



Spalding High School weekly bulletin 5th February 2026

This week, from Mrs Anderson, Headmistress

One of the benefits of reading through the weekly bulletin before it is published, is checking out all of the book recommendations, not just from the librarians and members of the School's book clubs, but also from the many students who submit their own reviews. There have been a few reviews over the years that have led me to then read the given book for myself - thanks for the recommendations, folks! As I have mentioned before, my term time reading tends to be focused on educational and professional documents, most recently the Government's response to the much anticipated (within schools at least) curriculum review. Interesting and important for me to read but not exactly reading for pleasure.

So, with a school holiday just around the corner my planned reading selections are about to be switched! Over the Christmas holidays, I read a Richard Osman novel, "We Solve Murders". I have enjoyed the Thursday Murder Club books over the years and found them to be an enjoyable escapade and not too heavy going. I'd put "We Solve Murders" in that same category.

This half term though, I am planning to return to another author that I have enjoyed in the past, Dan Brown and his newest novel, "The Secret of Secrets", which has sat on my bookshelf since my birthday last autumn, waiting for an appropriate holiday period; I suspect I am going to have to think a bit more in order to keep up with the complexity of the story. I have enjoyed Dan Brown's novels in the past and so am looking forward to this one. I like that with the Robert Langdon books in particular you think you are just getting a religion versus science work of fiction but there are

deep and current dilemmas being addressed too. “Inferno” for example explored the issues of the world’s overpopulation and the enormous problems that presents to the global environment, ecosystems and future we face. Added to this human threat is bioterrorism on a global scale. “Origin” (2017), addressed the issues of what it means to be human and the challenges, opportunities and complexities of artificial intelligence, at a time that really, as a population, we were not even aware of or talking about AI. What I like about Dan Brown’s books is that each of his novels explores complex, high-stakes issues with a focus on historical and contemporary conspiracies, often pitting logic and reason against faith and tradition. An exciting and intriguing mix – I will let you know how the new book fairs after half term.

Amelia’s birthday cards

Thank you so much to everyone who has already responded to writing or making birthday cards for Amelia, who is trying to beat the world record for the most number of birthday cards. The collection box for cards is in reception and we have one week to go! Keep adding your cards to the box – they look lovely!

Parking at School

We would like to remind parents and carers about our guidelines for parking at school, particularly at drop-off and collection times:

- By law, yellow zigzag lines outside schools indicate the length of road where stopping, dropping off or waiting are strictly prohibited.
- The stretch of road designated as the bus zone is also restricted at the start and end of the school day in order for the designated transport to park and disembark/board safely.
- Parents should organise a suitable drop/off collection point well away from the School. Stonegate becomes very congested and busy with a large number of buses and several taxis needing to access School.
- Please show consideration to our neighbours when parking. They should be able to access their drives at all times.
- Please do not park in the Matmore Gate car park or on the grass alongside the car park to drop off or collect students. The car park is reserved for staff and Sixth Former parking.
- Please do not drive on to School premises between 8.30am and 9am or between 3.30pm and 4pm due to the large number of students getting on and off buses outside School at these times.

Stonegate is particularly busy and hazardous between 3.30pm and 4pm due to nineteen school buses collecting some 500 students, whilst the other 500 leave on foot. The above guidelines are designed to keep our school community safe. Thank you for your cooperation.

