



Dear Parents/Carers,

It has been fantastic to welcome back our students yesterday and today as we start the new school year. We have started the year with a revisit of practising our school routines and systems, study skills, demonstrating a positive attitude to learning and team building. Practice makes perfect – but it is not just repeating the routines over and over, it is important to review and get feedback on how to improve and get better each time. Research shows that to develop good habits and to make changes you need to rehearse and practise to reinforce your learning, so that over time it becomes automatic. Students have responded really well, actively engaged in the sessions and demonstrating their PRIMET values.

As we start the new year we also reflected on the opportunity of a fresh start and how they can choose to make their future self-proud. This includes a reset on all ClassCharts points, starting the year with a clean slate and a 100% positive ratio. 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.

Over the Summer, we celebrated with the outgoing Year 11 on results day. We are incredibly proud of the Class of 2026, who achieved the best GCSE results in the history of Colne Primet Academy. Their hard work, determination and resilience have set a new standard for success.

As our new Year 11 students begin this important year, we hope they will be inspired to follow their example and aim even higher. The challenge is on for the Class of 2027! And it's been great to see Year 11 returned motivated and ready for the year ahead, with their days including masterclasses for core subjects of English, Maths and Science; with mock interviews coming up in a couple of weeks, as well as their first set of mock exams at the end of this half term.

Year 10, the Class of 2028, are right behind them too and are also looking ahead to starting their GCSEs now, as well as already making plans and considering potential options for where they will do their work experience at the end of this year.

Year 7 have made a really great start too as we welcome them into our Primet community. They've shown just how motivated and respectful they are as they have got to grips with movement around school really quickly, as well as demonstrating our Warm, Welcoming and Friendly ethos and being keen to learn. A brilliant start that I am sure they will keep going with.

We've also welcomed new staff this week – Ms Ahmed, 2nd in Science; Mrs Parkinson joins our main office team; Miss Sumner, Assistant Attendance Officer; and we've welcomed back Mr Hargreaves, Lead Practitioner in Maths. They've had a fantastic first week getting settled in and meeting students who have shown them a WWF start to being part of our Primet community.



J Pilkington
Principal



Artsmark
Silver Award
Awarded by Arts
Council England



Leading Parent
Partnership Award

2022-2025

Our latest Ofsted report

I am delighted to be able to share with you the outcome of our recent Ofsted inspection, which took place in June 2026. Inspectors recognised many of the strengths of our school and acknowledged the significant improvements that have been made across a number of key areas. The full report is available on our website here: [Colne Primet Academy - Ofsted and will be published on the Ofsted website next week.](#)

The report highlights the caring and inclusive culture that we have worked hard to build together as a school community. Inspectors recognised that **"Pupils, including those who speak English as an additional language, are proud to belong to the 'Primet family'" and that they "appreciate the attentive care shown to them by staff and being a member of a community that celebrates diversity."**

One of the strongest messages throughout the report is the positive difference that our staff make to the lives of young people. Ofsted noted that "the warm relationships that staff forge with pupils, alongside carefully tailored pastoral interventions, help pupils to feel safe and protected, overcome barriers and believe in themselves."

Importantly, safeguarding was judged to be secure, with inspectors confirming that **"the safeguarding standards are met" and recognising the open culture in which safeguarding is everyone's responsibility.**

The inspection also recognised the substantial work undertaken to improve behaviour and attendance. Inspectors found that **"leaders have been highly successful in securing improvements in standards of behaviour" and that "strong routines each morning help to set the tone for the day." They further reported that "classrooms are calm spaces, where pupils can learn, and pupils behave well at social times."**

We were particularly pleased that Ofsted highlighted our inclusive ethos and support for vulnerable pupils, stating that we "have fostered an accepting community" and that pupils who join the school receive "a warm welcome from their peers and the support they need." **The report also describes the school as "a haven, where staff care deeply about improving their hopes for the future" for pupils who need additional support.**

Inspectors praised our personal development provision, recognising that **"through the thoughtfully designed personal development programme, staff inspire pupils to be the best version of themselves." They noted that pupils benefit from a "wealth of opportunities they might not otherwise experience" and are "proud to be part of a multicultural community."**

I would like to thank our pupils, staff, parents and carers for the support you give to our school every day. This report reflects the collective efforts of our whole community and recognises the fantastic school that we are proud to be part of.

