



There will be a newsletter next week, please read this bulletin carefully as there is important information and dates for your diary.

Dates for the Diary

October

22nd – 3.30-6.30pm Parent consultation evening - *in person*

23rd – 9am Y5&6 visit to Knife Angel Sculpture –
children to be dropped at St Bonaventure's @ 9am

23rd – 3.30-6.30pm Parent consultation evening - *online*

24th – INSET day

27th-31st – Half term holiday

November

3rd – Return to school

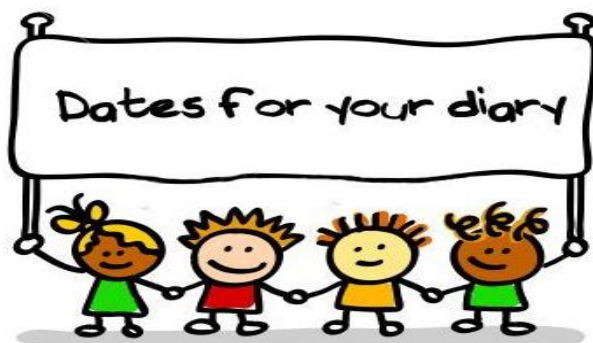
12th – Parents coffee morning with School Family Worker

12th – 2.30pm Y5 class mass

14th – Flu Immunisations

17th – Y4 trip to Verulamium Museum

25th – Y2 Victorian Workshop





Parent consultations this week

Next week parents' consultations are taking place on Wednesday & Thursday evening.

In-person consultations will take place in the school hall and parents should enter school via the main entrance. Online appointments will be accessed via School Cloud, you will have been emailed a link to access your meeting; please log in 5 minutes before your timeslot. Both online and in person appointments last 10 minutes- teachers will ensure that in person appointments run to schedule and School Cloud appointments automatically disconnect after 10 minutes.

KS2 children are invited to attend consultations with their parents either in person or online should you wish.

If you have not yet booked an appointment, please log on to School Cloud [here](#) and select a time with your child's teacher. The booking system will stay active until Monday at 12noon. Please contact the school office if you have any issues with booking.

Please be reminded that Parent Consultations for Year 1 & Year 3 will take place after half term – we will share further details shortly.



Flu immunisation email

Today you will have received an email with information from the Hertfordshire Immunisation Team who are visiting school on **14th November to administer Flu vaccinations to children in Reception to Year 6.** Please follow the guidance in this email – you must complete the online form to give consent for your child(ren) to receive the flu vaccine. A separate form must be completed for each child.

If you do not wish your child(ren) to be included, please complete the form to decline the vaccine. If you do not decline the vaccine you will continue to receive reminders from the Immunisation team.



Reminder of INSET day



Next Friday 24th October is an INSET day – children will not be in school on this day.

Play equipment at the end of the day

Please note, children should not be playing on the playground equipment at the end of school during pick up time. Please could you remind children that this equipment is only to be used during the school day – thank you for your support.

Tonies appeal!



Do you have a TonieBox at home? If so and you have any Tonies characters that are no longer needed, we would love if you could donate these to school for use with our school TonieBox. Please hand any donations into the school office – thank you.

New Clubs for next half term

Our school organised clubs (left hand column below) will be changing after half term

Please look out for an email next week with details about when bookings for these clubs will go live and how you can book them via Arbor

	Organised by school 3.15-4.15pm No charge <i>Booked via Arbor & queries to school office</i>	Organised by external providers <i>Check sign up details, times and prices for each club</i>
Mon	- Table Tennis Club – Yr 5 & 6 - Times Table Rockstars Club – Yr 3 & 4 - Netball Club – Yr 3, 4, 5 & 6	Tetra Sports Football Club for Yr 1 & 2 – details here or https://tetrasports.magicbooking.co.uk/
Tues		Music club KS2 TBC
Weds		Tetra Sports Football Club for all KS2 – details here or https://tetrasports.magicbooking.co.uk/
Thurs	- Drawing Club – Nursery, Reception, Yr 1 & Yr 2 - Play Club – Reception & Yr 1 - Homework Club – Yr 3, 4, 5 & 6	- Music club KS1 TBC - Everyone Cooks for Y1-Y6 Contact Louise Penn on 07946 303 213 or louise@everyonecooks.co.uk
Fri		Irish dancing for Y1-Y6 Contact Aislinn on 07716 306 909 or aislinn_b@hotmail.co.uk

All clubs must be booked in advance. Please contact the school office if you have any questions - 01707 375518



At The National College, our WakeUpWednesday 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. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about MEMES

WHAT ARE THE RISKS?

