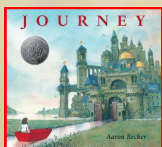


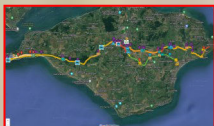
Comic Relief - A huge thank you for helping us to raise a wonderful £175 for comic relief red nose day. Well done Haylands.



This week Mrs Walters is reading 'Journey' by Aaron Becker

A lonely girl draws a magic door on her bedroom wall and through it escapes into a world where wonder, adventure, and danger abound. Red marker in hand, she creates a boat, a balloon, and a flying carpet that carry her on a spectacular journey toward an uncertain destiny. When she is captured by a sinister emperor, only an act of tremendous courage and kindness can set her free. Can it also lead her home and to her heart's desire?

Don't forget to register for Schools Walk the Wight - we have decided as a school that we will take part in a group walk on the flat route from Sandown to Newport. Please register via the Schools Walk the Wight link, which is free for a child and one adult. Children can log miles in the run up to the day and



complete them by taking part in the flat walk (8 miles) with school or the official schools route over Tennyson Down in Freshwater (4 miles). You can register via this link: <https://www.mountbatten.org.uk/swtw>



Tomorrow (**Friday**) Pre-school will be holding their monthly clothing swap once again. Please bring along any unwanted good quality clothes and browse to find suitable items for your child/ren. A great way to have a clear out and upgrade to bigger sizes.

Please can we remind parents/carers to name all items of uniform. As the weather becomes warmer children often remove jumpers and cardigans and it becomes impossible to return these to their owners. Thank you for your support with this.



Damira Ryde and East Cowes are running an NHS 5 years and under dental examination clinic over the Easter weekend.

DAMIRA
DENTAL STUDIOS

Damira Dental Studios **RYDE** – Saturday 30th March (8.30 – 4.30) 01983 563700

Damira Dental Studios **EAST COWES** – Sunday 31st March (8.30-5.30) 01983 296837

Bookings can be made by telephone or online.

For the older siblings there is an NHS kids' day on Friday 22nd March all new and existing patients welcome. Limited space book in quickly!

There is currently an issue with the online booking at the moment – saying the cost is £25.80 but just to carry on as it will not charge.

Please see below a link which can signpost you to the various adult mental health and wellbeing offers available on the Isle of Wight and would be useful to share with parents who are seeking support for their own mental health and/or wellbeing.

https://youtu.be/4RJGm_3fvk

Key Dates –2022/23

Tues 26th Mar - Reception Library Visit
Thurs 28th Mar - Break up for Easter
Mon 15th Apr - Back to School
Mon 29th Apr - Year 4 PGL Residential
Mon 6th May - May Day Bank Holiday
Sun 12th May - Walk the Wight
Fri 24th May - Break up for May Half Term
Mon 3rd Jun - Back to school
Mon 24th Jun - Development Day
Weds 3rd Jul - Year 6 PGL Residential
Thurs 25th Jul - Last Day of School
Fri 26th Jul - Development Day

Future Dates

Weds 27th Nov - Development Day

School Meals

School dinners are provided by Chartwells. The cost is £2.75 per day.

The Autumn/Winter Menu

W/C 25/03 Menu Week 2



Last week we competed in a Netball Tournament at Ryde Academy, this was a fantastic event for the girls to take part in; even though lack of experience led to us suffering a few losses in our games. Mr Austin will arrange Netball Club after Easter to enable the girls to practice.



Our U11 Girls Football team played a semi final match this week away at Nine Acres, drawing 2-2 in the match! This resulted in a penalty shootout, which we were unlucky to lose. Well played girls!


Our Yr5 Boys played a hard fought football match away at Carisbrooke yesterday drawing 1-1. Again this led to a penalty shootout which saw a stunning performance by our superstar goalie Ollie who saved every penalty, securing our place in the final which will be played after Easter.



*This Week's Attendance Stars are
6B with 99.3% Attendance!
Well done!*



School Attendance

Class	This Week
RA	89.3%
RB	89.6%
1A	89.7%
1/2A	91.1%
2A	91.7%
3A	89.5%
3B	93.5%
4A	97.9%
4B	89.6%
5A	96%
5B	97.2%
6A	97.4%
6B	99.3% 

School Start Times:

Doors open at **8.30am** and register is taken promptly at **8.40am**.

It is **essential** children are in time for registration and ready to start the day in a timely manner.

