week, we were joined by Harry, a Year 10 student completing his work experience placement. From day one, he brought enthusiasm, curiosity and a willingness to learn, and it was a pleasure having him on site.

We were especially proud to receive this message from his parents:

“Harry has come home every day full of enthusiasm, talking about what he has learned, the people he has met and the different aspects of engineering he has experienced. It has genuinely inspired him... We are incredibly appreciative of the kindness, patience and encouragement shown by all of your staff.”

Opportunities like this matter, not just for young people, but for the future of our industry. Building skills, sparking interest and offering insight into what a career in engineering can really look like helps secure a stronger, more capable workforce for the years ahead.

Thank you to everyone at [#TeamGEL](#) who supported Harry's placement and made it a valuable and inspiring experience.



Future Talent Matters

Inspiring the Next Generation



Year 9 Update

As we approach the end of another successful year, we have so much to celebrate with our Year 9 students. We are looking forward to Year 9 Graduation, where we will celebrate the students' achievements and mark an important milestone as they prepare to move into Key Stage 4. This is an exciting next step, as students begin their option subjects and many will start their GCSE coursework.

I would also like to warmly welcome Miss Cofflin, our new PSA for Year 9. She has already been getting to know many of our students and is excited to be working with the year group. We are delighted to have her as part of the Year 9 team and look forward to working together to support our students throughout Key Stage 4.

I would also like to mention that year 9s attendance this week has been the best in the school, and we continue to strive for improvement each week. Every lesson counts and attending school every day gives students the best opportunity to succeed, build confidence, and achieve the grades they are capable of as they work towards their GCSEs.

Finally, I am really looking forward to spending my first Sports Day with Year 9. The year group has already demonstrated fantastic team spirit at experience day, and I look forward to this being extended on the 21st



Mrs Lake
Head of Year 9 and 11

Year 9 Key Stage 3 Graduation Ceremony



Monday 20th July 1pm - If you would like to join us for this ceremony as a spectator in the stalls, please complete this Parent Seat Reservation Booking Form. Parents are welcome to arrive from 1pm for a 1.30pm start and 3pm finish.

<https://www.eventbrite.co.uk/e/year-9-key-stage-3-graduation-ceremony-tickets-1990766221358?aff=oddtcreator>

Staff v Student Sports

This week we have been enjoying the staff v students competitions after school as a way to bring the fantastic year of extra-curricular sports to an end. Monday saw most of the students trying out a new sport of pickle ball (although our year 8 students had already enjoyed learning this sport on experience day). Tuesday was the student-favourite sport of badminton. As you can see from the photo, students were more than ready to take us on! The last one of this week was cricket on Wednesday which was the first time of the week that students were able to give the staff a good run for their money and actually teach us a few lessons! However, staff were still triumphant by 20 runs. Next Monday 13th July is the final session where students and you - the parents and carers - are invited to take us on at rounders. If you would like to take part with your child, please meet us on the all-weather pitch, off Wackersall Road, at 3:40pm-4:30pm. We will let you decide if you want to join your child's team or the staff's team! Check out our Facebook page for more details on parking for the event.



Staff v Student Sports



Mrs Driver
Head of PE and
Child Development

Personal Development

Personal Development

This week in Personal Development students have been looking at:

Year 7	Year 8	Year 9	Year 10
Careers in the community – SEN teacher / SEN assistant / play worker	First Aid Careers in the community – ambulance dispatcher / paramedic	Jobs in the community – paramedic/ solicitor <u>/neighbourhood warden</u>	WEX review / Tracker Review

Next week they will focus on:

Year 7	Year 8	Year 9	Year 10
Review and reflection	Review and reflection	Review and reflection	Review and reflection

Last week both Year 8 and Year 10 had the opportunity to experience the different courses available for them post 16 at Accrington & Rossendale College and Nelson & Colne College respectively. Year 8's could do joinery, motor mechanic's or construction to name but a few of the options, whilst Year 10 could select from courses as diverse as engineering, sociology or STEM and IT. Regardless of which post 16 provider our students eventually decide to enroll with, the experiences will help them make more informed choices.

The Year 10 taster day came at the end of a very successful work experience fortnight. We are incredibly proud to be proud of all our students who gave it their all, and we have received much positive feedback from the businesses and employers who volunteered their time to support this.



