

## Headteacher's Headlines

This week has been full of exciting learning opportunities for our pupils. We would like to extend our sincere thanks to Dan and Emma from the Brampton branch of the Cumberland Building Society for taking the time to visit our school and deliver such an engaging, interactive, and informative session on banking and savings. The Acorns class greatly benefited from this, learning how to recognise different coins and notes. Acorns also enjoyed a fantastic visit to Broomhill Farm, where they had a wonderful time helping to feed the animals and even had the special experience of meeting and stroking a day-old lamb. We are also very grateful to Danny Burrus, strength and conditioning coach at Wrexham Ladies, for kicking off our Careers Month with such enthusiasm and inspiration. We look forward to welcoming more inspirational people to talk about their career journey in the next few weeks.

Best Wishes  
Sarah



## **Spring/ Summer 2026 Menu Aspens**

The new menu is available to book for After Easter on the App go to the Spring/Summer menu section.

## **PTFA Easter Event -Saturday 21<sup>st</sup> March between 2-4pm.**

The much-anticipated annual Easter Fun Day will be held in school on Saturday 21<sup>st</sup> March between 2-4pm. All welcome.



**CASTLE CARROCK SCHOOL**  
**Easter Fun Afternoon**  
**SAT 21<sup>ST</sup> MARCH**  
**2-4PM**

**£5 PER CHILD OR £4 IF PRE-BOOKED**

**TICKET INCLUDES**

- Easter trail/egg hunt (prize for all)
- Egg decorating
- Easter crafts
- Biscuit decorating
- Competition entry (to be brought on the day if not a pupil in Castle Carrock school)
  - KS1/Nursery - decorated easter bonnets
  - KS2 - decorated hard boiled eggs

**Rainbow raffle\* Games\* Refreshments\***

*ALL WELCOME!*

*\*small cost*

Prebooking in advance (£4 per child) by Paypal "Friends and family" at [paypal.me/castlecarrockpta](https://paypal.me/castlecarrockpta) or scan the QR code here. Please put the reference as 'Easter Child's name'

[email castlecarrockpta@gmail.com](mailto:castlecarrockpta@gmail.com) for more info

## Parents Safeguarding

Violent clips, online conflicts and shock-value challenges can spread rapidly across social media platforms. Many young people are exposed to this content through algorithms or messaging groups, even when they were not actively searching for it.

Our latest [#WakeUpWednesday](#) guide explores how viral trends can encourage risky behaviour, normalise violence and create anxiety or fear within communities.

The guide also highlights:

- The emotional and legal risks of sharing violent content
- How social media algorithms amplify harmful material
- Practical advice for parents and educators

All 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. Parents delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit [nationalcollege.com](http://nationalcollege.com).

## What Parents & Educators Need to Know about ONLINE TRENDS ENCOURAGING VIOLENCE

7 out of 10 teens report seeing violent content on social media, with over half of that content featuring fights involving young people. Most don't 'seek' it but are shown it through social media feeds or messaging groups. 9% of young people involved in violence have seen violent social media content. Viral trends, challenges, or 'wars' that are spread online risk encouraging violence offline, while real-world incidents may also be recorded and promoted online.

### WHAT ARE THE RISKS?

#### ALGORITHMIC EXPOSURE

Social media platforms are designed to keep users engaged, meaning aggressive or extreme content can spread rapidly and reach a large number of users. Algorithms that recommend content that reflects users' past interactions. As a result, young people may see more violent content if they have viewed, commented on or shared it before. Increased exposure can make violent content appear frequently in their feeds, without them fully understanding why.

#### WEAPONS AND CRIMINAL RISK

Teens exposed to high levels of their own violence on social media sometimes report feeling an increased need for guns or weapons. However, carrying a weapon increases the risk of victimisation. Deeds and injury by others for young people, in situations, carrying a weapon is a serious offence that can lead to police arrest and a criminal record.

#### SHARING VIOLENT CONTENT

Encouraging or assisting an offence is a crime in the UK, including via social media, and can lead to arrest. This means sharing, forwarding or reposting violent content carries a risk for young people too. Sharing screenshots of content to a trusted adult is appropriate, and young people should take care not to further spread violent material by posting it online or sharing it within chat or messaging groups.