Student of the Week



Staff Name	Student Name	Student Form	Reason
Mrs Spies	Jessica Dudenas	7J	Community
Mr Fovargue	Hallie Jeffery	7N	Computer Science
Mrs C Lord	Julia Laskowska	7N	Mathematics
Mrs Spinks	Tilly Sweeney	7S	Mathematics
Mrs Clay	Wiktorija Gren	8C	French
Ms Busby	Cimmy Alvarez	8C	Food and Nutrition
Mrs Schwarz	Esmæ Lovett	8J	Textiles
Mrs Nowak	Maisie Booth	8N	Mathematics
Mrs Busfield	Layveena Selson	8P	Community
Mrs Jones	Evie Warren	8P	Community
Mrs Knowles	Khadijah Yasin	8P	German
Miss Chalcraft	Aime Kierman	9C	Mathematics
Mrs Martin	Isla Smalley	9J	Mathematics
Mr Murphy	Amisshah Indrathayalan	9N	Latin
Mrs Dowson	Emily Day	9S	English
Miss Parker	Emily Day	9S	Physical Education
Mrs Neal	Emily Day	9S	Art
Miss Magnus	Lexi Duff	10J	Physical Education
Mr Hemsall	Neve Timmins	10N	History
Mrs Busfield	Evie Webb	10P	Physics
Mrs Rogers	Arjanna Das	10P	Geography
Mrs Jones	Lana Conway	10S	Latin
Mrs Aurikko	Laura Elzbergyte	11J	Biology
Miss Chalcraft	Annie Lindhop	11N	Mathematics
Miss Ashley	Pela Tian-Wright	11S	Mathematics
Mrs Nowak	Sophie Smith	12EO	Community
Mrs Tanner	Harriet Drewery	13KM	Art
Mrs Cave	Hannah Walters	13NG	Religious Studies

Please find here the latest Student of the Week nominations.

Nominations can be made by both teaching and support staff and can be subject related or community focused.

Sports News



7S turned PE into a real-life game of 'The Floor Is Lava', designing their own obstacle courses and trying very hard not to "fall in". Using teamwork, balance and a lot of imagination, pupils tested each other's courses with plenty of laughter (and some dramatic lava escapes). A fun, active lesson that kept everyone moving and smiling!



On Monday 26th January the Under 14 football team hosted St George's Academy in the Lincolnshire County Cup. The team played really well and, on another day, could have won by a lot more with the oppositions keeper making lots of saves. The game finished 3-0 with Kaelyn being rewarded by a hattrick for her hard work throughout the game, proving to be a nuisance as always! A really strong team performance with the defence never looking to be in too much danger of conceding, proving to be very difficult to break down. Player of the match could have gone to the midfield two of Cimmy and Ruby who played very well controlling a lot of the possession in the game, but it has to go to Kaelyn for securing our place in the quarter finals with three good finishes from within the box.

On Tuesday 27th January we hosted Spalding Academy to play the South Lincs league netball fixture and a friendly for a Year 10 'B' team, made up predominantly of GCSE PE students who will eventually be assessed in netball as a chosen sport.

The league game took place first and a strong start to the game led to us going into half time 4-3 down but the opposition's clinical shooting and defensive height led to them finishing the game 8-4. An unfortunate result but a really strong team performance.

The friendly was also played as two halves, and as a group of players who hadn't played together before we put on a great team performance. Some excellent shooting by Ruby and Evie and good defensive interceptions by Khanyi led to us winning the game 8-2. The game was a valuable experience for some of the players to experience a competitive netball fixture, learning more of the rules and about positional awareness on the court.



On Wednesday 28th January the Year 7, 9 and 11 Netball teams hosted UAH.

The Year 11s performed remarkably well, displaying resilience, strategy and enthusiasm. Despite facing tough competition, they remained confident and worked together to secure a draw. Well done Kari-Ella for being awarded Players' Player.

The Year 9 game started off at 100 mph however they showed excellent focus and demonstrated a high level of skill. The team's commitment to practice was evident. Players' player was award to Lily Kwakye for excellent defending. Year 9 were victorious winning 8-1.

Year 7 delivered a fantastic performance, earning them a well-deserved 9-2 win. This win is a reflection of the commitment and hard work in training and external clubs. From the opening whistle, the team showed great teamwork, communication and effort. Well done Nieve for being awarded Players' Player.

Miss Parker



During their recent GCSE PE lessons, the Year 10s have been learning about the reasons for and limitations of fitness testing, as well as gaining knowledge of the main procedures of the tests used to measure the following components of fitness:

- agility – Illinois Agility Test
- balance – Stork Stand Test
- cardiovascular endurance (aerobic power) – Multi Stage Fitness Test
- coordination – Wall Toss Test
- flexibility – Sit and Reach Test
- muscular endurance – Sit-Up Bleep Test
- power/explosive strength (anaerobic power) – Vertical Jump Test

- reaction time – Ruler Drop Test
- maximal strength – One Rep Max Test
- speed – 30 Metre Sprint Test
- strength – Handgrip Dynamometer Test.

