



Parent Bulletin

28th March 2025 Week B

All years – Pulham School Bus Passes on sale for Academic Year 2025/ 2026: The Pulham's website link to School Pass Sales for September 2025/ 26, will be live from this weekend. (28th March). More details can be found [here](#). Any queries relating to the entitled transport service (not paid for) should be directed to the Home to School transport team at GCC.

All years – The Scholastic Book Fair has arrived! The book fair is in the library and will be open at break and lunchtimes. The last day of the fair is Tuesday 1st of April. Students can pay for their purchases with cash or contactless card. World Book Day vouchers can be used.

All years – Message from the governing board regarding the recruitment for a new Headteacher: The governing board has met twice in the last week to consider different recruitment options. The governing board has decided to readvertise the Headteacher post. The advert will go live within the next week. Due to resignation dates required for teachers, the timeframe for recruitment is short, therefore, the Governing Board are keeping an open mind to interim options if needed. Mr SJ Bartholomew, Chair of the Governing board.

Silver DofE students & parents: Please see the following video message from Mr Jackson: [here](#).

Safeguarding:

Safer Internet Day – This week we have been looking at how to keep yourself safe from online scams. This presentation has been shared with students in assembly. You may want to ask them how to keep themselves (and others) safe from online scams. All Year Groups have also been set a quiz on Satchel One. How safe are they?

A safeguarding message regarding the Netflix drama Adolescence. Adapted from an article posted on [mentalhealth.org.uk](https://www.mentalhealth.org.uk)

Stephen Graham and Jack Thorne's Netflix drama Adolescence has captured the country's attention, both for the quality of the drama and the light it shines on the issues facing young people today, which can affect their mental health in new and complex ways.

Many parents may be shocked at the portrayal of teenagers' online life and the distress it can cause. If you are worried about your child, we have set out some thoughts and advice below.

Not all online communities are negative

It's important to remember that online communities, like those in real life, can be incredibly supportive places. Supportive communities can offer a sense of safety and connection, reduce isolation, and give a sense of purpose. Online communities have the advantage of connecting people with shared interests or experiences who might be geographically distant, and many people find it easier to express themselves online. Not having to use your own identity or name can encourage more honest self-disclosure than conversations in-person, which can be particularly helpful for marginalised groups such as LGBTQ+ young people.

But dangerous content and cultures do flourish online

Not all online communities are healthy, as Adolescence shows to devastating effect. While digital communities lower the bar to expression, this can also lead to a culture of bullying and toxicity which young people have no respite from in an 'always on' culture. In particular, Adolescence highlights the toxicity of the manosphere, where misogyny flourishes. This ranges from regressive and wrong attitudes around gender all the way through to extreme misogyny on incel and related forums. Most people, thankfully, have never visited these sites; but to give you a flavour of their content, a [Centre for Countering Digital Hate \(CCDH\) report](#) found that the members of one incel forum post about rape once every 29 minutes.

While the very hateful sites might only be populated by a few thousand users, their influence has spread to common parts of the internet. They normalise behaviours that are damaging both to the mental health of members and those affected by their behaviour. And conversely there is a clear path where from seemingly innocent content young people start by engaging with such as fitness and gym material to more sinister content based on hatred for women, LGBTQ+ people, and people of colour. While the pathways are driven in part by algorithms, young men are also cynically manipulated by linked sites that work together.

What can parents do

I know we can feel scared and helpless to advise our children how to navigate through the online world. But there are things we can do.

Firstly, know what's out there. Whilst I definitely wouldn't encourage anyone to search out hateful sites on the internet, CCDH has a useful [glossary of terms](#) (like incel, bluepill, chad, looksmaxxing) which can help understanding of the cultures online. And knowing about the most common platforms and understanding how your children engage with them (e.g. passively observing or actively posting) is a good place to start.

Next, talk to your kids about what they are engaging with online and how it makes them feel. Be curious about what your children enjoy about the sites and forums they visit. Encourage them to reflect on whether the communities they are part of feel healthy, or the opposite. Mental Health America has a [great resource](#) which suggests a healthy online community should make someone feel safe, hold everyone accountable, be a space where you feel connected to others, align with your values a person, and not drain you or make you feel bad about yourself. Encourage your child to keep reviewing whether what they are engaging with online still feels right for them, because communities change over time.

Online Safety Newsletter for March 2025 – [here](#).

Vacancies:

We are recruiting for a variety of roles, including both support and teaching positions. These can be tailored to suit your circumstances, and we would love to hear from you if you are interested in any of the positions. Please email: recruitment@farmors.gloucs.sch.uk if you have any questions. For more information and application visit – [here](#).

Letters to parents: [here](#)

- Year 7– 11 Careers Newsletter – [here](#).
- Weekly Library newsletter – [here](#).
- Half term activities for under 14's – [here](#).