



Online Safety Newsletter

Welcome

Welcome to our Spring Term Online Safety Newsletter.

This term, as usual, we will be taking part in Online Safety Day on Tuesday 8th February. All children will be taking part in assemblies and activities within class. As well as it being Online Safety day it is also 'Children's Mental Health Week'. This is another extremely important aspect of our school life.

Throughout our worships/lessons this week we will be asking the children to get outside, go for a walk, play outside, do some gardening, etc as evidence shows that being with nature is important to our mental health.

National Online Safety have produced a poster 'To Support Mental Health through Nature—Online and Offline' Take 10 minutes to click on the link below and read all about how nature can help our mental wellbeing!

<https://www.aughtonchristchurch.lancs.sch.uk/>



Useful Websites

To view some useful sites please click the link below to our school website

<https://www.aughtonchristchurch.lancs.sch.uk/page/online-safety/49955>

Online Safety is taught to all our children, explaining and demonstrating how to stay safe and behave appropriately online.

Over the Spring term as a school we will be looking at :

- ◆ Life versus Technology
- ◆ Right and Wrong—through scenarios
- ◆ KS2 sharing their knowledge with younger children
- ◆ Describe the things that happen online that they must tell an adult about
- ◆ Ask an adult before downloading files and games from the Internet
- ◆ Make good choices about how long they spend online

Screen Time

We are often asked by parents for support on how to manage screen time at home. There are no set rules on how much screen time a child or young person should have , but government guidelines are clear in saying that screen time should not have an impact on daily routines and other important activities such as playing board games, going on a walk or family time eating together.

Did you know that according to 'National Online Safety' - 47% of parents said they thought their children spent too much time in front of screen

52% of children aged 3 – 4 go online for nearly 9 hours a week
82% of children aged 5—7 go online for nearly 9.5 hours a week
93% of children aged 8—1 go online for nearly 13.5 hours a week.

There is a lot of support for parents—'Internet Matters' has produced advice 'Getting Screen Time Balance' for children . Please click link below for more information.

https://www.internetmatters.org/issues/screen-time/?gclid=Cj0KCQiAuvOPBhDXARIsAKzLQ8GS0c_E44uj9xBBXjp5Rour6Cm22VRD6eHieGtZPKWxdTxeOmHLJYYaAuhTEALw_wcB



In school we follow the SMART Rules. Why don't you click on the link above, which will take you to our school website and discuss these with your children? It is vital we work together at school and at home to promote the importance of 'Keeping Safe Online'.