The students had two practical lessons to give each test a try so that they can remember how to carry out the test in their exams. Both groups showed fantastic application to the fitness tests and were able to identify their own strengths and weaknesses. A special mention must go to Lexi who managed to continue until Level 9 of the 20m multi-stage (bleep test) which would comfortably see her pass the requirements for a career in the British Army, as a police officer or a firefighter, and demonstrates excellent levels of cardio-vascular endurance and resilience to persevere and push herself despite everyone else stopping.



Food Technology News



Fabulous Fibre February

In our Food and Nutrition lessons students learn about fibre from Year 7, although we refer to it as NSP (non-starch polysaccharide) and indeed, virtually all of our recipes feature vegetables or fruit. Most of us don't consume five portions (a portion weighs 80g) of fruit and vegetables each day needed to provide the 30g of fibre to keep our digestive system functioning well, so this is our chance to give a little focus to the fibre we eat. Each student and member of staff will receive a sheet to record their intake of vegetables and fruit eaten each day over a week if they wish to join in. You might want to make it a whole family focus.

It would be lovely to see photographs of dishes you cook at home celebrating the range of vegetables and fruit you enjoy. Please do email them into enquiries@spaldinghigh.lincs.sch.uk

Please see the [link to The British Nutritional Foundation here](#) for more information and dig out your cookbooks, and check supermarket websites for inspirational recipes, alongside the brilliant range of cookery programmes celebrating seasonal and British grown winter vegetables.

Have fun and I very much look forward to hearing what you have been cooking and eating.

Ms Busby

Head of Food Science and Nutrition

Library News



Winter Reading Challenge

Over the past few weeks, the Sixth Form Library Committee have been running a Winter Reading Challenge for the School. The aim of the challenge was to encourage students to try new books and explore different genres, helping them to discover stories that they might not have come across otherwise. Students from across the School took part, sharing their latest reads and celebrating their reading achievements with us.

Thank you to everyone who participated in the challenge!

Jasmine 13GD, Library Prefect

Book Group Update

All our book groups will be enjoying our Blind Date with a Book challenge over the next week. Books are wrapped and almost ready to be chosen. Although they won't know the title or author of the books, three key words will be added to each book label to help our book group members to find their ideal book. If you want to join in, pop along to one of Blind Date with a Book sessions in the library study room:

Year 9,10 & 11 Crime Book Club Friday 10th Feb 1.30pm

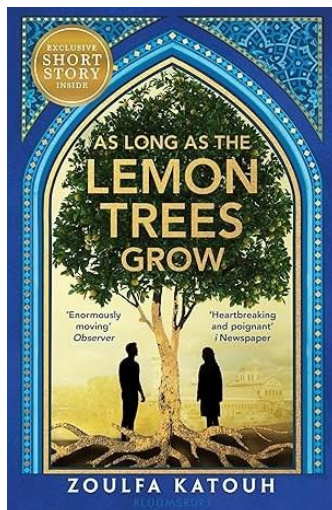
KS3 Book Club Tuesday 10th Feb 1.30pm

6th Form Book Club Friday 13th Feb 1pm

Happy Reading

Miss O'Sullivan & Mrs Lees

Book reviews

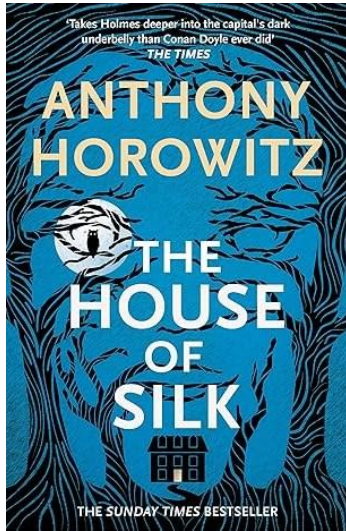


As Long as the Lemon Trees Grow by Zoulfa Katouh

This is the story of Salama, a pharmacy student and Kenan, an idealist, as they are caught up in the Syrian revolution. The horrors of what Salama has seen become a hallucinatory figure, Khawf, who only she can see, as he urges her to flee the devastation.