School ends at 3.10pm—please arrive promptly to collect.



Minutes Late - The number of late arrivals after the register closed this week has meant that **260 minutes** of learning have been lost! Please remember school starts at 8.40 promptly.

Whole School Attendance: 93.4%

Target: 96%

Please remember to call or email school on **563372** or admin@haylands.iow.sch.uk by **9.00am** if your child is absent AND follow this up with a letter.

If you email in this will count as your absence note so no need to follow up.

Regular meetings are held with the Education and Inclusion Assistant who monitors attendance.

If a letter is not received the absence will remain unauthorised.

Isle of Wight School Terms And Holidays 2023 – 2024

Determined programme of school term and holiday dates for county and controlled schools for the academic year 2023/24

SEPTEMBER 2023					
M	28	★	11	18	25
T	29		5	12	19
W	30		6	13	20
T	31		7	14	21
F	★		8	15	22
S	2		9	16	23
S	3		10	17	24

OCTOBER 2023					
M	2	9	16	23	30
T	3	10	17	24	31
W	4	11	18	25	
T	5	12	19	26	
F	6	13	20	27	
S	7	14	21	28	
S	1	8	15	22	29

NOVEMBER 2023					
M	★	13	20	27	
T		7	14	21	28
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	
S	4	11	18	25	
S	5	12	19	26	

DECEMBER 2023					
M		4	11	18	25
T		5	12	19	26
W		6	13	20	27
T		7	14	21	28
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

JANUARY 2024					
M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	31
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	
S	7	14	21	28	

FEBRUARY 2024					
M	5	12	19	26	
T	6	13	20	27	
W	7	14	21	28	
T	1	8	15	22	29
F	2	9	16	23	
S	3	10	17	24	
S	4	11	18	25	

MARCH 2024					
M		4	11	18	25
T		5	12	19	26
W		6	13	20	27
T		7	14	21	28
F	1	8	15	22	29
S	2	9	16	23	30
S	3	10	17	24	31

APRIL 2024					
M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	
T	4	11	18	25	
F	5	12	19	26	
S	6	13	20	27	
S	7	14	21	28	

