



St. John's CE Primary School

Growing and learning together
Sharing the love of God

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Dear Parents/Carers,

Keeping Children Safe Online

I am sorry to say that we are having increasing problems with digital communications and internet safety problems at home coming into school. We are seeing more cases of inappropriate use of social media and online bullying. This is then causing issues and increasingly, serious problems between children while they are in school. Children are using apps which are not age appropriate. Teachers are also seeing very tired children whose days are affected by low energy and lack of sleep due to their computer use, and children using games and apps with age ratings many years higher than their real age.

I am sure that you would like to protect and help your child at home, and we would like to ask for your help in ensuring the school environment remains a safe space for children of all ages.

Parents and teachers are the responsible adults who must set and maintain the safe boundaries for children. We strongly recommend that:

- Phones, tablets or devices are used for a specific purpose - e.g. a phone for walking to and from school, a tablet for homework, or devices enjoyed in a supervised way for relaxation and pleasure. Children do not need 24hr unrestricted access to the internet.
- You have full and regular access to any phones, tablets or devices your child uses.
- You should check regularly what they are doing, including reading the contents of messages and group chats.
- you enable the parental controls on devices to limit what can be viewed, downloaded or shared, and to control the number of minutes screen time allowed.
- Internet-enabled devices, especially those with cameras, should not be used by children out of sight of a parent. They should be kept in communal areas of the home such as the lounge or kitchen where adults are nearby.
- Internet enabled devices should not be used by children in their bedrooms unsupervised.
- Children should not go to bed with an electronic device.
- Where possible, any messaging services should be disabled and chat functions within games switched off.
- You talk to them regularly about how online behaviour standards should mirror those of real life face-to-face conversations, including: treating people with respect, use of appropriate language, and threatening or bullying behaviour.
- You remove them from any WhatsApp groups or other chat facilities that give you cause for concern



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- You talk to children about how to block people to stop issues to prevent problems escalating
- You follow the recommended age limits for websites and games, in the same way you would for films.

Safe use of the internet is taught at an age-appropriate level to all year groups at school. We strongly recommend that parents talk regularly to their children about how to use the internet safely, what is and is not appropriate and what to do if they are concerned about something online.

Websites such as <https://thinkuknow.co.uk/> provide videos, games and discussion points to help parents and children learn how to stay safe. Our school website also has useful information and regular E-Safety updates.

Thank you for your support. We hope that you and your child can discuss some of these issues together.

Peer pressure and the fear of missing out can be strong drivers, but adults must enforce clear boundaries and standards to ensure that the digital world is a safe place and allows children to grow up in an age-appropriate way.

Best wishes,

Amanda Aze
Head teacher

Jo Lea
E-Safety Champion