This book was AMAZING! I LOVED IT! Although it was extremely heart breaking as well, because of the simple but effective words Katouh used to describe the scenes. My favourite character was the intriguing Khauf as he indirectly guided Salama. Overall this book is breathe-taking, tense and so, so emotional. You want to read on, but are forced to pause at times as it is painfully real.

Dua 10P



The House of Silk by Anthony Horowitz

To be quite frank, it was one of the best books I've had the pleasure of reading. Following along as an adaptation of Doyle's classic Holmes stories (this having been written by Anthony Horowitz), it tells the tale of an amazing case in which Holmes and Watson encounter the House of Silk, an underground criminal organisation that even Mycroft himself doesn't associate with, showing how deep down it delves into the underbelly of the metropolis. My jaw dropped at the end, the plot twist heavily convulsing, making me think upon the whole book, I genuinely had to pause to think about it for a good few minutes! An amazing book!

Amreen 9C

Sixth Form News

Sixth form Taster Day

Last week, the Sixth Form opened its doors for current Year 11 students, both internal and external, to experience what their potential future could be at Spalding High School Sixth Form. It was a busy, exciting and thrilling day and we hope to see some familiar faces come September.

Quiz Selling @ Break

This week, in order to help raise money for the Year 13 Leavers' Ball, the Senior Prefect Team have arranged a competition for the whole school to get involved with – Guess the Staff Member! As a team, we have photographed some teachers wearing a winter hat and it's up to you to discover who they are. It may be difficult so, therefore, as a reward we will be gifting the winner their own bundle of chocolates!

Sheets will be sold at break time until Tuesday 10th February for £1 each so get involved, get guessing and good luck!

Other News: Peer Mentors



Friday is the best day of the week not just because it is the end of the week or it is chip Friday but it's because our peer mentors come to our form room and we have a Fun Friday morning. During the week we do different things in the morning so it is a nice alternative. On Friday mornings we come in and get the register taken, then our peer mentors come and tell us what we will be doing. Recently we have been in the sports hall to do teamwork games whilst having a great start of the day. It puts me in a better mood for the rest of the day. We all take part in these activities. At the start of Year 7 we didn't know everyone but Fun Fridays helped us to communicate and become friends.

From Rebekah, 7N

The peer mentors are amazing people. On Fridays, I always enjoy when they walk into the room. They make the start of the day so much fun. They play games and do excitable activities. They always do something different every week. For example, last week we played a game called wink murder. This is one of my favourite games. I appreciate that they give up their time to spend it with us. At Christmas we did our Christmas tree and they helped us come up with ideas for it or doing Christmas quizzes. They also make us work together with people we might not normally work with. For example, a few weeks ago we did a team building game on a bench and we had to order yourself in height order. This sounded easy until they brought in a twist. We had to order each other without touching the ground. This was going to be difficult because one tiny slip up or mistake we would have to restart.

They are always so supportive and if we don't get what we are doing they will explain it as many times as we need. They are always fair and I look forward to Fridays. They will bring a smile to your face when you are down. 7N are so lucky to have peer mentors that are willing to give up their time to create new and fun activities. I appreciate how much effort Evie, Summer, and Lexi put in to the fun games we enjoy. I can't wait for what exciting thing or activity they will bring us next. Thank you.

From Olivia, 7N

Careers News



Year 12 Work Experience – 29th June - 3rd July

I wrote to parents/carers about the Year 12 work experience week at the beginning of the month. In Careers lessons students will be shown how to add a placement on the Unifrog platform to manage work experience administration. Any support in helping students to find placements would be greatly appreciated.

