

# ***WELLBEING*** ***newsletter***

June 2025

## ***Hello Parents and Caregivers of GSPS.***

### **Letting Children Be Children: The Importance of Age-Appropriate Conversations**

Some conversations are best kept between adults, especially when they involve topics that children may not fully understand.

Protecting our young ones from adult concerns helps preserve their sense of safety and allows them to enjoy childhood without unnecessary worries.



When we keep things age-appropriate, we support their emotional development and confidence. Shielding children from complex adult matters isn't hiding things—it's a thoughtful way to let them grow, learn, and thrive in a secure, nurturing environment.

### **Helping Primary Students Use Social Media Safely**

Social media is a big part of modern life, and even primary school-aged children are becoming more curious about it. While social media can offer fun and educational content, it also comes with risks such as exposure to inappropriate material, cyberbullying, or pressure to fit in.



Families can support their children by having open and honest conversations about online safety and respectful behaviour. It's helpful to set clear rules about screen time and what platforms are age-appropriate. Using privacy settings, turning off location sharing, and keeping profiles private can protect personal information.

Parents are encouraged to model positive online behaviour, regularly check in with their children about what they see and share, and encourage offline hobbies and friendships. Most importantly, keeping communication open builds trust, so children feel safe to ask for help if something online upsets them. By staying informed and involved, families can guide their children to use social media responsibly.

## Change In Family Circumstances

It's important to inform the school of any changes in family circumstances, such as separation, illness, or a move. This helps teachers and staff understand your child's needs and provide the right support.

When schools are aware, they can adjust learning expectations, offer emotional support, and connect families with helpful resources.

Open communication builds a strong partnership between home and school, benefiting both the child's wellbeing and their learning journey.



### Guthrie Street Primary School

Please contact the office if you have any queries. You can also follow us on Facebook and Instagram @guthriestreetps

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