MAY 2024					
M		6	13	20	27
T		7	14	21	28
W	1	8	15	22	29
T	2	9	16	23	30
F	3	10	17	24	31
S	4	11	18	25	
S	5	12	19	26	

JUNE 2024					
M		3	10	17	★
T		4	11	18	25
W		5	12	19	26
T		6	13	20	27
F		7	14	21	28
S	1	8	15	22	29
S	2	9	16	23	30

JULY 2024					
M	1	8	15	22	29
T	2	9	16	23	30
W	3	10	17	24	31
T	4	11	18	25	
F	5	12	19	★	
S	6	13	20	27	
S	7	14	21	28	

AUGUST 2024					
M		5	12	19	26
T		6	13	20	27
W		7	14	21	28
T	1	8	15	22	29
F	2	9	16	23	30
S	3	10	17	24	31
S	4	11	18	25	



STAFF DEVELOPMENT DAY

Autumn/Winter School Dinner Menu



WEEK 2

W/C: 06/11, 27/11, 18/12, 15/01, 05/02, 04/03, 25/03

AUTUMN/WINTER 2023

HOT SPECIALS

JACKET POTATO

DESSERT

MONDAY

Cheese and Tomato Pizza 🌱 🐟
Served with Potato Wedges

Sweet Potato Curry 🌱 🌱 🌱
Served with Wholegrain Rice

Jacket Potatoes 🌱 🌱
with a choice of hot and cold fillings

Apple Crumble with Custard 🌱

TUESDAY

Turkey Con Chilli 🌱 🌱
Served with Wholegrain Rice

Macaroni Cheese 🌱

Jacket Potatoes 🌱 🌱
with a choice of hot and cold fillings

Crunchy Chocolate Biscuit

WEDNESDAY

Roast Beef
Served with Roast Potatoes and Gravy

Cheesy Leek and Carrot Crumble 🌱
Served with Roast Potatoes and Gravy

Jacket Potatoes 🌱 🌱
with a choice of hot and cold fillings

Chocolate and Vanilla Marble Cake

THURSDAY

Sausage Pasta Bake 🌱
Served with Garlic and Herb Bread

Vegetarian Sausage Pasta Bake 🌱
Served with Garlic and Herb Bread

Jacket Potatoes 🌱 🌱
with a choice of hot and cold fillings

Carrot Cake 🌱

FRIDAY

Breaded Fish Fingers
Served with Chips

Crispy Quorn Nuggets 🌱
Served with Chips

Jacket Potatoes 🌱 🌱
with a choice of hot and cold fillings

Strawberry Ice Cream

Tomato Pasta Fresh, homemade tomato and basil sauce with penne pasta 🌱 🌱

All main meals are served with two vegetables

AVAILABLE EVERY DAY

Water, salad, freshly baked bread, yoghurt & fresh fruit

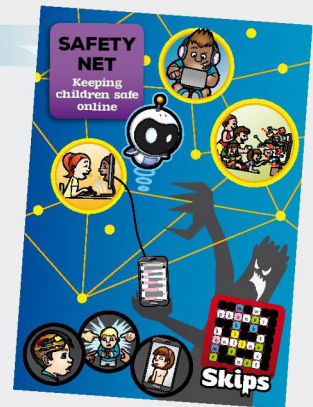
🌱 Vegetarian 🐟 Oily Fish 🌾 Wholegrain

🍏 Fruity! 🌱 Nutritionist's Choice

Our menu is subject to change. Please be assured that all notified medical diets and allergy requirements will be safely catered for.

CHARTWELLS_A3022MAN_100123

A Parent's Guide to Cyberbullying



Many young people who are victims of cyberbullying suffer in silence.

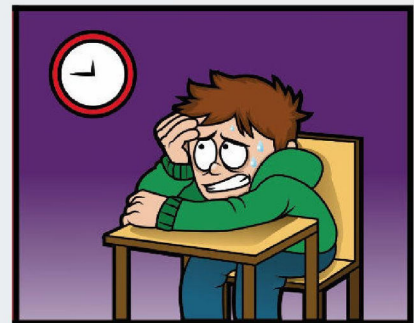
They feel they can't turn to parents or a trusted adult for support as they fear they may get in trouble or have their devices taken away from them. It can carry on all day, all evening and all weekend for the world to see, causing a lot of emotional stress to the victim and their family.



scan the QR code with your phone's camera for Parent Guides on how to help keep your children safe online



It can very quickly lead to the victim feeling trapped, scared and vulnerable to grooming and blackmail.



Online safety is when young people know who they can tell if they feel upset by something that has happened online.

Parents please contact your school to enquire attending their next e-safety workshop or have any concerns.

Working with Home Office 'PREVENT', The Police and Crime Commissioner and Children's Safeguarding Partnerships to help keep children safe online.

Skips Educational Email: info@skipssed.com Tel: +44 121 227 1941

Developed in partnership with



Community Garden

VOLUNTEERING DAY

SATURDAY 23RD MARCH 10 AM - 12.30 PM

AT RIBOLEAU CENTRE,
RIBOLEAU STREET, RYDE

if you've got experience
and/or enthusiasm we'd love to see you.

Ring 07496 382950 or email
community@rydetowncouncil.gov.uk
to let us know you're coming.

ASPIRE

Riboleau
studios

RYDE
TOWN COUNCIL

Easter Activities

29 March to 14 April

Easter Trail
Donkey Grooming
Pamper a Donkey
Pamper a Shetland
Meet the Donkeys Free Guided
Tours

www.iowdonkeysanctuary.org/whats-on



Book online now!

EASTER FOOTBALL CHALLENGE DAY

ST MARY'S PRIMARY SCHOOL, RYDE
TUESDAY 2ND APRIL & TUESDAY 9TH APRIL

£13 A DAY

10AM - 2:45PM

For Reception - Year 6

Join LJR Coaching for an exhilarating Easter Football Challenge Day packed with fun, teamwork, and excitement! Lace up your boots and get ready to showcase your skills in a series of thrilling football challenges. Whether you're a seasoned player or just kicking off your football journey, this promises a day filled with laughter, friendly competition, and unforgettable memories.

To book your child's place scan the QR Code or go to the link below:



ljrcoaching.class4kids.co.uk

EASTER WORLD CUP DAY

ST MARY'S PRIMARY SCHOOL, RYDE
FRIDAY 5TH APRIL & FRIDAY 12TH APRIL

£13 A DAY

10AM - 2:45PM

For Reception - Year 6

Get ready to score big at LJR Coaching's Easter Football World Cup Day! Join us for a day packed with football fun and the opportunity to make new friends on the field. Whether you're a budding superstar or just starting out, our event promises exciting matches, thrilling competitions, and plenty of laughter. So grab your boots, bring your A-game, and come join us for a day of football festivities where everyone's a winner!

