

THE BRENTSIDE BULLETIN



Friday 26th September 2025

Issue: 114

NATIONAL FITNESS DAY- POWERED BY YOU!

It was National Fitness Day on Wednesday with Brentside pupils taking part in many sporting activities across the day; including the 10@10- where every class did 10 minutes of physical activity at 10am! Classes also enjoyed dance, yoga, activities on the MUGA and running a mile in the playground.



Y6 BIKEABILITY

Year 6 pupils were offered the chance to take part in Bikeability: the government's national cycle training programme. It helps pupils learn practical skills and understand how to cycle on today's roads, giving children the confidence to cycle and enjoy this skill for life. Children worked on their basic cycle skills in the playground, while some progressed onto road cycling in the local area, learning vital safety skills. Pupils had a great time and became more confident, safe cyclists.



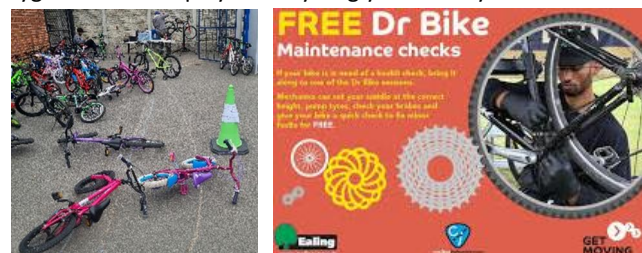
Y6 SCIENCE

Year 6 pupils got stuck into some practical, hands-on learning as they learned how to dissect a lamb's heart in their science lesson this week, where they have been studying the circulatory system and the heart's function. Teachers prepared pupils to take part in the lesson safely and sensitively, and they very maturely conducted their dissection and recorded their findings. It was an insight into how fascinating biology is, the functions of our own body, and how much can be learned from the practical experiments that will be a huge part of high school biology and beyond.



DR BIKE

There was an amazing turn out of families bringing in their bikes for a checkup from Dr. Bike; who had a very busy day in our playground. We hope you all cycling your freshly tuned bikes!



UPCOMING EVENTS

October Black History Month

2/10 Oral Health Pop-Up- 2.30pm

RECENT LEARNING

Year 5 got messy in the name of science as they conducted experiments in the playground on chemical reactions that cause irreversible changes.



Year 3 brought their English text to life in a freeze-frame drama activity where they recreated key moments from the story they have been reading.



MESSAGE FROM THE HEADTEACHER

Welcome back to a new school year!

It has been lovely to see you all and to meet the new families who have joined Brentside.

The school has started back positively with a calm and hardworking atmosphere, with children settling quickly into their new year groups.

Already, the curriculum has been in full flow with science experiments, sporting activities, letter writing and much more. It has been a pleasure to walk around the school and see so much learning taking place.

My feeling is that this is going to be a busy but exciting year ahead.

Well done everyone for a positive start to the year. Have a great weekend





Mrs. Crosdale

HEAD TEACHER AND VALUES AWARD

Y5 Betsan, Aasya, Jayda, Adam, Inaya

Y6 Sumayah, Musa, Zion, Hussein, Rooble, Malachi

HOUSE CUP 2025/6

 Diamond House	 Emerald House	 Onyx House	 Sapphire House
315	382	340	564

KEEPING IN TOUCH

Please do not hesitate to email or call us if you have any queries or concerns & we will do our best to answer these for you.

Email: admin@brentsideprimary.ealing.sch.uk

Our school website is an important resource for you.

We update this regularly with information about the school, news and bulletins, and websites that can support you and your family.

UNICEF UK RIGHTS RESPECTING SCHOOL ARTICLE 29



I have the right to an education which develops my personality, talents and abilities. Education should develop children's respect for other people's human rights. Education should develop children's respect for the environment. Children should learn about their own culture and other cultures.

HOUSE CAPTAINS

New House Captains and Vice House Captains have been voted in by House members for the new school year. The House Captains and Vice Captains (who will undertake duties if the House Captain is absent) will be responsible for collecting and counting House points each week, as well as the very important job of promoting and encouraging school values. Congratulations to all our new House Captains- may the best House win



EALING FOODBANK

If you are struggling, call 0808 2082138 for free to speak to a trained and independent agent confidentially about your circumstances. Alternatively, speak to the school office about making a referral to the foodbank.

ORAL HEALTH AND CHILDREN'S SERVICES EVENT

THURS 2ND OCT 2.30PM - 4.30PM

BRENTSIDE PRIMARY

Open to all primary age children (priority to Reception and Year 1) - bring them along for free dental checks and speak with a range of children's services from Ealing

No need to book!