Year 13 – University Applications and Offers

If students have already received all their offers from the universities they selected for their application, they do not have to choose their firm and insurance choices immediately, unless they are 100% certain. In their UCAS hub, it will give a deadline date by which they will need to choose. I advise students to give it some time, think it through and possibly attend offer holder days in the coming weeks/months.

Siemens Careers Morning

Please see the information below from Siemens Energy:

We are excited to announce that Siemens Energy Industrial Turbomachinery Ltd, Lincoln, will be hosting a Careers Morning to showcase our Engineering Apprenticeship Scheme. This event is a fantastic opportunity for students interested in pursuing a career in engineering and for anyone with questions about the apprenticeship program and available roles.

Event Details:

- Date: Saturday 7th February 2026
- Agenda: The morning will feature an informative presentation about our current apprenticeship scheme, followed by a guided site tour.

If anyone is interested in attending, please can you ask them to complete the link below to register their interest and further details will be sent out closer to the event. Please note that due to limited resources, we kindly ask that each person brings only one accompanying adult. Additionally, the event is only open to Year 11 students upwards, who are eligible to apply.

[Siemens Energy Careers Morning Interest Form](#)

National Apprenticeship Week – 9th-15th February

Unifrog is hosting an online apprenticeship fair on 11th February 4-6pm. Please have a look with your child to see what is available with national employers and to find out more about apprenticeships. Employers taking part include AstraZeneca, BBC, RAF, KPMG, National Grid and many more.

[Apprenticeship Fair](#)

If you would like to find out more about apprenticeships in general, visit *Amazing Apprenticeships'* Parent and Carer zone: amazingapprenticeships.com/zones/parent/

Additionally, the *Greater Lincolnshire Careers Hub is hosting an apprenticeships webinar* during National Apprenticeship Week on 11th February 6.00-7.00pm for parents/carers to find out more about apprenticeships in Lincolnshire. Here is the link to register:

[Greater Lincolnshire Apprenticeship Webinar - Pathway CTM](#)

Greencore (Bakkavor) – Virtual Apprenticeship Evening

Greencore (formerly Bakkavor) is holding a virtual open evening on 16th February for students and parents to introduce the apprenticeships available from September. Applications for apprenticeships open on 9th February. Please see flyers for details.

Early Careers at Greencore

We're recruiting for apprentices at former Bakkavor sites.

We'd love you to join our online Virtual apprentice career event for Greencore Spalding on:

Monday 16 February 2026
6pm to 7pm

We have apprenticeships in Engineering, Manufacturing, Supply chain, Finance, Process, Health & Safety, Business Admin and Food Technology.



This is your chance to learn more about the business, apprenticeship opportunities within your area of interest and ask lots of questions.

To register for the event, scan the QR code or to apply for our apprenticeships visit <https://earlycareers.greencore.com/> from Feb 2026

Once registered we will send you the joining details and more information nearer the date.

Please apply via the Internal Careers website or scan the QR code.





Making everyday taste *better*

Apprenticeships September Start 2026

Advanced = Level 3 Higher = Level 4 /5/6							
Site Requests	Boston	Bourne	Spalding	Sutton Bridge	Group	Holbeach	Newark
Advanced Engineering	0	2	3	1	1	1	2
Higher Manufacture		3	3	1			2
Advanced Supply Chain		1	1				
Higher Supply Chain						1	
Advanced NPD (Business Admin)					3		
Higher Process			1				
Advanced Food Technologist		1	1				
Higher Finance		1	1		4		
Packaging Degree					2		
Advanced Health Safety & Environment			1				
Manufacturing/Food Operations (SCQF 6)							
Food Technologist (SCQF)							
Total Requests	0	8	11	2	10	2	4

All Things Law – Land Your Dream Apprenticeship – Webinar

This online event is aimed at students in Years 11-13 and their parents/carers to find out more about law apprenticeships. It takes place on 5th March at 6.30-7.30pm. Here is the registration link: [Microsoft Virtual Events Powered by Teams](#)



INVESTIN
Future of Work Webinar Series

ARE YOU PREPARED FOR LIFE AFTER SCHOOL?