To book your child's place scan the QR Code or go to the link below:



ljrcoaching.class4kids.co.uk

IW Fostering

Island children need local homes

Fit to Foster?

Many people think that they are either too young or too old to foster. The truth is that you must be at least 21 years of age. There is no upper age limit, as long as you are physically fit and healthy.



If you don't think you are suitable to foster, think again! Foster carers come from a variety of different backgrounds. There are children in care who may need you. Explore fostering with the IW Council.

Apply online at iweight.com/fostering
01983 823160

SCAN ME!



EASTER MULTI-SPORTS CAMP

ST MARY'S PRIMARY SCHOOL, RYDE
WEDNESDAY 3RD APRIL - THURSDAY 4TH

£13 A DAY

10AM - 2:45PM

For Reception - Year 8

Our Multi-Sport Easter Camp is a whirlwind of active fun, featuring a fantastic lineup of sports: ⚽ Football: Score goals, perfect your dribbling, and unleash your inner Messi! ⚽ Netball: Teamwork, passing, and shooting—dominate the court like a pro! 🏀 Basketball: Slam-dunk your way through drills and friendly matches. 🏏 Dodgeball: Dodge, duck, dip, dive, and dodge—strategy meets laughter! 🏏 Tag Rugby: Sprint, tag, and pass that rugby ball with flair. 🏏 Cricket: Learn from our experienced cricket coach on the Wednesday and swing those bats yourself on Thursday!

To book your child's place scan the QR Code or go to the link below:



ljrcoaching.class4kids.co.uk

EASTER MULTI-SPORTS CAMP

ST MARY'S PRIMARY SCHOOL, RYDE
WEDNESDAY 10TH APRIL - THURSDAY 11TH

£13 A DAY

10AM - 2:45PM

For Reception - Year 8

Our Multi-Sport Easter Camp is a whirlwind of active fun, featuring a fantastic lineup of sports: ⚽ Football: Score goals, perfect your dribbling, and unleash your inner Messi! ⚽ Netball: Teamwork, passing, and shooting—dominate the court like a pro! 🏀 Basketball: Slam-dunk your way through drills and friendly matches. 🏏 Dodgeball: Dodge, duck, dip, dive, and dodge—strategy meets laughter! 🏏 Tag Rugby: Sprint, tag, and pass that rugby ball with flair. 🏏 Cricket: Learn from our experienced cricket coach on the Wednesday and swing those bats yourself on Thursday!

To book your child's place scan the QR Code or go to the link below:



ljrcoaching.class4kids.co.uk

EASTER HALF TERM CAMPS!

FREE
Entry for parents/
carers & FREE parking!

JJ's Parties & Events

EASTER

half term

Inflate-a-Days!

Racetrack Obstacle Course

Ride-On's Ball Pool 6 Slides

10th & 11th April @ Rew Valley Sports Centre
4 x 90 minute sessions per day
disco sessions available
Easter Egg Hunt - Meet Bouncer the Bunny - loads of fun inflatables

Easter Scurry

Egg Hunt

NATUREZONES Blackwater

Sunday 31st March
Tuesday 2nd,
Thursday 4th,

Adult £8, Concession £6 Child £4 under 4's free

PLEASE BOOK

WWW.NATUREZONES.ORG.UK

March 2024
Issue 13

MHST Newsletter

lownt.mhst@nhs.net ~ 0300 365 4010

MHST Update:

- We are aware that there are many school who would like us to engage with them and we thank you for your ongoing understanding and patience. We continue to consider how we can gradually roll out aspects of the MHST offer to more schools. When we have capacity, we shall make an initial approach to your school's designated mental health lead and try to speak to them on the phone. If this is not possible we shall try to reach them by email. If you have any questions about this please contact lownt.mhst@nhs.net and your query will be passed on to Charlotte Young (Team Lead) or Mel Smith (Clinical Lead) to respond in due course.
- Each year, we hold transition workshops and groups for year 6 students moving up to year 7 to help with any generic worries they may hold around the process. This year, we will extend the offer to welcome referrals from all primary schools so as to make offer accessible to all identified Year 6 to Year 7 pupils who would benefit from additional intervention. At this time, we invite you to please start thinking about any students you think would benefit from this. More information regarding this process will be communicated at a later date.

