



Aston Fields Middle School

Striving for Excellence: Learning for Life

April 2025

Dear Parents/Carers,

As we approach the end of the Spring Term, we would like to inform you of some opportunities within the local community during the Easter break and also share further important updates of how we continue to ensure our children are safe and protected whilst they are online.

WhatsApp Groups

Please be aware that there are more reports of WhatsApp groups that are being circulated as a way to draw young people into communicating with other people. However, it is reported that these are being used by adults, pretending to be young people, who are then sharing offensive or inappropriate images. Some of these are believed to be called Add Everyone, Add Everyone You Know or Add All Your Contacts: No Adults Allowed. Please talk to your children about these groups and, if they are aware of it, please block the group to avoid any unnecessary upset or concern and consider reporting it through the app. It is also good to remind children of the importance of only sending or posting messages that are positive, kind and encouraging. Once someone posts something that is hurtful or upsetting, they cannot ever truly delete it, and we need to help our children to understand the impact unkindness has on other people's feelings and their own digital footprint.

Free Online Safety Workshop – Thursday 10th April 5:00pm-6:30pm

Thank you to all who submitted their details in response to the offer of attending this free workshop that will help us understand the possible dangers that can be exposed when our children are online. You should have received the link directly at the start of this week. If anyone was not able to complete this in time but is still interested in taking part, please find the details below of how to join the meeting using the link. **It is free and open to all parents and carers.**

To join the session, please use the zoom link below:

<https://zoom.us/j/93253079878?pwd=7KkaCeP9EJFnV4pc8PO3bRYzDSIRaQ.1>

Meeting ID: 932 5307 9878

Passcode: 455539

/continued over



ACE School of
CHARACTER

Headteacher: Mrs A. Hales BSc (Hons), PGCE, NPQH
Deputy Headteacher: Mrs J. Birrell BSc (Hons), QTS, SLE
Deputy Headteacher: Mr G. Hall BA (Hons), PGCE, NPQSL, SLE
Drummond Road, Bromsgrove, B60 2ET

Email: office@astonfields.worcs.sch.uk Website: www.astonfields.worcs.sch.uk Tel: 01527 876026

The Hub Easter Holiday Camp

The Hub has moved to new premises in recent months and now has a dedicated space in the centre of Bromsgrove where they run youth clubs during the week. They are running an Easter Holiday Camp during both weeks of the holiday period. The cost is £20 a day and also have some free spaces available for families who are in receipt of free school meals. To book a space please contact info@thehubbromsgrove.org. Further details can be found in the attached leaflet.

Easter Eating Out deals

A huge range of restaurants, supermarkets and cafes are offering special offers for families during the Easter holidays, making it more cost-effective to eat out. Please see the range of offers on the attached leaflet for further details of these deals.

Adolescence Netflix Drama

I am sure many of you will have watched or seen the media coverage of the recently released drama, Adolescence. It highlights the rise of child exploitation, Incel culture, online influence and radicalisation. It highlights how young people are exposed to dangerous influences and opinions expressed online, which can have a serious negative impact on them and their views of the world.

There has been much discussion about how much viewers have learnt a lot from watching this, understanding more about the risks and the importance of being vigilant and having conversations with our children. I have attached a Parent Guide about Incel Culture that has been produced following the release of this drama series and a guide about how to engage in our children's digital life. Whilst this can be challenging to read, it is important we educate ourselves as adults so we can be the support our children may need.

Smartphone Technology

It is a widely known fact that more children own a smartphone, allowing them wider access to the internet. Smartphone Free Childhood is a parent-led movement aiming to protect children from the dangers of using smartphones too young. It was started by parents who decided to support each other in delaying buying smartphones for their children and is now expanding nationwide to invite parents/carers to consider delaying smartphone ownership until 14 and sign a parent pact. More information can be found on the following link.

Smartphone Free Childhood

We hope this information will be of help and support to you.

