

In these strange and unprecedented times, we remain committed to the safeguarding of all of our students. All have received updated safeguarded training by myself, Helen Frost-Briggs, Deputy Head Teacher and are clear on the expectations of conduct during this time.

## E-safety newsletter for all parents. April 2020



It is important that we all recognise that during a time of increased internet use, the risk of children being exposed to cyber-bullying and all forms of cyber-crime is significantly higher. This newsletter offers practical tips to parents to help monitor internet use and reduce such risk to young people.

**Tip #1: Ensure a safe, online environment** by setting age-appropriate parental controls on digital devices and use internet filters to block malicious websites. These are usually free, but often need to be turned on. This website can help guide you to work out how to set your controls [Internet matters](#)

**Tip #2: Access help and advice for parents in a digital world** by using this website <https://parentinfo.org/>. CEOP and Parentzone have teamed up to provide tips for safe video-calling and survival tips for families in lockdown!

**Tip #3: Check out [Childnet](#)** a website which offers a toolkit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support

**Tip #4: Get clued up!** If, like us, you often feel overwhelmed by all the latest social networking apps and their safety levels and risks, visit this site <https://www.net-aware.org.uk/> which evaluates them all for you and includes tips of how to use them safely

**Tip #5: Ensure breaks from the screen!** Your child may have several assignments due on Show my Homework but rest assured, we recognise the importance of taking wellness breaks and coming away from the screen. Perhaps consider "screen breaks" as a family where all computers/devices/phones are put down for a period of time and get creative!

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# Contact Us

**On our school website, your son/daughter can make an anonymous referral at any time if they have concerns about any cyber-bullying or inappropriate online behaviour**

Contact Us

Nottinghamshire Help Yourself

Online Anonymous Reporting