Mrs Bielby
Head of Personal Development

Sports Day

We are pleased to inform you that our annual Academy Sports Day will be held on Tuesday 21st July. We are really looking forward to the event which is a full day of our students celebrating sport, through a variety of traditional and fun sessions. They will be competing as form teams in inter-year group activities, to attempt to be crowned Sports Day Champions of 2026!

This is a whole school event and so all students will be expected to take part in some of the activities during the day. Students will decide which events they are going to participate in, in their forms, on the day. Therefore, everyone must attend school ready to compete in full Primet PE kit and trainers; the PE jumper/hoodie is optional but non-Primet hoodies are not allowed. Sports hijabs must be worn for health and safety reasons, in line with our requirement for PE lessons. If your child is injured and cannot take part in the sports events, please ensure that a note is written, as you would for a normal PE lesson. They should still attend in PE kit and will still be able to play a vital part, as they could assist with managing their team and supporting their competitors. If students do not attend in the correct kit, they will receive an item of school kit to wear from the PE department. For students not in correct uniform and refusing to borrow school kit, we will contact home to either bring in the correct clothes or pick them up to go and get changed. As per Academy policy students should not have any jewellery on. Due to the physical nature of some events, earrings must not be worn, or should be taped up, as is the norm for PE lessons.

The timings of the day will vary slightly; however, school will start and finish at the normal times. As the temperatures are set to be quite high again over the coming weeks, the weather is likely to be quite warm, therefore please ensure sun cream is applied as most sessions take place outside. Students should have some water and a bottle that they can refill during break and lunch times too, to help keep hydrated. As we know from recent weeks the forecast can change significantly, so please do check it the day before so your child is prepared for whatever the weather.

Keep an eye on our social media pages throughout the day for updates and photos.



WELLBEING SUMMER



REWARD GIVEAWAY

FOR PRIMET STUDENTS ON **SPORTS DAY**
— **TUESDAY 21ST JULY 2026** —



ACHIEVE A **95%+** BEHAVIOUR
AND ATTENDANCE RATIO
IN **HALF-TERM 6**

TO BE IN WITH A CHANCE TO
WIN AMAZING PRIZES!



SPORT EQUIPMENT
FOOTBALLS, RUGBY BALLS,
BASKETBALLS & MORE!



BEST SELLING BOOKS
TOP TITLES TO ENJOY
AND BE INSPIRED!



TRAVEL SET GAMES
DOMINOES, CHESS,
UNO & MORE!



PROGRESSING



RESPECTFUL



INCLUSIVE



MOTIVATED



EXPRESSIVE



TOGETHER

#PROUDTOBEPIMET

PROJECT 10000



Join 10,000 people
giving just **£1 a month**
for 10 years

Your £1 a month will:

- Support grassroots community initiatives
- Build understanding between cultures
- Celebrate diversity and heritage
- Strengthen unity and shared values
- Help create lasting peace and harmony amongst our community

smallcommitment
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Email: info@buildingbridgesnetwork.co.uk

Web: www.project10000.co.uk

Scan here to
become part of
the 10,000 today



YOUTH FUTURES YEAR 11 LEAVER EVENT

**FINISHED Y11 & UNSURE WHAT NEXT?
NEED SOME ADVICE OR SUPPORT?**

**No appointment needed – just drop in! Can't attend?
Get in touch using the details below.**

We can help you with;

- Your next steps
- Getting into education
- Finding work
- Building your confidence
- Boosting your skills

Let's work together to figure out your next steps!

DROP IN



Pendle YES Hub
BB9 7UT



Thursday 20th August
9am-4pm

CONTACT US



01772 531 044



youthfutures@lancashire.gov.uk



[@youthfutures_team](https://www.instagram.com/youthfutures_team)



[https://padlet.com/youthfutures/
resources](https://padlet.com/youthfutures/resources)

Scan the QR Code
for more details on
events, booklets,
and resources!



YOUTH FUTURES ONLINE YEAR 11 LEAVER EVENT

**FINISHED Y11 & UNSURE WHAT NEXT?
NEED SOME ADVICE OR SUPPORT?**

No appointment needed – just drop in! Can't attend?

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We can help you with;

- Your next steps
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- Building your confidence
- Boosting your skills

Let's work together to figure out your next steps!