Primet Positive Focus: Together

This week we have been focusing on our core value of being together. The academy community works together for the benefit of all. We value teamwork and collaboration, within the academy community and with our external partners.

In our Attitude to Learning criteria, Together, looks like a student that:
Behaves in a way that benefits everyone by:

- Following all academy routines, and following staff instructions first time
- Working well with others, when appropriate, valuing teamwork and collaboration



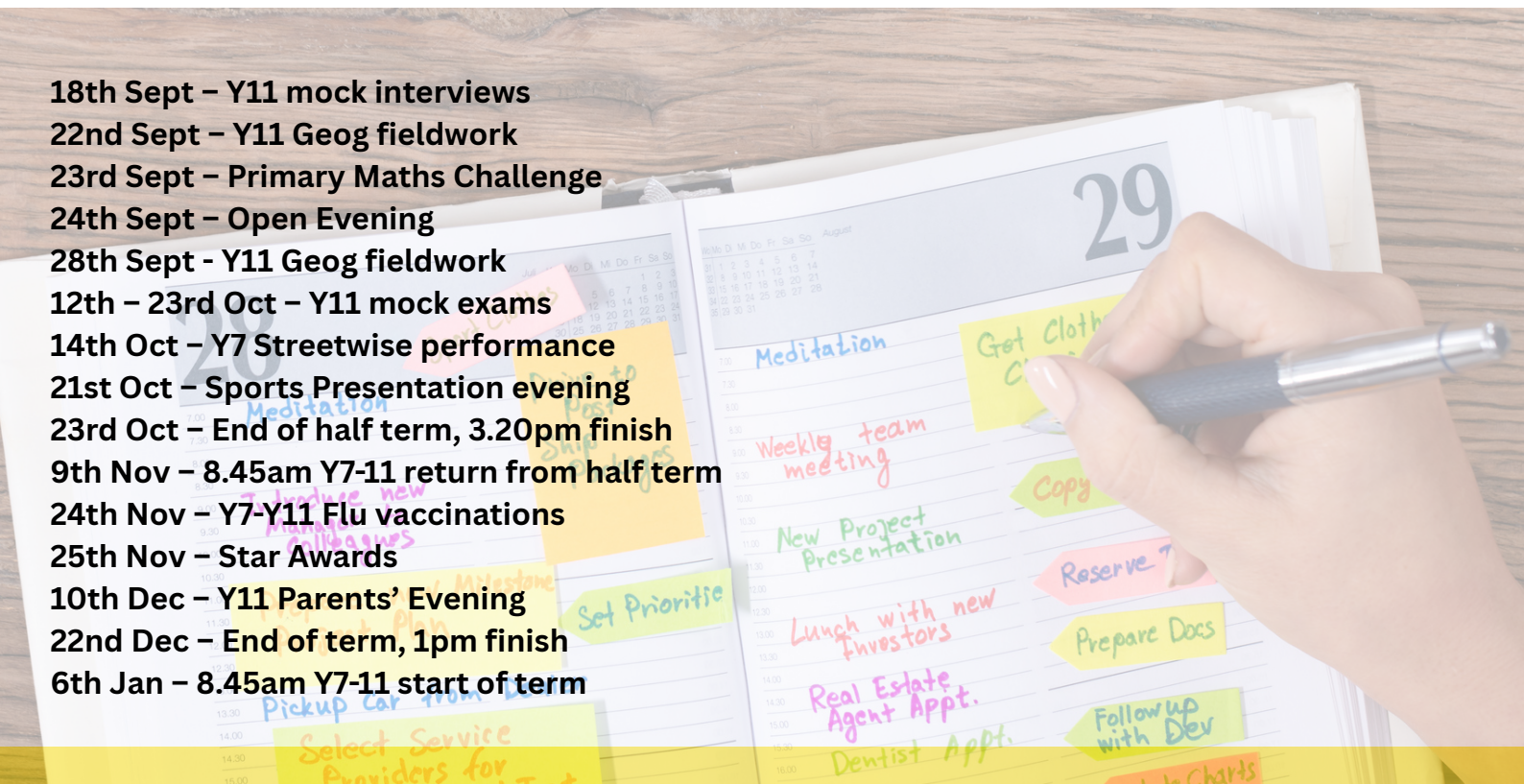
UNCRC Articles

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.