The world of work is changing fast. Join our series of free workshops to explore what the future of work could look like and how you can start to prepare for it.

10th Feb 6pm Uk Time

How to Futureproof Your Career (interactive workshop)

- Learn how to prepare for changing career paths
- Identify what matters most to you
- Practise building key transferable skills
- Explore how work experience supports career planning

3rd Feb 6pm Uk Time

Will AI Take My Dream Job?

- How AI is impacting jobs now and in the future
- The opportunities and challenges that AI could bring you
- How AI affects subject choices, university decisions and career planning
- Live Q&A

Receive a certificate of completion

REGISTER NOW

QR code for registration

InvestIn – Future of Work Webinar Series

Please see the flyer regarding the two free webinars being held in February from 6.00pm on 3rd and 10th February. These are open to students and parents/carers to register.

University of Cambridge – ‘Think Cambridge’ Webinar Series

For students considering applying to the University of Cambridge, there are some very useful webinars coming up in February. I recommend the ‘Choosing your A Levels’ webinar on 4th February 5.00-6.00pm for Year 11 students who think they may be considering the University of Cambridge or Oxford. Bookings can be made using this link:

[Think Cambridge | Undergraduate Study](#)

Support:

As always, I can be contacted by email if parents or students in any year group have any queries:

Dawn.bushell@spaldinghigh.lincs.sch.uk

Mrs Bushell, Careers Leader

Other notices and information



Upcoming diary dates:

Thursday 12th February Year 10 Parents' Evening

Friday 13th February End of half term

W/C Monday 16th February School closed for half term break

Monday 23rd February Start of new half term

Thursday 26th February Year 9 Parents' Evening

Tuesday 3rd March Sixth Form application deadline

Thursday 5th March Year 9 options deadline

Friday 6th March House Charity Day

Tuesday 10th March SHS & SGS PFA meeting 6pm at Spalding High School

Thursday 12th March Year 11 and Year 13 photographs

Thursday 12th March Year 8 Parents' Evening

Tuesday 17th March Whole School photograph

Thursday 19th March Year 12 Parents' Evening

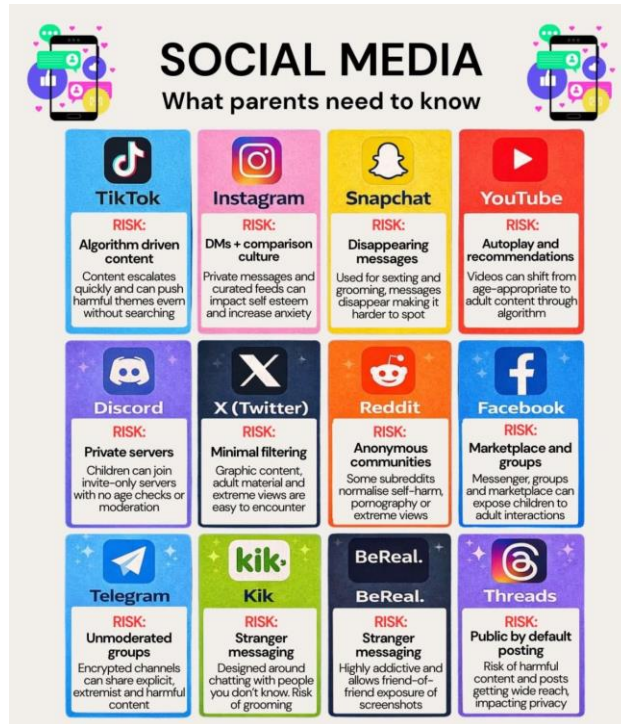
Friday 20th March Red Nose Day non-uniform and Fringe Friday 2

Week commencing Monday 23rd March Year 10 work experience week

Friday 27th March Year 7 and Year 8 Eggstravaganza

Thursday 2nd April End of term 4

Tuesday 21st April Start of term 5



Information received from the Lincolnshire County Council Community Safety Strategy Co-ordinator (Fraud):

Gifted Musical Instrument Scam targeting Lincolnshire School's and Parents:

I'm writing to you from the Lincolnshire County Council Community Safety team. We have been made aware of a scam directed at schools and parents.

