



# Safeguarding Newsletter for Parents

Issue 6- September 2024

This newsletter provides useful ideas and ways to keep your children safe when they are online.

As a parent or carer you play a key role in helping your child to stay safe online. You don't need to be an expert on the internet to help keep your child stay safe online. The following advice and resources are there to support you as you support your child to use the internet safely, responsibility and positively.

## **This issue focuses on Screen time**

Spending time online and on devices can be a positive thing. But, high levels of screen time can put your child more at risk of:

- Being bullied online
- Seeing inappropriate content
- Not getting enough sleep and exercise

### **4 steps you can take to protect your child**

#### **1. Set parental controls on devices**

See attached sheet

#### **2. Agree rules on screen time and model the behaviour you want to see.**



Turn off screens an hour before bed.



No screens at meal times.



Limit snacking during screen time.



Turn, not using screens into a game. Try using this forest app, where not using screens is rewarded.

### 3. Talk to your child about staying safe online.

Use what we teach them as a school:

- Never reveal personal information, either their own or others, such as home addresses, telephone numbers and personal e-mail addresses etc.
- Not to use photographs of themselves on their web pages unless the parent/guardians have given permission to do so.
- Not to chat to people online who they don't know in real life.
- Tell a trusted adult whenever they come across information or messages that are dangerous, inappropriate, or make them feel uncomfortable.
- Be aware that the author of an e-mail or web page may not be the person they claim to be.

### 4. Encourage off screen activities


Help your child get active for the recommended 60 minutes a day:

<https://www.nhs.uk/healthier-families/activities/>

#### Activities


Kids need to be physically active for 60 minutes a day, with 30 minutes of that activity taking place outside of school.

From our fun 10 Minute Shake Up games to information about active hobbies and sports, here's everything you need to get your family moving!




#### [10 Minute Shake Up games](#)

Have you tried our Disney, Pixar and Marvel inspired games? Shake Up activities are fun for all the family – and a great way for kids to get active!



#### [Indoor activities for kids](#)

We have loads of great ideas for stay-at-home games and activities to keep the kids active and having fun when they're inside.



#### [Take the quiz!](#)

Answer 3 quick questions to discover the sports and activities perfect for you.