455 individuals were seen through Whole School College Approach in January

We had 78% attendance rate for treatment in January

132 total session attendances in January

97 individuals were open to MHST throughout January

mental health support TEAM

Believe in children
Barnardo's

NHS
Isle of Wight NHS Trust

youth trust

The Mental Health Support Team is a collaboration between the Isle of Wight NHS Trust, Barnardo's and the Isle of Wight Youth Trust

For more information regarding MHST, please email Clinical Team Lead, Charlotte Young: Charlotte.young22@nhs.net

SIGNPOSTING

Barnardo's:
Barnardo's offers a range of parenting programmes to help support the families on the island. In addition, they have several family centres and 3 family hubs which help support families and prevent their difficulties worsening. The centres are available to support a family with a young person aged between 0-19 through online courses and workshops.

BARNARDO'S Changing children's lives. Changing lives.

IW Youth Trust:
They provide 'youth-led wellbeing and therapeutic support to young people, empowering them to face life's challenges'. Their services include; group work, such as a Tics Group, parent workshops (e.g. supporting your young person with anxiety), as well as 1 to 1 counselling.

KissyPuppy:
KissyPuppy alongside Earl Mountbatten Hospice has created a bereavement service for those who are experiencing 'loss through death'. Young people and families can be referred to this service for further support.

Contacts for other services:
Barnardo's - 01983 529208 / lowfamilycentres@barnardos.org.uk
IW Youth Trust - 01983 529569 / info@iowyouthtrust.co.uk / <https://www.iowyouthtrust.co.uk/>
KissyPuppy - 01983 217346 / <https://www.mountbatten.org.uk/children-and-families-bereavement>

mental health support TEAM

Believe in children
Barnardo's

NHS
Isle of Wight NHS Trust

youth trust

The Mental Health Support Team is a collaboration between the Isle of Wight NHS Trust, Barnardo's and the Isle of Wight Youth Trust



EASTER POTTERY CLUB

MONDAYS DURING THE HOLIDAYS
10AM - 12PM & 2PM - 4PM
25TH MARCH, 1ST APRIL, 8TH APRIL

SCULPTING POTTERY WHEEL POTTERY PAINTING

£25

WWW.ISLEOFWIGHTPOTTERY.COM



Kingdom Play
Easter Food and Fun

SESSION STARTS AT 10 | LUNCH AT 12:00 | ENDS AT 2PM
DATES 2ND/3RD/4TH/5TH APRIL AND 9TH/10TH/11TH/12TH APRIL

We have 50 places available per day between 10am to 2pm this includes Childrens lunch only and activities.
It's a free activity for children between ages 5-11 years who are entitled to free school meals or in receipt of benefits
If not eligible there's a £5 charge per person
Parents must supervise their children at all times

Ariel Hoop
Special Guests
Easter Raffle
Easter Crafts
Easter Bingo
Easter Egg Hunt

Please Email holly@aspireryde.org.uk to book your place or pick up a booking form from Kingdom Play

Join us at Kingdom Play at Aspire Ryde, Dover Street PO332BN

ASPIRE



people who receive benefits-related free school meals and on a paid-for basis as well. [Some places are also available for other vulnerable families.](#)

But with limited spaces for many of the activities, families should book soon to avoid disappointment.

The Easter programme has a fantastic range of activities on offer including horse riding, tennis and football coaching, multi-sport games, animal care, theatre skills and arts and crafts.

Full details including booking information can be found on the [Isle of Wight Family Information Hub webpage.](#)

Councillor Jonathan Bacon, Cabinet member for children's services, said: "We want to enable children and young people to try new things and make new friends and we know it is a welcome support for many families during the school holidays.

"We know that families are facing — and will continue to face — increasing pressure and the dedication of organisations to supporting families in this way means such a lot to so many."

For more information about eligibility, [please see the council's newly updated holiday activities webpages.](#)

The Easter HAF scheme is funded by the Department for Education.

Children and young people will once again be able to enjoy a varied programme of free activities during the upcoming Easter holidays.

Organisations across the Island are coming together to offer activities for five to 16-year-olds as part of the Holiday Activities and Food (HAF) programme, which also guarantees a nutritious meal.

Free places are available for children and young people who receive benefits-related free school meals and on a paid-for basis as well. [Some places are also available for other vulnerable families.](#)

But with limited spaces for many of the activities, families should book soon to avoid disappointment.