For more info email: publichealth@ealing.gov.uk

BRENTSIDE PRIMARY ACADEMY

MR PIERCE'S OCTOBER HALF TERM SPORTS CAMP

Open to all pupils in Year 1-6 at Brentside Primary Academy

Come and join Mr Pierce and coaches for fun and games daily on the following dates:

Monday 27th-Wednesday 29th October 2025

£30 per day

HALF DAY options available as well as a 20% sibling discount

PACKED LUNCH REQUIRED EACH DAY (no nuts)

with fruit available for break which is kindly donated by a local supplier)

What we offer:

- Wide variety of sports and activities
- Qualified coaches
- Fun games to develop individual skills and team building skills

Registration: 8-830AM via Brants Walk gate W7 1BU

Dismissal: 3:30PM via Brants Walk gate

Book by searching: Mr Pierce on www.eventbrite.co.uk or by scanning the QR code



WhatsApp: 07709887866
Email: deliveringpe@hotmail.com

At The National College, our [WakeUpWednesday](https://www.wakeupwednesday.org.uk) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formally delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalsafety.org.uk](https://www.nationalsafety.org.uk)

What Parents & Educators Need to Know about GROUP CHATS

WHAT ARE THE RISKS?
On messaging apps, social media and online games, group chats are one of the most popular ways that children connect. Group chats allow messages, images and videos to be shared in one place and help friendships flourish; however, they also come with a number of risks.

- TEASING AND BULLYING**
Children of all ages are keen to fit in socially and group chats can sometimes complicate this process. While group chats can foster connection, they can also give way to teasing or even cyberbullying. Teasing or bullying, especially when others join in for laughs, when bullying happens publicly, in front of friends and classmates, it can intensify the emotional impact - adding to embarrassment and feelings of isolation for the child being targeted.
- UNKNOWN MEMBERS**
Children often can't control who is added to a group, which can lead to privacy concerns. Sharing personal details in group chats can be dangerous, and children have no control over what others do with the material they send. Some members of the chat might even decide to use such information maliciously.
- PEER PRESSURE**
Children may feel they have to consistently stay engaged just to be included and keep up with the conversation. In some cases, they might post or share inappropriate behaviours - like sharing explicit photos, jokes or videos - just to fit in. Group chats can also encourage children to act in ways they normally wouldn't, or they might share things they know something is wrong, out of fear of being excluded. Some children may find it difficult to leave their group chats.
- INAPPROPRIATE CONTENT**
Some group chats may include inappropriate language or imagery even if a child isn't actively participating in the conversation, they may still be exposed to this content simply by being part of the group. Some apps have disappearing messaging features, where content is only visible once or for a few seconds, which makes it harder for children to report something they've seen.
- EXCLUSION AND ISOLATION**
Exclusion in group chats is common and can take several forms. Sometimes a new group is created specifically to leave one child out on purpose. In other cases, the chat may stop on an app that a child doesn't have access to, making it impossible for them to join in. This can cause feelings of being left out - even unintentionally.
- VIDEO AND LIVE CHATS**
Many popular apps allow children to engage in live or video conversations in group chats, encouraging them to speak and share content in real-time. While these can be fun, they also increase the risk of inappropriate or explicit content being shared, which is often harder to report or remove from the group chats.

Advice for Parents & Educators

- CONSIDER OTHERS' FEELINGS**
Group chats can become an arena for children to compete for social status. Help encourage children to consider how people might feel if they behave unkindly. If a child does upset someone, encourage them to reach out, show empathy and apologise for their mistake.
- SUPPORT, NOT JUDGEMENT**
Group chats are an excellent way for children to connect and feel they belong. However, remind them that they can confide in you if they feel bullied or excluded. Instead of responding to their worries, support them. Validate their feelings and empower them by discussing how they can handle the situation. You can also encourage them to speak up if they witness others being bullied.
- SET SOME GROUP CHAT RULES**
Discuss safe group chat practices, such as asking to leave or blocking someone before adding them to a group chat, or leaving a group chat if a stranger is added. Be clear that if they're in a group chat, they shouldn't agree to befriended, it's OK for them to leave immediately.
- PRACTISE SAFE SHARING**
It's vital for children to be aware of what they're sharing and who might potentially see it. Ensure they understand the importance of not revealing personal details - like their address, their school, or photos they wouldn't like to be seen widely. Remind them that once something is shared in a group, they can't be certain when it might end up or how it might be used.
- BLOCK, REPORT AND LEAVE**
If a child encounters inappropriate content or feels uncomfortable in a group chat, encourage them to block and report the sender and leave the group. Make sure to reassure them it's OK to leave a group chat if they feel uncomfortable or unsafe.
- SILENCE NOTIFICATIONS**
If they're bombarded with notifications from a group chat, encourage them to turn off notifications. If it's a group chat while at school, encourage them to turn off notifications from that group chat. Encourage them to turn off notifications from group chats they don't want to see, helping them avoid the pressure to respond immediately.