Upcoming Dates

18th Sept – Y11 mock interviews
22nd Sept – Y11 Geog fieldwork
23rd Sept – Primary Maths Challenge
24th Sept – Open Evening
28th Sept - Y11 Geog fieldwork
12th – 23rd Oct – Y11 mock exams
14th Oct – Y7 Streetwise performance
21st Oct – Sports Presentation evening
23rd Oct – End of half term, 3.20pm finish
9th Nov – 8.45am Y7-11 return from half term
24th Nov – Y7-Y11 Flu vaccinations
25th Nov – Star Awards
10th Dec – Y11 Parents' Evening
22nd Dec – End of term, 1pm finish
6th Jan – 8.45am Y7-11 start of term



Parents' Evening Dates 2026-2027

This is an opportunity for you to speak to your child's subject teachers and discuss how they are progressing. We value a team approach, working with yourself in order to get the best possible outcomes for your child, so appreciate your commitment to attending.

Year 7	Year 8	Year 9	Year 10	Year 11
14 th January 2027	6 th May 2027	11 th March 2027	22 nd April 2027	10 th December 2026 & 24 th March 2027

Tracker Reports

As well as the in-person events above, we will report on your child's progress in a tracker report at two points during the year – mid year and end of year. These are following the assessment weeks at the end of the Autumn Term and Summer Term for Years 7-10, and following mock exams for Year 11. You can expect to receive trackers in:

Year 7	Year 8	Year 9	Year 10	Year 11
CATS report in October 2026 January 2027 July 2027	January 2027 July 2027	January 2027 July 2027	January 2027 July 2027	November 2026 March 2027 (GCSEs August 2027)

We hope you find each tracker informative. We will send an online survey by text message a few days after each one has been sent home where you can confirm you have received the report and add any comments. These will then be directed to the relevant member of staff to follow up.

Personal Development (PD)

Next week the Personal Development curriculum will commence with:

Year 7	Year 8	Year 9	Year 10	Year 11
The Learning Model / Independent learning	Independent learning / Personal Development – hard and soft skills	Independent Learning / The Learning brain	KS4 Independent Learning / GCSE Pod	Revision planner – preparation for October mocks

Mrs Bielby
Head of Personal Development



Youth Board Member - Burnley Football Club

"We're excited to announce that applications are now open for our Youth Board Member.

The Youth Board plays a vital role in ensuring the voices of young people are heard, valued, and reflected in our services, programmes, and decision-making. Members have the opportunity to influence change, represent their peers, contribute to projects, and develop valuable leadership and communication skills.

We'd be grateful if you could help us spread the word by sharing this opportunity with:

Family members aged 12-17

Participants and young people you work with

Schools, colleges, and community contacts where appropriate

You can view the full role description and apply here:

<https://vacancies.burnleyfcccommunity.org/jobs/8241626-youth-board-member>

This is a fantastic opportunity for young people who are passionate about making a difference in their community and helping shape the future of Burnley FC in the Community."



Football & Netball Trials



🏈 Football & Netball Trials are starting at Colne Primet Academy!

⚽ Years 7 & 8: Mondays after school

⚽ Years 9, 10 & 11: Tuesdays after school

We can't wait to see students getting involved and representing Team Primet this year. Please remember to bring suitable kit and footwear.

🍀 Good luck to everyone taking part!

The Safeguarding Team

If you don't feel safe or you're worried about another student, our Safeguarding team is here to help. Come and find us anytime!



Mr Thomas
Designated Safeguarding Lead



Mrs Eaton
Deputy Safeguarding Lead



Mrs Tomlinson
Deputy Safeguarding Lead



Mrs Swain
DSL Trained



Mr Farmer
DSL Trained



Mrs Bielby
DSL Trained



Ms Faraz
DSL Trained



Mrs Lake
DSL Trained



Ms Allison
DSL Trained



Mrs McCamon
DSL Trained



Mr Horsley
Safeguarding Governor

Important Information for All Families about changes to Free School Meals

Important Information for All Families about changes to Free School Meals

Firstly, if your child is already receiving Free School Meals and is now in Years 8-11 in September, there is nothing you need to do. The Local Authority already holds your information and will automatically check your child's eligibility ahead of their return to school in September 2026.