Kind regards,



Mrs H Mynott
Assistant Headteacher/Designated Safeguarding Lead



HOP ON OVER TO OUR

Easter Holiday Camp


Join us on the following dates



Week 1: Monday 14th April to Thursday
17th April

Week 2: Tuesday 22nd April to
Friday 25th April


at 22 Market Street, Bromsgrove B618DA
9:30am-3:30pm



FOR ARTS, GAMES, SPORTS TABLES
AND MUCH MORE FUN!



£20 per day. Free spaces available
for Children in receipt of free
schools meals



to book a space - please contact
info@thehubbromsgrove.org





PLACES WHERE KIDS EAT FREE (OR FOR £1) EASTER HOLIDAYS 2025

moneysavingcentral.co.uk/kids-eat-free



BURGER KING

From Monday 7th - Sunday 20th April 2025, Kids Eat Free with every adult meal, via the app.

BILLS

Kids eat free Mondays - Fridays, from Monday 7th - Friday 25th April 2025.

FARMHOUSE INNS

2 kids eat FREE with one paying adult, Monday 7th - Friday 25th of April. Sign Up Required

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

ZIZZI

Sunday 6th - Sunday 27th April 2025 kids eat free with every adult main. (excludes Saturdays)

CAFE EIGHTY NINE @ THE RANGE

Kids eat free Sat 5th April - Mon 21st April 2025

YO! SUSHI

Kids eat free all day (monday - friday) during all school holidays, when dining with an adult

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids eat for £1.

ASDA

Kids eat for £1 every, with no adult spend.

TRAVELODGE & PREMIER INN

2 kids eat for FREE with 1 adult breakfast

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day

WHITBREAD INNS

2 kids eat for FREE with 1 adult breakfast

BEEFEATER & BREWERS FAYRE

2 kids eat for FREE with 1 adult breakfast

IKEA

Kids get a meal from 95p daily from 11am

PREZZO

Kids receive a free, 3 course kids meal, everyday at Prezzo between 31st March - 27th April 2025

COCONUT TREE

One child (under 10) eats free every day, 12pm - 6pm from Monday 7th - Sunday 27th April 2025

PIZZA HUT

Kids eat free buffet from Monday 7th - Sunday 27th April, until 3pm daily with a £10 spend

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Sun to Weds. All Day Thursdays

MORRISONS

Kids Eat FREE all day, every day with a £5 spend

LAS IGUANAS

Kids under 12 eat FREE with 'My Las Iguanas' App

TABLE TABLE

2 Kids Eat free breakfast daily with 1 paying adult!

PAUSA CAFE @ DUNELM

Kids eat FREE with every £4 spend after 3pm

HUNGRY HORSE

Kids eat for £1 on Mondays

THE REAL GREEK

Kids under 12 eat FREE Sundays with £10 spend

SA BRAINS PUBS

Kids eat for £1 on Wednesdays

FUTURE INNS

Under 5s eat for free with any adult meal.

Supporting Young People in the Digital Age: Guidance for Parents and Carers

The Netflix series *Adolescence* has sparked important discussions about the challenges facing young people, often boys today, particularly in relation to toxic masculinity, incel culture, and online radicalisation. The series tells the story of a 13-year-old boy who becomes involved in a tragic incident after being influenced by harmful online content, highlighting how young people—especially boys—can be drawn into dangerous online spaces.

Due to the popularity of this series, it has brought attention to this subject and it serves as a reminder of the importance of parents and carers being proactive in guiding their children through the digital world. Below are some key strategies to help support young people and mitigate these risks:

1. Stay Actively Engaged in Your Child's Digital Life

Jack Thorne, co-creator of *Adolescence*, has stated that he will withhold smartphones from his own son until at least the age of 14 to limit exposure to harmful online content and the pressures of social media. We know that some parents in our community have chosen to give their children basic phones that do not allow access to social media. Further information about this can be found at [Smartphone Free Childhood](#). We also recognise that many children already own this technology and parents can face pressure from their children to provide the latest devices.