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For more information about eligibility, [please see the council's newly updated holiday activities webpages.](#)

The Easter HAF scheme is funded by the Department for Education.

Age Restrictions on Social Media

It is against the law to be on social media sites under the age of 13!

The COPPA law or Children's Online Privacy Protection Act states that any organisations or people operating online services (including social media services) are not allowed to collect the personal information of anyone under the age of 13 without parental permission.



Facebook, Instagram, Twitter and Snapchat all require users to be **at least 13 years old** before they can create an account.



Creating a Facebook account with false information is a violation of Facebook's terms, including accounts registered for someone under 13.



The minimum age for WhatsApp is 16 years old. YouTube requires account holders to be aged 18 years and over.

Apps

Apps can be a positive place for young people to socialise with peers. Many enable instant messaging, social networking and image sharing.

Some, like YouTube, can also be a great creative outlet. But consider:

- Privacy settings and age relevance
- Talking to them about the content they share
- Discussing the consequences of sharing messages and images.

UKSIC:

saferinternet.org.uk/advice-centre/social-media-guides

SWGfL:

swgfl.org.uk/online-safety-resources

Internet Matters:

internetmatters.org/advice/apps-guide



Instant Messaging

Instant Messaging is a great way to socialise and keep up to date with what's going on right now. However there is a risk of unsolicited contact. If your child is using messenger services you should:

- Look at the privacy settings
- Ensure they understand that they may be talking to people they don't know and the risks this brings
- Talk to them about what is and isn't appropriate to send.

CEOP:

ceop.police.uk/safety-centre

Connect Safely:

connectsafely.org/guides-3/



Pick up a copy of this checklist along with other Online Safety materials at swgflstore.com

We are a not-for-profit charitable trust providing schools with fast reliable internet connectivity and services, learning technologies to improve outcomes, and toolkits for being safer online. We are also coordinators of the UK Safer Internet Centre.

Find out more at swgfl.org.uk



Online Safety Guidance for Parents



Online spaces, games and media form a large part of life for young people growing up today. They offer platforms to connect with others and to learn.

Risks

Of course there are risks associated with being online, as there are with all aspects of life. These include:

- Exposure to inappropriate content
- Sharing too much personal information
- Connecting with harmful people and
- Spending unhealthy amounts of time online.

Have a conversation

One of the best ways to help young people stay safe online is to talk to them about what they do.

If you understand the situations they encounter you'll be better placed to offer them advice on how to deal with them.

UK Safer Internet Centre advice centre for parents and carers: saferinternet.org.uk/advice-centre/parents-and-carers
South West Grid for Learning: swgfl.org.uk/magazine
Vodafone Digital Parenting: vodafone.digitalparenting.co.uk
London School of Economics Parenting for a Digital Future: blogs.lse.ac.uk/parenting4digitalfuture/

Gaming

Gaming is fun but be aware that it can be all consuming. Some things to consider:

- Use the gaming consoles' safety settings
- Agree with your child how much time they can spend playing online
- Pay attention to the PEGI (age) ratings and what they mean
- Remember that some online games have inbuilt chat functions
- Be aware that your child might use servers or 3rd party applications to access interactive online communities.

UK Safer Internet Centre guides: saferinternet.org.uk/gaming

PEGI: pegi.info

Common Sense Media: commonsensemedia.org/reviews

Ask About Games: askaboutgames.com



Bullying

Remember, it's not the technology that's the problem, it's the bullies' behaviour. Support young people by:

- Talking about bullying issues
- Making sure young people know that they can turn to you for support
- Reporting any incidents - it will help your child and others too.

UK Safer Internet Centre tips: saferinternet.org.uk/cyberbullying-tips

Anti Bullying Alliance: anti-bullyingalliance.org.uk

ENABLE Anti-bullying Programme: <http://bit.ly/23SHU3Q>

Cybersmile: cybersmile.org/advice-help/category/advice-parents



Live Streaming

Broadcasting online brings an instant thrill that can be addictive. Encourage young people to think about:

- Body image - talk to them about how they want to be perceived online and who their audience might be
- Privacy - how do they protect it? You can't edit something that is going out 'live'
- Age appropriate - is the site they're using appropriate for them? Most social media sites are aimed at 13 year olds and upwards. If not, is there a way to make it safer for them (e.g. YouTube Kids).

SWGfL body image blog: swgfl.org.uk/magazine/bodyimage

Internet Matters: internetmatters.org/parental-controls/entertainment/

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