

# St. Anselm's 'Parent' Online Safety Newsletter



Date: 10<sup>th</sup> July 2020

## Latest Information

Dear Parents,

The children's online safety newsletter this week is based around managing screen time and not becoming a 'screen zombie'. I will attach a PDF with more information about this, as well as guidance on how to clean devices.

It is important to support your child to manage their screen time. Here are some tips, which I have shared with the children to help with this:

- **Take care of the brain-** having too much screen time can affect mood, how much sleep you get, how you perform at school and how you behave around others. Limiting screen time can keep you alert, keep your mind focused and help you look after your own mental health and well-being.
- **Be present and don't get trapped inside-** If you spend all your time on devices, you will reduce the time you spend with friends and family. You may also spend more time indoors playing on them and lose interest in other activities. Going outside is really important to keep your mind fresh and active- you might meet friends, play sports, trampolining, camping or go for a walk.
- **Screen-free bedrooms and mealtimes-** Having devices in the bedroom can lead to poor sleep and lack of focus the next day. Keep all devices out of the bedroom. Mealtimes should be opportunities to interact with others, share jokes or talk about the day. Switch off your devices and keep meal times for family time.
- **Beware of other dangers-** Spending too much time on devices can increase your chances of coming across online dangers- inappropriate or harmful content, online bullying or fake news. If you do see something that upsets you, tell a trusted adult!

It is important to have open and honest conversations about screen time and the idea of becoming addicted to our devices. Putting some of the steps above in place can help to ensure children have a healthy relationship with the devices they use.

## Curriculum Content:

Our fourth online safety topic is **Managing Online Information**. At school, EYFS begin by learning that the internet is used to find things out and look at what devices could be used. They will try entering simple key words into a search engine. KS1 learn how to navigate a simple webpage and explore using key words in a search engine. They begin to look at what voice activated searching is and how it might be used. They will learn that some information they find online may not be true. KS2 will explore the difference between 'belief', an 'opinion' and a 'fact' and learn that some people they 'meet online' may be computer programs pretending to be real people. They learn that the internet can be used to buy and sell things and methods used to encourage people can include advertising, in-app purchases and pop ups. Upper KS2 look at the difference between mis-information (inaccurate information distributed by accident) and dis-information (inaccurate information deliberately distributed and intended to mislead). They explore what is meant by 'being sceptical' and 'hoax'. They learn how search engines work and how results are selected and ranked.

## Useful websites:

<https://www.ceop.police.uk/safety-centre/>

<https://www.childnet.com/resources/looking-for-kidsmart>

<https://nationalonlinesafety.com/guides>

<https://www.bbc.com/ownit>

<https://www.thinkuknow.co.uk>

<https://www.internetmatters.org>