DROP IN



Teams - [Click Here](#) - Or
Scan QR Code in Pink Circle



Every Friday in August
9am-4pm

CONTACT US



01772 531 044



youthfutures@lancashire.gov.uk



[@youthfutures_team](https://www.instagram.com/youthfutures_team)



[https://padlet.com/youthfutures/
resources](https://padlet.com/youthfutures/resources)

Scan the QR Code
for more details on
events, booklets,
and resources!



Colne Youth Action Group

SUMMER

HOLIDAY ACTIVITIES WITH FOOD (HAF)

Those on free school meals are eligible to attend free of charge!

When?

From Monday 3rd August to Thursday 27th August.

Where?

Colne Youth Action Group, Byron Road, Colne, BB8 0EQ.

What do we offer?

Outdoor activities

Sports

Crafting

Cooking

Gardening - Growing

Wider youth activities (10+)

Emotional literacy

Wellbeing support

Trips

Inspiring adults

Family support &

engagement

Ages 5-10

Mondays to Thursdays

8am - 12pm

Ages 10-16

Mondays to Thursdays

12:30pm - 16:30pm

find us @colneyag

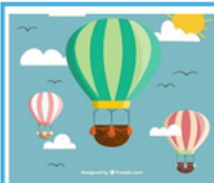


Colne Youth Action Group Charity, Byron Road, Colne, BB8 0BQ

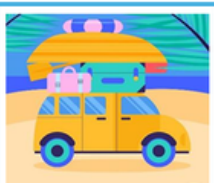
Registered No: 1192629

**FUN VIBES
Active Lives**

**CY
AG**



Hot-Air Balloon



Road Trip



Train Ride



Sail Away



Gaming



Card & Board Games



Watching Films



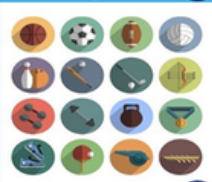
Chilling with Friends



Camping



Hiking



Playing Sport



Exploring



City Break



At the Beach



Eating & Drinking



In Nature

SUMMER READING CHALLENGE

Here are 16 summer holiday activities, try to complete a row, column, diagonal or even a Full House by reading a book linked to that activity.

You can use the accompanying booklist to guide you, however it is entirely your choice what you read. It could be fiction, non-fiction, prose, verse or graphic novels in audio, print or electronic format.

HAPPY READING

www.readingjackdaw.co.uk



Uniform reminder: Jewellery and Hair

All our decisions are made based on students being in a work mode with no social agenda to detract from the core purpose of school life which is to work hard, learn and make progress. Our uniform is designed to be smart and simple. Wearing a uniform demonstrates high standards, our academy values and a sense of community.

Students are allowed to wear a wristwatch and one pair of plain stud or small sleeper earrings in the lower ear. No other jewellery e.g. rings, chains, bands, bracelets and tongue or nose piercings may be worn.

We have a duty of care to all our students and this includes responsibility for health and safety. The wearing of facial jewellery, nose studs, tongue piercings, multiple earrings, necklaces, ear stretchers and other items which could cause harm or breach Health & Safety requirements in school is not allowed. We are unable to accept responsibility for replacing any items which are lost or stolen whilst in school. School reserves the right to ask students to refrain from wearing inappropriate jewellery or other items of non-uniform; for reasons of safety, security or appropriate appearance, students will be asked to remove the item. Items will need to be handed in to staff who will put them in the main office for parent collection.

In addition to adhering to the correct dress code outlined in the uniform policy we also expect students to present themselves with an acceptable appearance. As we strive to prepare and equip students for working life we expect hairstyles to be sensible and appropriate for school. Hair colouring is to be all one colour and a natural colour.

Extreme haircuts are not acceptable. The definition of an extreme hairstyle is at the discretion of the Senior Leadership Team, but include:

- No shaved heads or other extreme hairstyles
- Hair must not be shorter than a number 2 razor cut
- No tram lines
- No decorative braids
- No excessively bright or multi coloured hair dyed in other than natural colours.
- Students must wear their hair tied back during practical lessons for safety and hygiene reasons, for example in PE, Food technology, Design technology and Science when carrying out experiments.



Expectations Reminder: Attendance and Punctuality

Regular attendance is essential to maximise the educational opportunities. Irregular attendance disrupts continuity of learning, undermines educational progress and leads to underachievement and low attainment. The academy is unable to authorise absences except in exceptional circumstances.