If your child does have a smartphone, consider the following steps:

- Have an open-phone policy – regularly check messages and social media to see who they are communicating with.
- Limit access at night – keep phones and other devices downstairs overnight to reduce social media use at bedtime.
- Talk to them about their online presence – ask what apps they use, what privacy settings they have, and who they interact with.
- Educate yourself – learn about online subcultures that may promote harmful ideologies, such as incel forums, so you can have informed discussions.
- Explore the ideas shared within the

2. Teach the Importance of Healthy Relationships

The charity Everyone's Invited has highlighted how toxic behaviours can emerge at a young age. Encourage open conversations about respect, consent, and appropriate interactions to help your child develop a healthy understanding of relationships. For example:

- Normalise discussions about respect and boundaries
- Teach your child that consent is not just about sex - it applies to personal space, sharing information and emotional boundaries
- Use age appropriate examples - hugging a friend, borrowing something from a peer.
- Discuss media portrayals of or masculinity in films, music and social media
- Challenge harmful attitudes - e.g. *boys will be boys*
- Teach your child that real strength comes from good character such as respect, tolerance and empathy and not dominance or control.

3. Encourage Critical Thinking About Online Content

Engaging in open discussions about the potential dangers of online material—including the spread of misogynistic ideologies—can help raise awareness and promote independent thinking. Encourage your child to:

- Be skeptical, not cynical – Ask: Who wrote this? Why was it written?
- Recognise bias – Not everything online is true, and even reputable sources can have an agenda.
- Spot manipulation tactics – Identify clickbait headlines, emotionally charged language, and confirmation bias.
- Be aware of AI-generated content – Show them how to fact-check claims using multiple sources before forming an opinion.

4. Provide Positive Male Role Models

Boys need strong, positive influences in their lives. Fathers, male carers, and mentors can model empathy, respect, and emotional expression to counteract societal pressures that equate masculinity with aggression or emotional suppression.

Need Further Support?

If you are concerned about your child's online activity or any views they have expressed, please contact their Head of Year or the Safeguarding Team. We are here to support you and can signpost you to further resources if needed.

By working together, we can help young people navigate the digital world safely and confidently.

Incel culture

PARENT GUIDE



The recent **Netflix drama Adolescence** has highlighted the troubling rise of incel (involuntary celibate) communities and their influence on young people. As a parent, it is important to understand this online subculture, recognise warning signs, and engage in open conversations with your child. This guide explains incel ideology, key terms, signs to look out for, and conversation starters to help you support your child. You can find further support on our website.

What is an incel?



The term **incel** stands for 'involuntary celibate' and refers to men who believe they are unable to form romantic or sexual relationships despite wanting to. Some incel communities foster resentment towards women, blaming them for their perceived misfortune. These forums (often online) can promote misogyny, victimhood, and, in extreme cases, radicalisation.

Key Incel Terminology

- Red Pill** – From The Matrix, refers to 'waking up' to the 'truth' of gender dynamics, as incels perceive them.
- Chad** – An attractive, successful man who is desirable to all women.
- Stacy** – An attractive woman who is seen as prioritising men like Chad.
- Becky** – An average woman, often contrasted with a Stacy.
- Femoid/Foid** – A dehumanising term, implying women are inferior.
- Black Pill** – Belief that nothing changes with self improvement or effort.
- 80/20 Rule** – A theory suggesting that 80% of women are attracted to 20% of men, fuels resentment.
- Andrew Tate** - A key promoter of incel ideology.

Signs to Look Out For:

- Low self-esteem
- Use of incel language
- Hostility towards women
- Isolation and secrecy
- Increased frustration & anger

Conversation Starters:

- What do you think makes a healthy relationship?
- Is it fair to blame one group of people for our personal difficulties?
- How do you decide whether something you read online is trustworthy?

