

Ashtree Primary School & Nursery

26th March 2021

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Online Safety Newsletter 3

Dear Parents/Carers & Pupils,

The internet is essential in 21st century life for education, business and social interaction. As children move up through the school their access to various types of technology increases and it stands to reason that their exploration and curiosity increases too. The positives of the digital world overwhelmingly outweigh the negatives but children, schools and parents all need to be aware of various online risks.



Be smart on the internet

Childnet International
www.childnet.com

S SAFE Keep safe by being careful not to give out personal information when chatting or posting online. Personal information includes your email address, phone number and password. 

M MEETING Meeting someone you have only been in touch with online can be dangerous. Only do so with your parents' or carers' permission and even then only when they can be present. Remember online friends are still strangers even if you have been talking to them for a long time. 

A ACCEPTING Accepting emails, IM messages, or opening files, pictures or texts from people you don't know or trust can lead to problems – they may contain viruses or nasty messages! 

R RELIABLE Someone online might lie about who they are, and information on the internet may not be true. Always check information with other websites, books or someone who knows. 

T TELL Tell your parent, carer or a trusted adult if someone or something makes you feel uncomfortable or worried, or if you or someone you know is being bullied online. You can report online abuse to the police at www.thinkuknow.co.uk 

www.kidsmart.org.uk 

KidSMART Visit Childnet's Kidsmart website to play interactive games and test your online safety knowledge. You can also share your favourite websites and online safety tips by Joining Hands with people all around the world. 

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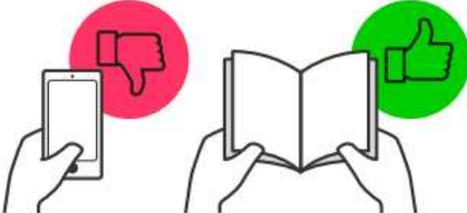
Time to talk

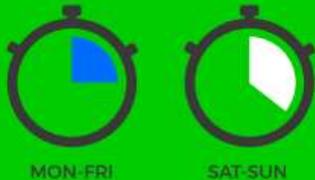
If your child comes across something that they don't like, or are worried about – do they know who they can talk to about this? Why don't you start a conversation with them to check that they can speak to you or us anytime?

For further information about how to begin a conversation with your child about online safety, visit: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

Managing Screen time

Help your child make the most of their time on and offline

- 1 Set a good example with your own device use**
Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.

- 2 Talk together about the time they spend online**
Understand what they're doing, and explain your concerns.

- 3 Agree an appropriate length of time that they can use their device**
Put in place a family agreement to set some boundaries and don't break them.

- 4 Get the whole family to unplug and create 'screen free' zones at home**

- 5 Use technology and apps to help manage screen time**
For example, the **Forest app** enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The iPad's **'Guided Access'** limits the time you can access any given app, which can be great for younger children.


<https://www.internetmatters.org/resources/5-top-tips-to-manage-children-screen-time/>

Why not download the Forestry App and enjoy the outdoor activities this Easter.

<https://www.forestryengland.uk/shaunthesheep>

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App in Focus

What is Instagram? Instagram is used to post photos and videos and also DM (direct message), add to their stories (these disappear after 24 hours) and broadcast using IGTV.

Age: You should be over 13 years of age to set up an account. To create an account, you must enter a date of birth (but this isn't verified).

A guide to Instagram

If you have a child who is using Instagram, then download a copy of 'A Parent's Guide to Instagram here:

<https://www.connectsafely.org/instagram/>

Wellbeing toolkit

Instagram have collaborated with The Jed Foundation (JED) and Internet Matters to create a toolkit which includes tools and suggestions to make your child's experience of using Instagram more positive. The toolkit is designed to help you start conversations with your child about how they use Instagram.

More information can be found here:

<https://www.internetmatters.org/resources/wellbeing-and-safety-on-instagram-advice-for-parents-and-carers/>

Additional Links More tips from Instagram including how to manage privacy:

<https://www.facebook.com/help/instagram/196883487377501>

Ensure that your child knows that they should talk to you or another trusted adult if they have any concerns.