The minimum acceptable level of attendance is 96%, but students are expected to achieve better attendance than 96%. Any student with more than 10% absence falls in the Department for Education's 'Persistent Absence' (PA) category, and information regarding PA students or students who are 'at risk' of becoming PA is generated each term and sent to the DfE, and may lead the issue of a Fixed Penalty Notice. Where possible, medical appointments should be arranged out of school time and where that is not possible you should take steps to minimise the amount of school time missed.

Students are expected to be on time every morning at 8.45am so they are on time and in line up at 8.50am, and on time for every lesson during the day. Students can arrive from 8.20am, when they can have a FREE breakfast or go to Oracle (our amazing library).

If they arrive late to the academy they will need to report to the attendance office to sign in. They will show as being late on their ClassChart attendance and this will be sanctioned with a same day after school detention. If there is a genuine reason for lateness, please call the attendance office to inform us.

Parents/carers must ensure your child attends on time each day. If attendance is not possible due to illness, or if there is a genuine reason for lateness, contact the academy (on 01282 863970 option 1) before school on the first day of absence to give a reason and, where an absence continues, keep the academy informed.



Summer Term 2



PE Extra-Curricular Sport (Summer Term 2 2026)

DAY	TIME	ACTIVITY	ROOM	STAFF
Monday	Lunchtime	Year 7 Activities on field / yard	Field / yard	LHM/CJO
	After School	Athletics – all years	All weather	All PE staff
Tuesday	Lunchtime	Year 8 Activities on field / yard Year 7 Activities on field / yard	Field / yard Field / yard	KDO/LHM EDR/CJO
	After School	Cricket – 9 & 10 Rounders Tournaments (see schedule) Rugby – years 7 and 8 (boys)	Sports Hall Field	LHM CJO
Wednesday	Lunchtime	Year 10 Activities on field / yard Year 9 Activities on field / yard	Field / yard Field / yard	KDO EDR / CJO
	After School	Cricket – 7 and 8 Rounders - all years Dance (separate schedule available)	Sports Hall All weather Gym	CJO/LHM EDR/KDO EDR/KDO
Thursday	Lunchtime	Year 10 Activities on field / yard Year 9 Activities on field / yard	Field / yard Field / yard	LHM/EDR CJO/KDO
	After School	STAFF MEETINGS Kick & Connect: Girls' Football	STAFF MEETINGS Sports Hall	STAFF MEETINGS CASEY
Friday	Lunchtime	Year 8 Activities on field / yard	Field / yard	KDO / CJO (week A only)
	After School	No Club		

New PE Extracurricular Sports – Summer term 2

We're excited to launch our new range of PE extracurricular clubs for Summer Term 2! Students can now take part in a variety of lunchtime and after-school activities, including athletics, rounders, dance and rugby.

It's a great opportunity to stay active, have fun, and develop new skills – so get involved and give something new a try!



Summer Term 2

Extra-Curricular Programme – Summer 2 (2026)

	Monday	Tuesday	Wednesday	Thursday	Friday
Lunchtime	Homework Support Club 12.20 -1pm (T12)	Homework Support Club 12.20 -1pm (T12)	Homework Support Club 12.20 -1pm (T12)	Homework Support Club (Maths) 12.20 -1pm (T12)	Homework Support Club 12.20 -1pm (T12)
After-school 3.20pm	Homework Support Club 15.20 - 4pm (Oracle)	Homework Support Club 15.20 - 4pm (Oracle)	Homework Support Club 15.20 - 4pm (Oracle)	Homework Support Club 15.20 - 4pm (Oracle)	Homework Support Club 15.20 - 4pm (Oracle)
	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Reading, AR Quizzing, Exchanging books, Chess 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)
	Board Games Club 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)	Music Club 3.20-4.15pm Mr Husband (F11)		Free Film Screenings 3.20 - 4.15pm Ms Dawson Lib1 (Oracle) See posters for details of dates and times	Board Games Club 3.20 - 4.15pm Ms Dawson Lib1 (Oracle)
	Year 7 Science Club 3.20- 4.15pm Miss Flegg (M11 Science)	KS3 Art Club 3:20-4:20pm Art Room Mrs Holmes (F44)		Brain Games 3.20 – 4.00 Casey S T (Casey's Office)	
	Performance Club 3.20-4.15 Miss Smalley (F13, HALL)				
	Student Support 3:20 – 4:00 Casey S T (Casey's Office)				

Summer Term 2 Extracurricular Programme

We are pleased to share details of our Summer Term 2 extracurricular programme, which offers a wide range of lunchtime and after-school clubs designed to enrich students' learning and personal development. Opportunities available this half term include Homework Support Club, Performance Club, Film Club and Science Club, alongside many other activities.