Meet Our Expert
Dr Claire Sutherland is an online safety consultant at NCS periwinkle, who has developed anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. She has written various academic papers and carried out research for the Australian Government, comparing the internet use and online behaviours of young people in the UK, USA and Australia.

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What Parents & Educators Need to Know about VPNs

VPN use among UK teens is on the rise - with a noticeable uptick following the introduction of the Online Safety Act's age-verification rules. A VPN - or virtual private network - can boost online privacy by hiding internet activity and masking the user's location. But while this technology has legitimate uses, it can also allow children to bypass safety filters and access inappropriate content. This guide covers what parents and educators need to know about VPNs and how to keep young people safe.

- WHAT ARE THE RISKS?**
VPNs are commonly used by young people to get around blocks or filters on websites or parental controls. This could include accessing restricted music, gaming, sites or adult content that would otherwise be filtered out.
- BYPASSING RESTRICTIONS**
VPNs are commonly used by young people to get around blocks or filters on websites or parental controls. This could include accessing restricted music, gaming, sites or adult content that would otherwise be filtered out.
- ACCESSING INAPPROPRIATE CONTENT**
When a VPN is active, content filters can no longer see which sites a child is visiting. This means they could access inappropriate content without detection. This also makes it harder to intervene when a child is engaging in risky behaviour, as it may be difficult to detect in a happening.
- REDUCED TRANSPARENCY**
VPNs may reduce parental monitoring from network or service providers, preventing them from monitoring their child's activities, including their ability to identify potentially harmful or inappropriate content or online contact. This is true for parents who have protected their children from attempted sextortion or other online threats.
- FALSE SENSE OF ANONYMITY**
Children believing that VPNs make them invisible online may seek to explore unvetted internet content, including content which might be harmful or illegal. This may result in them seeking and accessing harmful, inappropriate - or even harmful - content.
- INCREASED EXPOSURE TO MALWARE**
Many free VPN apps are poorly monitored and may only have minimal malware scanning. Installing unvetted software could potentially open up their device (and more networks to gaming, data theft, computer viruses, or even remote access by criminals).
- RISK OF MALICIOUS VPN PROVIDERS**
Although VPNs may increase privacy from network or service providers filtering and monitoring their results in providing user and usage data to VPN providers. Some VPN providers may use user data to collect and sell data to advertisers - or worse, malicious third parties. Not all VPNs are trustworthy.

Advice for Parents & Educators

- EXPLAIN THE POSSIBLE BENEFITS OF VPNs**
Explain how VPNs can help protect user data and therefore may be appropriate when using public or other unsecured Wi-Fi, or while surfing with sensitive corporate or personal data.
- EXPLAIN THE RISKS OF VPNs**
Discuss online risks, including harmful, disturbing, and criminal content, in terms of group chats and contact, such as sextortion, and how VPNs may restrict adults from monitoring children's internet use and helping them avoid these risks.
- FREE ISN'T FREE**
Discuss the risk of "free" VPNs and how they may just as well use people's data, which adds privacy risks. Additionally, discuss the potential for added malware in VPN downloads, and how these compromise devices and apps, leading to potential fraud or theft.
- CHECK DEVICES FOR VPNs**
VPNs can be installed on both apps and browser extensions, so regularly check devices for any VPNs. If they have been using VPNs, discuss it, listen to their reasoning, and inform them of the associated risks. Some devices may be appropriate to block VPN use via parental controls and other settings.
- DISCUSS ONLINE BOUNDARIES**
Reinforce the importance of keeping safe online and how filtering and monitoring tools keep young people safe - explain that to them rather than just being strict. Encourage an open conversation around what they're accessing and why.

Meet Our Expert
This guide has been created in collaboration with Gary Henderson, Director of IT at a large independent school in the UK, an ambassador for the Association of Network Managers in Education and the Vice Chair of the Independent Schools Council Digital Advisory Group.

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