PARENT BULLETIN

Thursday 5th November 2026

YOUR WEEKLY UPDATE TO OUR LATEST SCHOOL NEWS

Key Notices for the Week Ahead

Welcome back to the start of a new term. We hope you had a wonderful break.

Sixth Form Open Evening 2026 - Thursday 3rd December

We are delighted to invite parents and students to learn more about the exceptional opportunities available at St Paul's Way Sixth Form at our upcoming information event on Thursday 3rd December at 3:50pm.

As you know, St Paul's Way Sixth Form has a long-standing reputation for academic excellence and outstanding student outcomes. Year after year, students achieve impressive A Level results, enabling them to progress to a wide range of ambitious next steps.

A key reason for this is our commitment to ensuring that every student can access the pathway that is right for them. Students regularly progress to prestigious universities across the UK, including Russell Group institutions, while others secure sought-after apprenticeships and employment opportunities with leading organisations. Dedicated careers guidance, expert teaching and personalised support help students make informed decisions about their futures and maximise their potential.

The Sixth Form also benefits from an extensive network of partnerships with universities and employers. These relationships provide students with enriching experiences beyond the classroom, including lectures from leading academics, university visits, work placements, mentoring opportunities and direct engagement with professionals across a range of sectors.

Students enjoy a vibrant and supportive environment where academic achievement is celebrated, personal development is encouraged and aspirations are nurtured. Alongside their studies, students have opportunities to take on leadership roles, participate in enrichment activities and contribute positively to their community, preparing them not only for success in examinations but also for success in life.

We encourage all families considering post-16 options to attend this event and discover how St Paul's Way Sixth Form can help students achieve their ambitions and open doors to exciting future opportunities.

Book your space via the link below:
https://www.spwt.net/sixth-form/open-evening

Please take a look at the sixth form evening poster included in this bulletin.

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Magic Breakfast

We are pleased to offer families the opportunity to sign up for our Magic Breakfast programme, which helps ensure students can start the school day with a nutritious breakfast. If you would like your child to take part, please complete the Magic Breakfast form linked below.

Magic Breakfast A free healthy breakfast everyday – Fill out form

Free Olive Dining Water Bottle

Every student in year 7 to 11 will receive a free Olive water bottle as a gift to help encourage healthy hydration throughout the school day.

Please see the attached posters below for full details about both the Magic Breakfast and free Olive water bottle.

Join a Library

If you haven't done so already, make sure you and your family have **joined a library**. Most libraries in London are part of a consortium, meaning that joining one gives you access to facilities and digital libraries across London including surprising things like film streaming services. You can join for free online any time, or head to your local branch to join in person. We've included details of just some of the things you can access through the Idea Stores at the end of this bulletin.

We have included a brief guide below.

Attendance

A good attendance record is key to student success. Please ensure your child attends school every day and arrives on time so they can make the most of their learning opportunities.

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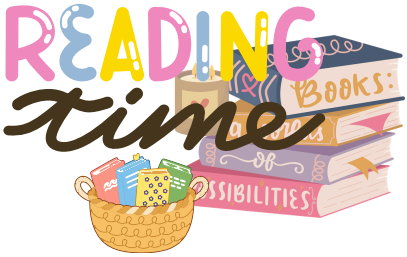


SUPPORTING WITH HOMEWORK

Re-set Expectations: Re-establish study schedules after the half-term break. Keep a dedicated, quiet home-learning space away from busy areas in the home and agree on a consistent daily study time.

READING TIP

Did you know that the Department of Education designated 2026 as the National Year of Reading. You can visit the Go All In resources page for all of the resources they've gathered to get the whole country reading.



AT SPW WE VALUE Aspiration Integrity Community

SPW6
ST PAUL'S WAY SIXTH FORM
PART OF UNIVERSITY SCHOOLS TRUST

SPW6 OPEN EVENING

BOOK TODAY

Thursday 3rd December at 3:50pm.





At 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. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about
ADVERTISEMENTS AIMED AT CHILDREN

WHAT ARE THE RISKS

Children are particularly vulnerable to the persuasive effects of advertising because of their still-developing critical thinking and impulse control skills. Children are regularly and passively exposed to advertising online, whether through influencers, paid advertisements, or sponsored content. Although 92% of 12–17-year-olds felt confident recognising online advertising, only 37% correctly identified sponsored adverts in search results.

INFLUENCER MARKETING

Influencers are an increasingly prominent part of children's online experiences, with four in ten 3–17 year olds who watch online videos reporting that they watch influencer content as entertainment. Influencers can appear credible, relatable, trustworthy and aspirational. Although seven in ten 12–17 year olds recognised a paid partnership, some believed products were promoted because influencers liked or thought they were 'cool'.

PARENTAL PRESSURE TO PURCHASE

Children's exposure to online advertising can pressure parents to buy products they see advertised. When told no, children may feel upset, treated unfairly or left out when comparing themselves with peers. With children potentially seeing up to 40,000 adverts a year, parents cannot meet every request. This can lead to arguments and put strain on family relationships.

UNREALISTIC EXPECTATIONS

Advertising often focuses on the positive effects of a product, which can create unrealistic expectations among young people. Children may be particularly susceptible to these claims when they do not recognise the persuasive intent behind them. They may be more likely to believe that a cream will 'transform' their skin, clothing will help them fit in, or protein powders will quickly build muscle. Repeated exposure to adverts such as beauty content can normalise unrealistic expectations and create material dissatisfaction or body image concerns.

HARMFUL ADVERTISING

Children can encounter online advertising through games, videos, social media and links, meaning they may see content that is inappropriate for their age. This can include products or messages that influence attitudes towards body image, health or behaviours such as gambling. Repeated exposure to beauty content can normalise adult-oriented beauty routines and psychological pressure.