A person emails a school or parent with photos of a Piano (or valuable musical instrument) for sale following a recent bereavement of their husband or wife. They'll ask for upfront payment for delivery and then never deliver the item.

Fake adverts can appear on auction sites, online marketplaces, search engines, in your social media feeds or be directly sent to schools, businesses and individuals. Fraudsters can use AI to create adverts that look genuine, but the aim is to steal money from you or sell you fake or non-existent goods.

If you've seen something that doesn't feel right, STOP!

What to do if you've already responded to the email

Don't panic! What you do next depends on whether you've clicked a link, sent information or made a payment. Take a look at advice on [what to do if you've been a victim of fraud](#).

Information received from Lincolnshire County Council:

☑ Safer Internet Day – Special Live AI Event! 📺🌟

Safer Internet Day is right around the corner, and this year's theme is: **“Smart tech, safe choices – Exploring the safe and responsible use of AI”** To kickstart the day, we're hosting a **special online event** all about **Artificial Intelligence** — the amazing possibilities, and the things we need to watch out for! Grab your classmates and tune in as our **Senior Stay Team** , streams **directly into your classrooms** for an exciting and interactive session.

☑ **What to Expect** Join us for a **30–45 minute live webinar** where we will:

- Explore the *brilliance of AI* and how it helps us every day
- Look at the *not-so-good* side of AI and how to avoid common pitfalls
- Share essential tips to make sure we all use AI **sensibly, responsibly, and safely**

☑ **Who's It For?** This session is designed especially for **KS2 and KS3 students**. To book your place click the link:

★Social Media & Account Compromise Workshop – Free! ★

Lincolnshire Police's cyber crime team deliver this **free one- hour workshop** to help secondary and college students understand the risks of **social media account compromise** and how to stay secure online. The session offers **practical, up- to- date cyber safety advice**, including how to keep accounts under your control and prevent them being used for financial or criminal scams. Suitable for classes or full year- group assemblies, this workshop helps students build strong digital habits and cyber awareness. To Book: [Social media and account compromise workshop – Lincolnshire County Council](#)

★Fatal 5 Road Safety Workshop – Free for Year 12 & 13! ★

The **Fatal 5 Workshop**, delivered by the Lincolnshire Road Safety Partnership, helps students understand the five key behaviours that cause the most serious road collisions: **speeding, not wearing a seatbelt, distraction, drink/drug driving, and careless driving**. Through real- life case studies and interactive discussion, students explore how risky choices impact drivers, passengers and the wider community, and gain the knowledge to make safer decisions on the road. This free one- hour session is available to all Year 12/13 groups, colleges and universities across Lincolnshire. To Book: [Fatal 5 – Lincolnshire County Council](#)

★Pornography Awareness Workshop – Free for KS3! ★


Lincolnshire Police deliver this **free, 60- minute workshop** to help KS3 students (Years 7–9) understand **what pornography is**, the **laws surrounding it**, and **what to do if they encounter it**. The session addresses issues such as viewing, creating, or sharing sexual content, and gives young people

clear guidance on how to seek support. Interactive activities—including a mix- and- match card game and true- or- false tasks—help students build awareness in a safe, age- appropriate way. To Book: [Pornography for key stage 3 – Lincolnshire County Council](#)

Malicious Communications Factsheet

We've recently seen an increase in requests for additional workshops and support focused on **malicious communication**, particularly linked to how students are using **group chats and social media** to communicate. To help parents understand the issues and better support their children, we've created the attached factsheet, which explains what malicious communication is, how it can affect children, and practical steps families can take to encourage safe and respectful online behaviour

For parents wanting **more guidance**, we've also produced a short video explaining malicious communication in greater detail and offering further advice. You can watch it here: <https://www.youtube.com/watch?v=Akl9CgpP9t8>



Lincolnshire Stay Safe Partnership - Preventative Education in Collaboration

Lincolnshire County Council
Haven
Lincolnshire Road Safety Partnership
Lincolnshire Fire & Rescue
Lincolnshire Police

MALICIOUS COMMUNICATION

What is it?