If your child has not been receiving a free school meal, please read the information below. From September 2026, the Government is extending eligibility for Free School Meals. This means that more families may now qualify for support, even if they have not previously been eligible. You can find out if you are eligible here:

<https://www.lancashire.gov.uk/schools-and-education/free-school-meals/#2.-eligibility>

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What this means for you

- If your household income is lower, your child may now be entitled to free school meals at school

What you need to do

- If you think you may now be eligible, we strongly encourage you to submit an application before the start of the academic year.
- Applications are quick, confidential and securely processed. You can apply online here: <https://www.lancashire.gov.uk/schools-and-education/free-school-meals/#3.-apply>
- If your child is already receiving Free School Meals, you do not need to reapply

Why it's important to apply

- Ensures your child receives all the support they are entitled to
- Helps the school access additional funding to support pupils
- May provide access to further support, such as help with trips or activities

If you would like further information or support with your application, please contact the school office by email to enquiries@colneprimet.co.uk

We encourage all families to take a few minutes to check their eligibility – this support can make a real difference.

Introducing Our New Catering Supplier Mellors



GET

Mellors
**FOOD
Happy**



Dear Parent/ Carer,

We're super excited to be joining **Colne Primet** as your new catering team, serving up delicious school meals packed with great food, big flavours and plenty of choice!

WHO ARE WE?

We're a family-run, award-winning catering company, serving up more than 150,000 delicious meals every day! From locally sourced ingredients to freshly prepared dishes, we're passionate about making food fresh, tasty and full of goodness – because when the food is good, everyone can be... Food Happy!

WHAT TO EXPECT...

MELLORS MAKING A DIFFERENCE

Mellors not only serves up tasty plant-based meals—we're also committed to the planet. That's why we cut down on packaging, use recycled materials, and opt for fully compostable options.

FREE SCHOOL MEALS UPDATE

All households receiving Universal Credit will be able to access free school meals (previously capped at £7,400 income).

SAVE up to £495 per year, per child with school lunches!



FUEL YOUR DAY

New breakfast and break snacks to help you fuel up before school.

HAVE YOUR SAY!



Your voice is important to us and we're on the lookout for School Food Ambassadors to help us monitor the offer and taste new dishes. Got what it takes? Let your catering team know!

Explore our "Crafted by Mellors" range, inspired by 180 years of unique foodie heritage.

LOYALTY SCHEMES:

The more you choose to enjoy a Mellors meal with us, the more tasty freebies you'll earn!

Take your tastebuds on an adventure around the globe with Mellors Tuk Truck!



See you soon!
The Mellors Catering Team

www.mellorscatering.co.uk



MENU

	Week 1	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Halal Beef Bolognese with Spaghetti & Garlic Bread	Pork or Halal Chicken Sausage & Creamy Mash Potato with peas & Gravy	Oven Roast Chicken with Roast Potatoes, Mixed Veg, Yorkshire Pudding & Gravy	Chicken Tikka Masala with Basmati Rice & Garlic Naan	Jumbo Sausage & Chunky Chips Served with Beans, Mushy Peas, Gravy or Curry Sauce	
Vegetarian Main Dish	Quorn Bolognese with Spaghetti & Garlic Bread	Veggie Sausage & Creamy Mash Potato with Sweetcorn & Gravy	Roasted Quorn Fillet with Roast Potatoes, Mixed Veg & Gravy	Vegetable Korma with Basmati Rice & Garlic Naan	Crispy Battered Pollock & Chunky Chips Served with Beans, Mushy Peas, Gravy or Curry Sauce	
Street Eats	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	
Pasta Bar	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	
Sandwich Bar	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	
Sweet Eats	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	



KEY
 1 OF YOUR 5 2 DAY
  MEAT-FREE (VEGETARIAN)
  CHEF'S CHOICE
  PLANT-BASED (VEGAN)

Allergens and Intolerances All of our food is lovingly hand crafted and prepared on site daily. We have an allergen procedure in place, so please ensure you make our catering team aware of your allergens/ your child's allergens prior to using the restaurant. Our kitchens are used for multi-purpose production so we cannot guarantee the above dishes are completely free from allergenic ingredients or traces of these.