We encourage all students to review the full programme and take advantage of the clubs and support available.



10 Ways You Can SHARE KINDNESS ONLINE

Last year, around one in five young people aged 10–15 in England and Wales admitted experiencing online bullying: most commonly being insulted or sworn at, or having hurtful messages sent about them. To someone who's being bullied, the world can seem like a bleak, negative place – but just one kind word can be a ray of hope: a turning point that brightens their day and refreshes their perspective. That's why 'One Kind Word' is the theme of Anti-Bullying Week 2021. We're supporting this year's event by bringing you ten top tips for beating online bullying by replacing it with kindness.

1 PRAISE WHERE IT'S DUE

Sometimes a friend or relative might post online about something they're proud to have achieved: maybe an exam they've passed, a new skill they've learned or a task they've completed. Celebrate their hard work and determination by being kind enough to praise them for it publicly.

2 REACH OUT

It's not always easy to tell what kind of mood someone is in just from what they post online. Simply dropping somebody a message to say 'hi', to ask if they're OK or to tell them that you're thinking of them could totally make their day.

3 RECOMMEND FUN THINGS

If there's something you enjoy doing online – perhaps you play a particular game, or you've found a really cool site – share it with someone you think will enjoy it. Even recommending a film or TV show you think they'll like can bring a little happiness to someone who really needs it.

4 OFFER TO HELP

Sometimes you might see a friend or family member posting a question online or asking for help with something they can't do themselves. Don't just ignore it – if you can help, get in touch. Something that's difficult for them might be no trouble for you!

5 POST POSITIVELY

Lots of people seem to go online purely to complain about things or be negative. Just because you're communicating online (and not face to face) doesn't mean you can't be positive, though! Post about things that make you happy and that you're thankful for. It could brighten someone else's day.

6 SHOW YOUR APPRECIATION

If somebody that you know has done something positive or shown kindness themselves, go online and thank them with a message or a post. Expressing your gratitude costs nothing and showing someone that you appreciate them will really make them feel good.

7 BE UNDERSTANDING

Showing empathy towards others is an act of online kindness which often gets overlooked. If you notice that someone you know is upset, drop them a message. Sometimes people just need someone else to listen to them and understand their situation.

8 SHARE INSPIRATIONAL POSTS

When you see something online that inspires you or makes you feel happy, share it with people you know. A spot-on quotation, a beautiful photo or an uplifting video can lift someone's spirits and help them to feel better about life.

9 THINK BEFORE COMMENTING

Thinking before we act can be just as important as acting in the first place. Taking a second to consider what you're saying in advance could stop you from posting something negative, hurtful or offensive – even if you don't mean to. It's better to post positively or not post at all.

10 LIKE, LOVE AND ENGAGE

If somebody posts something that you like on social media, don't just scroll past – take the time to like it, love it or leave an appreciative comment! Reacting positively to other people's posts might seem like a small gesture but could mean a lot to them.

Meet Our Expert

Carly Page is an experienced technology journalist with more than 10 years of experience in the industry. Previously the editor of tech tabloid *The Inquirer*, Carly is now a freelance technology journalist, editor and consultant.



NOS National Online Safety®
#WakeUpWednesday



**Lancashire
Parent Carer Forum**

Lancashire
SEND IAS
Information, advice and support
for Special Educational Needs and Disability



Are you a parent or carer of a child or young person with special educational needs or disabilities?

Join us at one of our

Pendle Family Hub Drop ins

Share your concerns & get answers from:
Lancashire County Council, NHS providers & others.
Also stay updated on what's happening with services

**Don't miss out, come along to
make your voice heard!**

4th Friday of the Month

**@ Nelson Family Hub, Leeds Road,
Nelson, BB9 8EL**

For more information follow LPCF Facebook page