Malicious communication is sending messages, images, or videos intended to cause someone distress or anxiety. It can happen online or offline and generally falls into the following key types.

- **Threats:** Threats of harm.
- **Harassment:** Repeated insulting messages.
- **Offensive Messages:** Sexual, rude, or discriminatory content.
- **Inappropriate Images:** Sharing embarrassing images without consent.
- **False Information:** Spreading harmful lies.
- **Impersonation:** Pretending to be someone else.

The key factor is intent: it becomes malicious communication when messages are meant to cause distress. One message may not count, but repeated, threatening or bullying messages would.

Impact on Children

Malicious communication can leave children feeling worried or upset, and in serious cases it can contribute to self-harm. Children who send harmful messages may also face school consequences or even legal action.

What can I do to protect my child from malicious communication?

- **Don't respond — report and block.** Encourage children not to reply to hurtful messages. Use reporting tools, then block or mute the person.
- **Keep communication open.** Show interest in their online life so they feel safe telling you when something's wrong. Avoid taking devices away — work together to report and block, and praise them for speaking up.
- **Teach online safety.** Remind them not to share personal details, be careful who they add, and think before posting.
- **Know how to report.** Take screenshots as evidence. Most platforms have reporting options, and serious concerns can be reported to the police. More support: reportharmfulcontent.com.

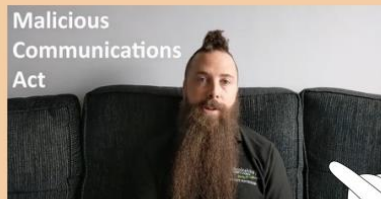
How do I teach my child to be a good digital citizen?

Teaching good digital habits is similar to teaching real-life behaviour:

- **Be respectful, kind, and aware of others' boundaries.** If emotions run high, take a break and don't respond to unkind comments—get help from a trusted adult.
- **Keep communication open:**
 - Talk regularly about what your child does online, who they speak to, and what upsets them. Help them manage big emotions and remind them to stop and think before reacting.
- **Set clear boundaries together about what's acceptable online.** If you need extra support, contact your child's school or use the recommended sites like internet matters

Check out our video about Malicious Communication

on YouTube by clicking here
<https://www.youtube.com/watch?v=Ak19CgpP9t8>



[CEOP education](http://www.ceopeducation.co.uk/parents/) provide lots of helpful tips for parents including on how to set boundaries.
<https://www.ceopeducation.co.uk/parents/>



Help and Advice



Internetmatters is your one stop shop for guides on how to set up parental controls on devices and on your internet.
<https://www.internetmatters.org>

AI and Your Child: What Parents Should Know

Artificial Intelligence is shaping the way children learn, play, and interact online. As parents, understanding both the opportunities and the risks is key.

Join our FREE webinar “AI: The Good, The Bad & The Ugly” to explore: ✓ Positive uses of AI for learning and creativity

☐ Risks like chatbots, filtering, and misinformation

☐ Practical tips for family conversations and parental controls

☐ **Date:** 10th February ☐ **Time:** 6:00–7:00 PM ☐ **Location:** Online ☐ **Register here:** <https://buytickets.at/staysafepartnership/2024139>

ARTIFICIAL INTELLIGENCE.. THE GOOD, THE BAD, THE UGLY - PARENT WEBINAR



Lincolnshire
COUNTY COUNCIL
Working for a better future

Stay Safe Team



Safer Internet Day Parent Event
Tuesday 10th February
6pm-7pm
Microsoft Teams event

★ Curious about AI and your child's world?

Artificial Intelligence is part of everyday life—from homework helpers to fun creative tools. But how can parents make sure it's used safely and wisely?

Join our free webinar “AI: The Good, The Bad & The Ugly” to learn:

- ✓ How AI can support learning and creativity
- 🤖 What to watch out for, like chatbots and misinformation
- 💡 Simple tips for family conversations and using parental controls

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