MENU

	Week 2	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	BBQ Chicken & Sweetcorn Pizza with Home Baked Potato Wedges	Oven Baked Cottage Pie with Peas, Carrots & Gravy	Oven Roast Halal Beef with Roast Potatoes, Mixed Veg, Yorkshire Pudding & Gravy	Chicken Chow Mein with Prawn Crackers	Halal Battered Chicken Nuggets & Chips Served with Beans, Mushy Peas, Gravy or Curry Sauce	
Vegetarian Main Dish	Margharita Pizza with Home Baked Potato Wedges	Oven Baked Quorn Cottage Pie with Peas, Carrots & Gravy	Roasted Quorn Fillet with Roast Potatoes, Mixed Veg & Gravy	Vegetable Chow Mein with Prawn Crackers	Crispy Fish Cake & Chips Served with Beans, Mushy Peas, Gravy or Curry Sauce	
Street Eats	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	
Pasta Bar	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	
Sandwich Bar	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	
Sweet Eats	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	



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MENU

	Week 3	Monday	Tuesday	Wednesday	Thursday	Friday
Main Dish	Cajun Chicken Pasta with Roasted Peppers & Garlic Bread	Home Made Halal Beef & Onion Pie with Roasted Broccoli	Oven Roast Halal Turkey with Roast Potatoes, Mixed Veg, Yorkshire Pudding & Gravy	Chinese Chicken Curry with Rice & Salt n Pepper Green Beans	Halal Battered Chicken Nuggets & Chips Served with Beans, Mushy Peas, Gravy or Curry Sauce	
Vegetarian Main Dish	Macaroni & Cheese with Peas & Garlic Bread	Cheese & Onion Pie with Roasted Broccoli	Roasted Quorn Fillet with Roast Potatoes, Mixed Veg & Gravy	Chinese Veg Curry with Rice & Salt n Pepper Green Beans	Crispy Fish Fingers & Chips Served with Beans, Mushy Peas, Gravy or Curry Sauce	
Street Eats	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	Variety of Chicken / Beef Burger, Chicken Wrap or Pizza Slice Baked Jacket Potato with Filling (cheese, tuna, beans)	
Pasta Bar	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce	Freshly Cooked Pasta Twirls With a Choice of Sauce
Sandwich Bar	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes	Selection of Freshly Made Sandwiches & Crunchy Baguettes
Sweet Eats	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	Selection of Home Bake Cakes, Muffins & Cookies Assorted Fruit Pot	



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COLNE PRIMET ACADEMY



Pendle
Education Trust



**Thursday 24th
September 6pm-8pm**

**OPEN
EVENING**



01282 863970



Colne Primet Academy



Colne Primet Academy

Book your tickets now www.colneprimet.co.uk

Routines Reminder: Basic Equipment and Lesson Language

We have a series of set routines which we all follow to help keep the academy safe and to make sure we focus on our learning and progress. These are shared regularly with students and displayed around school. This includes expecting students to be their best Primet S.E.L.F. – Sitting up and alert, having their Equipment ready, Listening carefully to the teacher and to each other, and Focusing on their learning.

Colne Primet Academy 

Show me your Primet 'SELF'



