

Headteacher's PARENTAL BULLETIN

THIS WEEK:

Dear Parents & Carers,

The last couple of weeks have been incredibly busy and full of exciting events at Norbury High!

Last week, our Year 10 and 11 students embarked on a memorable residential trip to Belgium, visiting the historic battlefields of Ypres and attending the Last Post Ceremony at the Menin Gate. The experience offered students a valuable opportunity to learn about history first-hand and reflect on the significance of these sites. Huge thanks to the History department for their organisation of this.

We were thrilled to welcome prospective students and their families to our Open Evening last week. A huge thank you to all the Norbury High students who supported the event, whether working with departments or acting as tour guides. Your enthusiasm was greatly appreciated and helped showcase our school at its very best.

Today, we celebrated our students' achievements with the annual rewards trip to Thorpe Park, attended by over 230 students from Year 8 and above. It was fantastic to see so many students enjoying themselves and celebrating their hard work.

September has brought much to celebrate with our students, and to recognise the fabulous work of our school community, we are delighted to announce a reward non-uniform day for all students and staff on Thursday 2nd October. A small way to enjoy the positive start to the term!

Best wishes,
Mrs M Hayden | Headteacher
Mrs M Collins | Senior Deputy Headteacher

UPCOMING DATES:

02.10.25

- Non-Uniform Day

03.10.25

- Yr 7 MFL Spelling Bee

08.10.25

- Harvest Celebrations

10.10.25

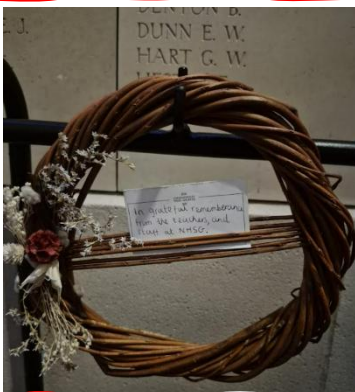
- Year7 & 12 Team Building Day

14.10.25

- 6th Form Open Evening

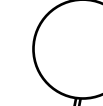
16.10.25

- Black Experience Event



Wreath left by Norbury High students and staff as part of the Last Post Ceremony at the Menin Gate

CONTACT INFORMATION

	Catering feedback/queries: catering@nhsg.org.uk
	Parent Pay queries: finance@nhsg.org.uk
	Eligibility for free school meals: https://pps.lgfl.org.uk

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 18% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2021, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sexortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 28-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



The National College