#### FEAR, ANXIETY, AND MARGINALISATION

Research shows young people's emotional wellbeing can be negatively impacted by repeated exposure to violent online content, especially when it depicts their own violence (as opposed to fictional characters in games or films). Posts featuring weapons, threats, attacks, and fights – in content that appears to promote going online – can increase feelings of anxiety or the young people, identify that encourages violence targeting people because of their identity, such as their ethnicity or religion, can also cause disproportionate harm for children belonging to those groups.

#### AVOIDANCE AND ISOLATION

Real-world violence on social media can increase young people's belief that their own communities – or the 'outside world' – are generally unsafe. This can result in avoidance and isolating behaviours, which may negatively affect their wellbeing. As well as feeling fearful of others, teens also report feeling judged for spending time together in safe groups, which may affect their social interactions and leisure time.

### Advice for Parents & Educators

#### STAY INFORMED

Stay alert for updates from police, schools, or local authorities, and follow the advice provided. Be cautious about unverified accounts, fake content and misinformation, which can spread quickly online or in chat groups. Encourage young people to get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content online and to speak to a trusted adult instead.

#### DISCUSS SOCIAL MEDIA

Encourage young people to talk about the content they see online and the effect it can have. This can be an opportunity to discuss topics such as misinformation, algorithmic material, the attention economy, and algorithms, helping them understand how you get accurate information from trusted sources and encourage young people to do the same. Remind them never to share violent content, and suggest where to get support and advice, such as [reportmyunusualcontent.com](http://reportmyunusualcontent.com).

#### TALK CRIME AND SAFETY

In most of the UK, the age of criminal responsibility is 10 (12 in Scotland). This means there can be serious criminal consequences for very young children, including in response to sharing or creating violent content. Discuss the law with young people alongside practical safety strategies. Ask questions such as: 'What could you do if you feel unsafe?' Work together on action plans and remind them they can contact a trusted adult or the police if they are ever in a dangerous situation.

#### ENCOURAGE POSITIVE ACTION

Focus on strengthening young people's positive experiences both online and offline, within their local communities. Discuss strategies to reduce risks from social media, such as time limits, disabling certain features, or taking breaks from apps. Encourage offline activities such as spending time with friends, visiting local parks, and taking part in hobbies that bring them joy, purpose, and connection. Remind them they can seek support with any concerns or queries via [childline.org.uk](http://childline.org.uk).

#### Meet Our Expert

Dr Holly Probst is the founder of Online Media Law UK and a leading UK expert in media law, online safety, and young people. Her PhD investigates youth understandings of criminal and legal law in digital contexts. She works in schools to provide award-winning education on the criminal, legal, and ethical considerations of rapidly advancing technologies.

See full report/links on our website

[@wake\\_up\\_weds](https://www.facebook.com/wake_up_weds)
[www.thenationalcollege](https://www.facebook.com/www.thenationalcollege)
[@wakeup.wednesday](https://www.instagram.com/wakeup.wednesday)
[@wakeup.weds](https://www.tiktok.com/@wakeup.weds)

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 18.03.2024

## Easter Holiday Camp



**CARLISLE UNITED FOOTBALL CLUB**  
Community Sports Trust

# CUFC CST Easter Holiday Activities

**Locations:**  
**Carlisle (Football & Gym and Dance)**  
**Penrith (Football only)**  
**Maryport (Football only)**  
**Whitehaven (Football Only)**

## March 30 - April 10

### 9am-2pm

Book via Abler now

For more information and booking **Download** The Abler app or **Email** Sam.Tickner@carlisleunitedcst.co.uk or **Phone** 01228 554169

*"Inspiring People To Participate, Develop And Achieve Their Goals Through The Power Of Sport."*

Saturday 21<sup>st</sup> March

Wednesday 25<sup>th</sup> March

Friday 27<sup>th</sup> March

Friday 27<sup>th</sup> March

Tuesday 14<sup>th</sup> April

Thursday 16<sup>th</sup> April

Thursday 16<sup>th</sup> April

Monday 20<sup>th</sup> April

Wednesday 22<sup>nd</sup> April

Thursday 23<sup>rd</sup> April

Friday 24<sup>th</sup> April

PTFA Easter Event 2pm-4pm

Cumbria Cricket Day in school

Parents Assembly 3pm

Last day of term.

First day of term

Reception – Yr 2 trip to Learning Forest Day

Oaks Class trip – Slitt Woods with North Pennines

NHS Screening Reception and Yr 6 pupils

Acorns Soft Play Sands Centre Trip (info to follow)

Year 2 CET Sports Festival (info to follow)

KS1 Festival at William Howard School (info to follow)