Memes may look like simple jokes, but, for many teenagers, they form a shared cultural language. Quickly created and reworked, they spread across social media platforms as images with text or short videos. Nearly eight in ten teenagers share memes (79%, YPulse), making them part of daily life. While memes encourage creativity and participation, they can also spread misinformation or reinforce harmful stereotypes.

SPREADING MISINFORMATION

While memes help to communicate complex topics, they can also spread misinformation. Memes may sometimes include content presenting false facts or biased viewpoints, especially around health, politics, or current events and, as they're designed to be shared quickly, young people may not question their accuracy.

EXPOSURE TO INAPPROPRIATE CONTENT

Memes are widely circulated, and not always age-appropriate, meaning young people may encounter explicit language, sexual content, or graphic imagery, even without searching for it. As memes spread fast on platforms like Instagram, TikTok, or WhatsApp, it's nearly impossible to filter them completely.

MASKED MESSAGES

Some memes are designed to be confusing or layered with hidden meanings, making them hard for parents, and, sometimes, other young people to understand. Online groups often create these memes to look like inside jokes, but they can sometimes conceal offensive, harmful, or misleading content.

HIDDEN HARMS & LOSING SENSITIVITY

When serious topics like violence, racism, or mental health are turned into jokes, children and young people may become less sensitive to these issues over time. While a funny meme may seem light-hearted, it can carry messages that belittle certain groups, encourage risky behaviour, or mock personal struggles. Repeated exposure through memes can make harmful behaviour seem normal or less important. Over time, this can blur their understanding of what is funny versus what is discriminatory, harmful, or damaging to themselves and others.

PERMANENT DIGITAL FOOTPRINT

Unlike spoken jokes, memes leave a trail. Created or shared memes can resurface later and be misunderstood, even if intended as harmless. Once online, memes may be copied, saved, or spread beyond a young person's control – digital actions can follow them into their future, shaping how they are perceived by peers, teachers, or even employers long after the original meme has been shared.

Advice for Parents & Educators

ENCOURAGE OPEN CONVERSATIONS

Talk regularly with young people and try to understand their online world – discuss what they find funny about the memes, and why. By listening without judgement, you build trust, making it easier for them to come to you if they see something harmful. Open conversations also help children and teens think critically about the messages behind memes rather than simply accepting them at face value.

MODEL HEALTHY BOUNDARIES

Show children and teens positive online behaviours, such as taking breaks from screens, avoiding late-night scrolling, and engaging in offline activities. Setting clear routines around screen time at home can help to reinforce healthy boundaries and reduce the risks of overuse. By modelling balanced technology use, adults can help children and young people see that digital entertainment, including memes, should be just one part of life.

TEACH DIGITAL LITERACY

Help children and young people learn to question where information comes from and whether it's reliable – developing media literacy skills prepares young people to understand and navigate through their future online lives. Show them how memes can sometimes exaggerate or misrepresent facts for laughs, and encourage them to check credible sources when memes claim to present truth.

FOSTER EMPATHY ONLINE

Remind children and young people that memes should never come at someone else's expense. Encourage them to think about how a meme might make another person feel before sharing or creating it. Highlight examples of positive memes that celebrate creativity without hurting others. Fostering empathy, respect, and kindness in digital spaces will help them become more aware of promoting a safer, more supportive online culture.

Meet Our Expert

Dr Cristina Moreno-Almeida is a Senior Lecturer in Digital Culture at Queen Mary University of London. She specialises in memes, online networks, and youth culture, examining how digital spaces shape identity and everyday life.



See full reference list on our website



The National College®

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.10.2025