

THE ARC SCHOOL OLD ARLEY WEEKLY REVIEW

We have had a wonderful penultimate week with everyone this week. The weather has been sunny but thankfully cooler which has made for a good week.

Students have settled brilliantly into their new groups ready for September, those in Upper school have started taster sessions in their new vocational groups and students have engaged well.

We had our first careers fair this week and it was a roaring success - we had visitors from the fire service, the children's nursery, a local butcher and many more. Students engaged well and have all commented on how much they enjoyed the morning and we're incredibly grateful to all the businesses and colleges for their time and effort.

We hope that you all have a lovely weekend, and we will see you for the final day and half next week.

Jen and the team.



Attendance Superstars

- | | |
|------------|---------|
| • Chase | Laylah |
| • Cobie | Leo |
| • Daisy | Leon |
| • Damian | Logan |
| • Dylan | Myles |
| • Ethan | Noah E |
| • George H | Olivia |
| • George T | Toby |
| • Harrison | Tristan |
| • Hunter | Vinnie |
| • Jack | |
| • Josh | |
| • Kodi | |



During transition we do not monitor engagement with points, however we are really impressed with how students have managed the changes.

Well done all, keep up the hard work!

DATES TO REMEMBER

July

Monday 20th

Whole school Coombe Abbey Trip

Tuesday 21st

Break up for summer holidays at 12.30pm

September

Wednesday 2nd

Return for a brand new school year 26-27!

Vote Question:

New question:

How can we care for the world? And which is more important?:

- Plant trees and flowers
- Recycle our rubbish
- Save water and energy
- Be kind to animals



Voices of the earth (VOTE) focus this week: the world

The theme The World invites learners to explore the global connections that shape our lives, communities, and futures. It encourages students to reflect on their place in the wider world, understand the diversity of human experiences, and consider the responsibilities we share as global citizens. Through this theme, learners will develop curiosity, empathy, and a deeper awareness of global challenges and opportunities.

Kids say the
funniest things

Written by:

Nikolai, Yr 7

This week we went to the Careers Fair. My favourite part was getting to sit in the fire engine and talk to the firefighters. I enjoyed learning about their job and seeing the equipment they use.

Myles, Yr 7

I enjoyed working with Morgan and learning about mechanics.
My favourite parts were changing a car tyre and looking at the engine.



Image-altering Filters

Image-altering filters are now embedded in everyday online interactions, from playful effects to more subtle appearance-enhancing tools. The guide this week from National College examines how these features can influence perceptions of beauty and reality, particularly for children and young people navigating social media. It highlights how filtered content can quietly shape expectations and online behaviours.

Focusing on risks such as low self-esteem, social pressure and hidden advertising, the guide also addresses more serious concerns like sexualised edits and blurred boundaries between real and altered images. It provides supportive, practical advice to help parents and carers build media literacy, encourage confidence and promote healthier relationships with online content.

What Parents & Educators Need to Know about IMAGE-ALTERING FILTERS

From playful puppy ears on Snapchat to 'beauty mode' on TikTok, image-altering filters are now a routine part of how young people communicate online. While many are harmless, others subtly reshape people's faces and bodies. This can blur the line between reality and edited content, potentially influencing how children and young people see themselves and others.

WHAT ARE THE RISKS?

- ALTERED BEAUTY STANDARDS**
Many 'beauty' filters smooth skin, reshape facial features, or adjust body proportions. Over time, repeated exposure to these filters can shift a child's idea of what is 'normal' or attractive, creating unrealistic expectations about their own and others' appearances.
- PRESSURE TO LOOK PERFECT**
Filtered images can often attract more 'likes' and positive comments. This can encourage children and young people to rely on editing tools to gain others' approval, rather than feeling confident in their natural appearance.
- LOW SELF-ESTEEM**
Regularly viewing heavily filtered content can lead to comparisons with unrealistic images. This is linked to body dissatisfaction and reduced self-esteem, particularly among children and teenagers.
- HIDDEN ADVERTISING**
Some filters are linked to beauty products or trends, subtly promoting third-party brands. Children and young people may not recognise this as advertising, while also sharing personal data – such as facial images and usage habits – with apps and third parties.
- BLURRED REALITY**
As filters become more advanced and natural-looking, it can be difficult for children and young people to distinguish edited content from real life, especially when filters are used in everyday photos and videos.
- SEXUALISED EDITS**
Certain tools can make users appear older or more sexualised. This may attract unwanted attention, increase the risk of images being shared without consent, and expose young people to unsafe interactions.

Advice for Parents & Educators

- START OPEN CONVERSATIONS**
Talk regularly about filters, such as how they work and why people use them. Ask the children and young people in your care how filtered images make them feel and encourage honest discussion without judgement.
- CHALLENGE 'PERFECT' POSTS**
When viewing content together, gently point out the signs of editing, filters, or posing techniques. This builds critical thinking and helps children and young people question unrealistic images.
- REINFORCE WHAT'S REAL**
Help children and young people understand that filtered images are digitally altered and are not an accurate reflection of real life. Emphasise that they don't need to meet these artificial standards.
- PROMOTE OFFLINE CONFIDENCE**
Encourage activities that build self-worth beyond appearance, such as sports, hobbies, friendships, and creative interests, so that confidence isn't tied solely to online validation.

Meet Our Expert
Parveen Kaur is a digital parenting expert and founder of Kids N Clicks, a platform dedicated to helping parents navigate the online world alongside their children. She is an expert contributor for Internet Matters, offering practical guidance on emerging online safety issues. Her insights have been featured by the BBC, The Telegraph, Talk TV, and other major media outlets, supporting families across the UK.

#WakeUpWednesday
The National College

© 2023 National College. All rights reserved.