



Safeguarding Newsletter



ONLINE SAFETY

EVERYONE'S RESPONSIBILITY

Safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Many children receive tech gifts and gadgets over Christmas which enable them to access the internet and interact with others online. It is important to remind our children, and ourselves, how to stay safe online as well as think about our own behaviour online.



THE PSHE/RHSE CURRICULUM: LIFE ONLINE

In Reception children will learn:

- That the internet connects us to others
- That the internet helps us in lots of ways
- That only Jesus can help us with everything
- About safe and unsafe situations online
- That they can ask for help from their special people



In Year 1 and 2 children will learn:

- That the internet connects us to others and helps us in lots of ways.
- Our feelings matter - both online and offline.
- That Jesus cares about our feelings and gives us peace.
- To understand what situations are safe and unsafe, including online.
- To ask for adult help with anything that worries them or makes them feel unsafe

Safer Internet Day: 10th Feb 2026

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2026>

NEW GADGET?

1. Set it up together – Talk about the different features and decide together which safety features to use.
2. Read the manual – this gives you information about how the device collects and shares data.
3. Use parental controls – these can be set up on individual devices and on your home Wi-Fi. Turn on privacy settings too including location sharing.
4. Create a family agreement – agree what your child can and can't do online.
5. Decide where and when children can use it – Do they need to be in a room with someone responsible? How long can they stay online?

The 4 Cs

Content - what are children looking at

Contact - who are they speaking to, when/where?

Conduct - how they present themselves and engage with others

Commerce - risks related to online transactions, marketing, and financial



USEFUL WEBSITES FOR PARENTS

ThinkUknow www.thinkuknow.co.uk

Common Sense Media
<https://www.commonsensemedia.org/>

Internet Matters www.internetmatters.com

NSPCC <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

BBC Bitesize
<https://www.bbc.co.uk/bitesize/topics/zby9mp3/articles/zym3b9q>



Guide to managing children's screen time

internet
matters.org

Effect on behaviour

Constant use of a device and features like auto-play on platforms can be habit forming and encourage children to spend longer on screens



Effect on sleep

Blue light from phones can trick the brain into thinking it's still daylight making it difficult to sleep



Effect on the brain

Screens can have a drug-like effect on the children's brains which can make them more anxious

It can make children more forgetful as they rely on things like Google, GPS and calendar alerts to look up information

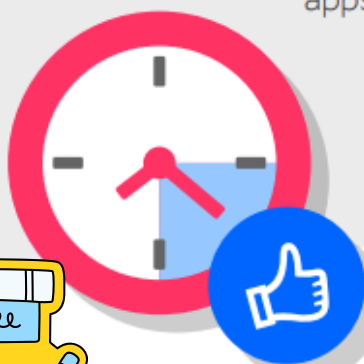
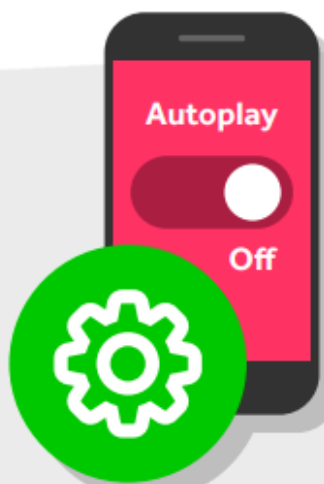
What are the benefits?



- Gives children access to a **wealth of information** to build their knowledge
- Technology **takes away physical barriers** to social connections to make children less isolated
- Exposure to tech has proven to **improve children's learning** and development
- Online games and activities **enhance teamwork and creativity**



10 tips to get in control with your child's screen time



1. Set a good example with your own device use
2. Have discussions about the risks that they may face based on their online activities
3. Put in place a family agreement and agree an appropriate length of time they can use their device
4. Help them build critical thinking to understand that some features on platforms are design to keep you watching or playing
5. Encourage them to switch off auto-play on platforms to remove the temptation to binge on programmes
6. Use tech tools and parental control to manage the time they spend online and the apps they use
7. Get the **whole family to unplug** and create 'screen free' zones at home
8. Together find apps, site and games that will help children **explore their passions** and make screen time active
9. For younger children find ways to **combine touch screen use** with creative and active play
10. Encourage children to **self-regulate** the time they spend online and the activity they do to ensure they are having a positive impact on their wellbeing

