



North Crescent Primary School

Guiding Explorers of the Future

What another brilliant week that has flown past!
Just wanted to say a huge thank you all for your ongoing support and contributions for Treat Thursday and for helping the PTA. Lots of sweets, biscuits and party rings were sold and enjoyed. Also a big thank you to our brilliant PTA for all their hard work!



Diary Dates

Monday 9th February -
Parent Drop-Ins @ 3:30 pm

Tuesday 10th February -
KS2 Swimming Gala

Tuesday 10th February -
Pathfinders 1 Local area visit

Wednesday 11th February -
Cross Country

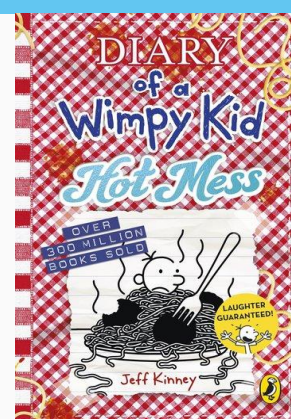
Thursday 12th March -
Year R Sharing Assembly @ 2:50pm

DIARY OF A WIMPY KID - HOT MESS

By Jeff Kinney

A fun read for children of all ages and recommended by some of our year 6 children. Diary of a Wimpy Kid: Hot Mess is the latest in this series of book. Greg Heffley experiences a disastrous summer vacation when his family tries to combine visits with both his mum's and dad's relatives into one chaotic trip. Stuck between his two extended families in a crowded, hot beach house, Greg faces family secrets, a meltdown of a vacation, and awkward situations that turn the family's getaway into a hilarious, family-filled hot mess. This book is guaranteed to make you laugh.

Book of the Week



DIARY OF A WIMPY KID - HOT MESS

Huge congratulations to the following children who have been chosen as the Lead Learners.

Explorers	Oakley	Pathfinders 2	Rihanna
Pathfinders 1	Shannon	Adventurers 4	Jake
Adventurers 3	Noah W	Navigators 6	Paul
Navigators 5	Chloe		

Each week we celebrate the class that have shown respect for their classroom. The children really love our gold, diamante dustpan and brush award! Why don't you ask them about it?

An important reminder to please be mindful when picking up your children. It's super important to avoid blocking residents' driveways and parking in non-parking areas. These instructions can cause a lot of inconvenience and also will increase risks for families leaving the premises.

Instagram: @northcrescentprimary
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What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

A research study by Ofcom revealed that children aged 9–15 increasingly use online platforms like TikTok for mental health advice, with 50% relying on social media for information. Unverified medical content online is concerning, with the potential to cause confusion, anxiety, or incorrect self-diagnoses. This guide provides expert strategies to help parents and educators tackle misinformation effectively and ensure safer digital experiences for young people.

WHAT ARE THE RISKS?

POPULAR ONLINE SOURCES

Platforms like TikTok and Instagram are two of the main sources of young people's mental health content. Videos and posts frequently feature unqualified influencers, contributing to misinformation, myths, and oversimplifications. While appealing to young audiences, this unverified content can distort perceptions, and create unrealistic expectations and misunderstandings about mental health conditions.

RISK OF SELF-DIAGNOSIS

Social media's misleading content encourages young people to self-diagnose complex mental health conditions inaccurately. Misdiagnosis can exacerbate anxiety, cause unnecessary worry, or delay essential professional intervention. This has the potential to escalate manageable conditions into more significant mental health issues requiring comprehensive clinical support.

LACK OF FILTERS

Social media platforms struggle to filter misinformation effectively, allowing false content to spread widely and quickly. Without proper guidance, young viewers may not discern fact from fiction, potentially internalising inaccurate beliefs about mental health. This can negatively influence their decisions about seeking professional help or managing mental wellbeing.

IMPACTFUL PAST TRENDS

Historically, online mental health misinformation has led to harmful trends, including inappropriate coping strategies or sensationalised symptoms. For example, past TikTok trends on self-harm or anxiety 'hacks' have spread damaging advice, underscoring the risk when misinformation is not promptly addressed or corrected by knowledgeable adults.

MISLEADING CLINICAL TERMS

Online trends often include the misuse of clinical terms, such as 'trauma' or 'OCD', making serious conditions seem trivial or inaccurately understood. Such misinformation can diminish empathy, and lead young people to misunderstand mental health complexities, potentially preventing them from identifying real mental health issues in themselves or others.

REPLACING PROFESSIONAL HELP

Frequent reliance on digital content can deter young people from seeking professional mental health care, substituting expert support with unverified online advice. This substitution can prolong issues, complicate recovery, and reduce the effectiveness of future professional interventions, ultimately impacting overall mental health and wellbeing negatively.

Advice for Parents & Educators

MONITOR ONLINE ENGAGEMENT

Regularly review and discuss a young person's online activity, providing appropriate guidance on discerning accurate content. Tools such as parental controls or co-viewing content can help mediate exposure to harmful misinformation, facilitating safer digital habits and informed critical thinking about mental health.

IDENTIFY RELIABLE SOURCES

Teach young people to critically evaluate mental health content by checking credentials, source authenticity, and evidence-based information. Encourage them to refer to trusted medical or educational platforms and to consult healthcare professionals for clarification. This reduces young people's reliance on potentially harmful or misleading online sources.

SCHOOL-HOME COLLABORATION

Strengthen collaboration with educators to integrate digital literacy into the school curriculum, emphasising misinformation awareness. Jointly delivered education sessions on identifying and responding to misinformation can significantly improve pupils' ability to critically assess mental health content, supporting their mental wellbeing effectively both online and offline.

ENCOURAGE OPEN DIALOGUE

Foster a non-judgemental environment where young people feel comfortable discussing online content. Regularly talking about their online experiences and perceived mental health concerns helps clarify misunderstandings, mitigates misinformation, and builds trust, thereby enhancing their resilience and digital literacy. Model situations where you have sought advice from accurate sources and not solely relied on social media for health advice.

Meet Our Expert

Anna Bateman is Director of Halcyon Education Ltd, Director for Wellbeing and Family Services at Leigh Trust, and lead expert for mental health at The National College. Anna specialises in strategic mental health solutions for schools, supporting educators and families to improve resilience, emotional literacy, and overall wellbeing for children across the UK.



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	MONDAY 16 FEBRUARY	TUESDAY 17 FEBRUARY	WEDNESDAY 18 FEBRUARY	THURSDAY 19 FEBRUARY	FRIDAY 20 FEBRUARY
9.30AM TO 11AM	Archery Climb Bushcraft	Archery Climb Longboat Sailing	Archery Climb Bushcraft	Archery Climb Bushcraft	Wiggly Bugs Bushcraft Climb
11.15AM TO 12.45PM	Archery Climb Canoe Raft	Archery High Ropes Canoe Raft	Archery Climb Wiggly Bugs	Archery Climb Longboat Sailing	Archery Bushcraft High Ropes
1.30PM TO 3PM	Archery Climb Bushcraft	Archery Climb Bushcraft	Archery Climb Bushcraft	Archery Abseil Bushcraft	Archery Canoe Raft Climb

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grangewaters.co.uk

Essex Fire Museum Open Day

2026



17th and 22nd Of February

10:30AM To 4:00PM

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Museum@essex-fire.gov.uk