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Be the B.E.S.T. to Achieve Success For All
Headteacher: Mrs C Stafford
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Screentime!

8th February 2019

Dear Parents/Carers,

Keeping Safe Online

This week, Safer Internet Day has been celebrated throughout the world. It is a fantastic opportunity to reflect as a family about how you can use the internet and technology safely, responsibly and positively.

In 2019, the UK Safer Internet Centre is particularly focusing on consent or permission. For younger children, this means asking a trusted adult if there is anything they're not sure about online. For older children, this refers to areas such as how they take and share images and videos or how they manage their privacy and data.

At Reignhead, we have held assemblies to further explore this year's theme and all classes have participated in lessons which are linked to online safety. We do teach the children regularly about keeping safe online at school but we would encourage parents/carers to continue this important work at home too. You can find lots of free information and resources at www.saferinternet.org.uk/parents - these include activities and games to try at home with your children, a range of videos and other ways which you can get involved.

Cutting Down on Screentime

I have spoken to a number of parents recently who are concerned about the amount of time their children are spending online and so I would like to draw your attention to the following advice which was in the news yesterday. Chief Medical Officers have stated that there are several clear steps for parents to take which will help them keep their children safe and healthy. These include:

- *Not using phones and mobile devices at the dinner table – talking as a family is very important for development
- *Making sure children take a break from screens every two hours by getting up and being active
- *Keeping screens out of the bedroom at bedtime
- *Talking as a family about keeping safe online and about cyber-bullying
- *Not using phones when crossing a road or doing any activity that requires a person's full attention

I hope you find these guidelines useful and that as a community we can teach our children to engage safely and responsibly with technology.

Kind regards,

Carole Stafford
Headteacher, Reignhead Primary School