UNINTENDED PURCHASES

Online advertising can encourage young people to make purchases. Ofcom found that 58% of 8–17 year olds had spent money online, with 27% saying adverts encouraged them to spend and 22% influenced by influencer content. Despite this, a third of the children regretted an in-game purchase, while almost half said they were unclear about what they were buying. This can lead to children spending more than intended or making purchases without fully understanding the cost or product, adding pressure on parents to spend.

LACK OF ADVERTISING TRANSPARENCY

Advertising is not always obvious to children, particularly when influencers promote brands, products or services without clearly stating that it is an advert, or when advertising is embedded within entertaining content and uses positive language. Children may not realise that the adverts are promoting something, making the recommendation seem more trustworthy and more influential.

Advice for Parents & Educators

TEACH CHILDREN HOW TO SPOT ADS

Help children to recognise when content is trying to sell them something. Teach them to look for signs such as '#ad', 'sponsored', 'paid partnership' as well as promo codes or product links attached. Explain to your child that these adverts can be embedded within videos, social media posts, games or influencer posts and are not always obvious to identify. Helping children recognise these advertisements can make them less likely to be influenced by them.

ENSURE PAYMENT DETAILS ARE LOCKED DOWN

Avoid saving your bank card details on children's devices, games or apps wherever possible. This can help reduce the risk of children making accidental or impulsive purchases following seeing an advert. Check the purchasing settings on games and social media accounts and use parental controls or purchase approval settings where possible. Talk to your child about the importance of asking before making a purchase online.

DEVELOP CRITICAL THINKING SKILLS

It is important to encourage children to question what they see online rather than automatically believing it. Encourage them to stop and think before clicking. Have them ask themselves, 'Why am I seeing this?' and 'What are they trying to get me to want/buy?'. Remind them that adverts and influencers only highlight the positive aspects of a product. By developing these skills, children will begin to recognise, question, and respond to manipulative marketing practices.

ENCOURAGE OPEN COMMUNICATION

While it is important to set age restrictions on games and social media, inappropriate adverts can still slip through. Talk regularly with your child about adverts or influencer content they see online. Open communication makes it easier for your child to come to you if they have any questions about products or inappropriate content. It also helps you understand what your child is being exposed to online and where they may need support.

Meet Our Expert

Dr. Claire Sutherland is an education consultant and digital safety expert, with a background in primary teaching. She combines her PhD research in cyberbullying with hands-on experience, delivering impactful digital wellbeing workshops and policies for schools across Australia and now in the UK.



#WakeUpWednesday®

The National College®

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magic breakfast
fuel for learning



Magic Breakfast supports your child's school to provide nutritious breakfasts each morning.

We're pleased to let you know that your child can enjoy a free, healthy breakfast at school every day.

A well-balanced breakfast can positively impact learning, well-being, concentration, friendships and much more.

And with breakfast on offer each morning, you can be confident your child has access to the food they need to start their day fuelled and ready to learn.

Ask at school how your child can access their free Magic Breakfast!

Did you know?

Young people who regularly consume breakfast each morning achieve nearly two exam grades higher than those who don't.*

*Based on research carried out by the University of Leeds

Find out more

Water Stop

Included In the Meal Deal

Don't Forget To Fill Up Your Reusable Bottle



Olive dining
food with passion

DON'T FORGET TO FILL UP YOUR REUSABLE BOTTLE AT THE WATERSTOP



Olive
dining
food with passion

idea
Library Learning Information

TOWER HAMLETS

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Here's what youcan do with your membership



Here's what you can do with your membership

Books

Borrowing books is **FREE**. You can borrow up to 25 books for three weeks. Access to more than **6 million** items through The Libraries Consortium (TLC).

Reserving books

If you can't find what you want on our shelves and it's in our catalogue then you can reserve it yourself for **FREE** online or in-store.



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We don't charge for late returns on items belonging to Tower Hamlets.

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Access thousands of eBooks, eAudiobooks, download digital magazines and newspapers for **FREE**.

Activities and Events

FREE activites and events for adults, families and children, including daily Story Time for under 5s, Get Online drop-in sessions and Prime Time activites for people aged 50+.

Computers and the Internet

All Idea Stores and Libraries have public computers. You can browse the internet, create documents and access your email for **FREE**.

We also have **FREE** Wi-Fi.

Wi-Fi printing with Princh

Print directly from your device and pay securely online.

Tower Hamlets Local History Library and Archives

Our Local History Library and Archives holds outstanding and unique resources for studying London's world famous East End history.

Access Online Council Services

You can access council services such as benefits, council tax, parking and recycling etc.

And more

To find out more about Idea Store and our full terms and conditions, please visit our website **www.ideastore.co.uk**

Discover over 900 adult learning courses on offer at Idea Store **ideastore.co.uk/learning**



More FREE services are available on our website

www.ideastore.co.uk

You can use these services either in store or at home on your computer:

Search for **books, CDs and DVDs** in Idea Stores and across The Libraries Consortium. Order online and pick up in store.

Access **1000s of the world's best reference books** available online to Idea Store members in store or at home.

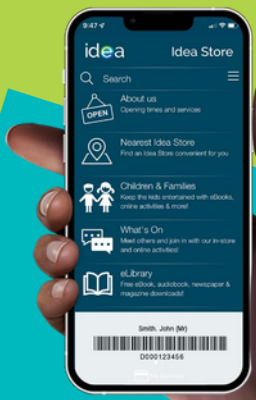
Practise **'Life in The UK'** online before taking a test.

Do the **'Driving Theory Test'** online before your official test.

Trace your **family tree** for **FREE.**

Browse **Local History photos and documents.**

Scan to find out more!



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Also available on the **Idea Store App**

Download on the App Store

ANDROID APP ON Google play