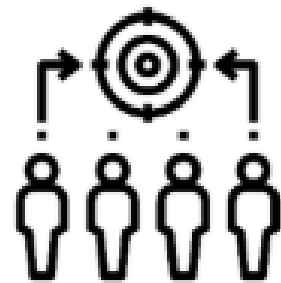
Sit up



**Equipment
ready**



Listen



Focus

Colne Primet Academy 

Equipped for Learning



Pen



**Green
Pen**



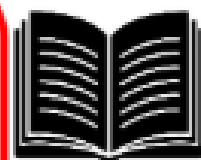
Pencil



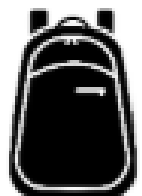
Ruler



**Homework
folder**



**Reading
book**



Bag

On your desk every lesson

Ten top tips for STRONGER PASSWORDS

Passwords continue to be the most common way to prove our identity online. A combination of a username and a password known only to the user provides access to our online accounts and data – and hopefully keeps unauthorised individuals out. As a security measure, though, passwords are relatively weak. People are often predictable in how we choose our passwords, for example – making them less secure. With increasing volumes of usernames and passwords being leaked online, what can we do to keep our data more secure? Here are our top tips for stronger passwords.

BE UNPREDICTABLE

We often choose passwords which are easy to remember: featuring the name of our favourite sports team or favourite film, for instance. Those are predictable passwords. Cyber criminals will routinely try various combinations of passwords relating to sports teams, actors, musical artists and the like – and they often focus on these during major sporting events or around high-profile movie releases.

AVOID GETTING PERSONAL

Many of us use passwords relating to our family, such as children's names or favoured holiday destinations. The problem here is that we also typically post about our holidays and our family on social media – making that information potentially visible to cyber criminals and supplying them with clues which could help them in narrowing down possible passwords we might have set.

NEW PLATFORM, NEW PASSWORD

Where cyber criminals gain access to an online service through a data breach, they often use the data they've stolen to try and access the victim's other accounts. This is because the criminals know that, for convenience, people often use the same password across different services. When we reuse passwords, our security is only as strong as the weakest site where we've used it.

LONGER IS STRONGER

Our passwords are often stored by online services in an encrypted format, in case the service suffers a data breach. The strength of this encryption, however, is dependent on the length of the password you've selected. If your password is only a short one, cyber criminals are significantly more likely to be able to break the encryption and identify your password.

CHECK SOCIAL MEDIA VISIBILITY

Staying up to date with friends and relatives on social media is part of everyday life now. We need to ensure, though, that we limit who can see our posts via each platform's privacy settings. It's also wise to consider what we're posting and if it's really safe to share online. If we restrict what cyber criminals can see, we reduce the chance of them using that information to identify our passwords.

Meet Our Expert

A Certified Information Systems Security Professional (CISSP), Gary Henderson is the Director of IT at a large boarding school in the UK, having previously taught in schools and colleges in Britain and the Middle East. With a particular interest in digital citizenship and cyber security, he believes it is essential that we become more aware of the risks around technology, as well as the benefits.



Source: <https://www.ncsc.gov.uk/>

CCTV
IN OPERATION

'DOUBLE LOCK' YOUR DATA

It's possible that cyber criminals may eventually discover your username and password. Enabling multi-factor authentication (MFA) on your accounts, however, reduces the chance of them obtaining access to your data, as they'd also require a code which is provided via an app, SMS message or email. MFA isn't infallible, but it does definitely provide extra protection and security.

DELETE UNUSED ACCOUNTS

Data breaches occur when cyber criminals gain access to an online service and all the data contained within it – including usernames and passwords. Whenever you stop using a service, it's wise to make sure that you delete your entire account and not just the actual app. If the service no longer has your data, there's zero risk of it being leaked should they suffer a data breach in the future.

TRY PASSWORD MANAGERS

Even though most of us have numerous online accounts to manage these days, it's advantageous to avoid password re-use. Specialist password management software (like Dashlane or OnePassword, among others) can help by storing a different password for every online service that you have an account with: the only one you or child will need to remember is the single master password.

GET CREATIVE

The British government's National Cyber Security Centre (NCSC) recommends the 'three random words' technique. This method helps you create a password which is unique, complex and long – yet which is memorable enough to stay in your mind ("FourBlueShoes", for example). The NCSC website, incidentally, also offers plenty of other useful information relating to personal cyber security.

STAY VIGILANT

The best way to protect your accounts and your data is to be vigilant and careful. If you receive an email or text message that's unusual or unexpected, treat it as suspicious until you're able to verify whether it's genuine and safe. Starting from a position of vigilance and caution will reduce the likelihood of you or your child being tricked by a malicious email, text or phone call.



National
Online
Safety®

#WakeUpWednesday