



Wensley Fold CE Primary Academy

"Make Each Day Count"

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WENSLEY WEEKLY

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www.wensleyfold.co.uk

User Name: parent Password: parent

Dear Parent

OUR SCHOOL PERFORMANCE PRAISED BY THE SECRETARY OF STATE FOR EDUCATION

We are delighted to have received a letter from Bridget Phillipson that praises the exceptional quality of the education we provide at Wensley Fold and recognises that our work is amongst the very best nationally in ensuring that all pupils achieve well, whatever their starting points.

Only a small number of schools nationally received the letter congratulating them on their excellent outcomes for all children.

She stated that, 'The school's performance places it amongst the very best nationally and this is a significant achievement'.

She continued, 'This success reflects the dedication of your staff and the hard work of your pupils. It shows what can be achieved when ambition and commitment come together. Thank you for everything you do to give children the best possible opportunities to succeed'.

PE KIT

A kind reminder children must wear black jogging bottoms, not the wide yoga/athletic pants that some children are wearing to school. Thank you.

ONLINE MATHS PROGRAMME

Please do not try to log in to Maths.co.uk as we no longer use this software in school. Thank you.

BREAKFAST CLUB

As previously notified, after the February half term, w/b 23/2/26 parents will have to **PRE-BOOK** breakfast club on ParentPay, this is so we can organise staffing, particularly for the early session. We will give a bit of leeway for the first two weeks as it is a change

Class of the week	-	3A
KS1 Person of the Match	-	Sakina Shah (RQ)

KS2 Person of the Match	-	Minaal Rasool (5S)
KS1 I ate well today	-	Yusuf Sultan (1B)
KS2 I ate well today	-	Maariya Ismail (3A)
WF Super Smart Uniform	-	Han'nah Idris (4M)

WINTER HOLIDAY CHALLENGES AND CRAFT PACKS

If you have handed in your child's passport for the CU Challenges or the Christmas craft pack please note all passports will be returned to children by tomorrow (Friday). Please do look out for this as no responsibility will be held by the school once they have been returned.

CHILDREN'S UNIVERSITY WINTER OLYMPICS ACTIVITY DAY

If you have signed your child up to this please note it is taking place this Sunday. Please check your confirmation email for all the details. If you have any questions please do not hesitate to contact Sara Burton on 07805929965 (please leave a message if there is no answer).

FEBRUARY HALF TERM HOLIDAY ACTIVITIES

All activities at half term are full. If any additional spaces become available they will be added to ParentPay at 12.15pm this Monday 2nd February. If you have already signed your child up to any of the activities please look out for an email confirmation which will have a link to an online consent form which must be completed otherwise your child cannot attend. The email will be sent from s.burton@wensleyfold.blackburn.sch.uk and will be sent by next Tuesday.

FAMILY FUN DAY AT BLACKBURN CENTRAL LIBRARY – Saturday 31st

January

This is taking place THIS Saturday 31st January 2026. Help the library celebrate National Storytelling Week with free family friendly activities between 10.30am and 12pm, and again from 1.30pm to 3pm. There will also be story time sessions at 12pm and 3pm. There's no need to book, just turn up on the day. All welcome. Remember if your child is a member of Blackburn CU to pick up a slip to say you have attended. Please then hand this slip in together with your child's CU passport via the blue CU box at the school office.

CHILDREN'S LITERATURE FESTIVALS BOOK AWARDS 2026

We have again been invited to take part in these book awards. We are looking for children in Years 1 – 6 who would like to read books and review them. The letter was sent out last week with further details. If you would like to register your child please do so via this link: <https://bit.ly/CLFBookAwards26>. Registration for these awards will end next Tuesday 3rd February. All those who have signed up will receive further information next week, so please keep an eye out.

CYBERFEST 2.0 IS BACK!

 **Saturday 7th February 2026,  Blackburn College – University Centre, **

10am – 2pm

 **FREE food, drinks, and parking!**

Delivered in collaboration with IMO Charity, One Voice Blackburn, Blackburn & Darwen Youth Zone, and IN4.0 Group, CyberFest 2.0 is all about discovering exciting digital skills in a relaxed, enjoyable way! Get involved with a wide range of exciting activities, including:

 Laser Tag

☐ Cyber Ops Trivia

 Escape Room

 Hacker Heist

☐ Virtual Shields (VR Game)

 Cyber Mythbusting

☐ Bee Bot Programming

+ And much more!

Whether you're into gaming, curious about technology, or just want a fun day out with friends or family, CyberFest 2.0 has something for everyone.

Children's University members who attend this event can collect a 2 hour stamp in their CU passport if they write an information sheet of what they did and learnt from the event. Please send their completed information to Sara Burton either via s.burton@wensleyfold.blackburn.sch.uk or on WhatsApp on 07805929965.

WAKE UP WEDNESDAY

What Parents & Educators Need to Know about MENTAL HEALTH MISINFORMATION ONLINE

WHAT ARE THE RISKS?

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.

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.

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.

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.

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.



#WakeUpWednesday

The National College