



Online Safety Newsletter: Summer Term 2020

Home Schooling the safe way

As we reach the end of the Easter holidays, I am sure thoughts are returning to home schooling. Here are 5 tips to help you support your children with their home learning.

- 1. Help them to plan their time.** Without structure time can be easily wasted which can ultimately lead to missing deadlines and increasing stress levels. You can help by creating a study timetable based on work set for the day or week, with appropriate timings for each subject or task. Make sure that you schedule in social media/gaming and leisure time for activities. Schedule rewards and praise often, we all like being told we are doing a good job and a prize for our efforts.
- 2. Support their mental wellbeing by listening to worries and stress.** Change can affect children in different ways. Some will rise to the challenge and others may develop fear and anxiety for the situation. Ask questions about their worries, this will give them the opportunity to raise concerns and you the opportunity to reassure them and offer support.
- 3. Monitoring negative habits.** Anxiety can sometimes cause avoidance, where something is put off because it is causing worry. Some negative habits include reaching for energy drinks or coffee to help provide that extra push, reduced amount of leisure time to ensure all focus is on study and negative self-talk which can lead to demotivation. Encourage your children to think positively and/or create a positive mantra such as 'I can do this, everything will be ok, I believe in myself'.
- 4. Making sure that they get enough sleep.** Sleep is vitally important for cognitive performance. It is thought that when we sleep, our brains process information to create memories, a vital function when learning and retaining information. The NHS recommends that children should get between 9 – 10 hours of sleep every night.
- 5. Make sure that they get enough exercise.** Physical and mental health benefit from exercise. Fresh air and sunshine will also boost energy levels, which in turn will aid the ability to focus. Endorphins are released during exercise, also known as happy hormones/chemicals, which help to decrease stress and improve sleep. Encourage your children to participate in the one hour exercise outside of the house by going for a walk or cycle, if possible, as a family.

Further information is available https://oursaferschools.co.uk/2020/03/30/5-ways-you-can-support-young-people-with-home-study/?utm_content=125394024&utm_medium=social&utm_source=facebook&hss_channel=fbp-2225985804309255&fbclid=IwAR0SifKzrRFFTiulo9_tDXqWgPaO8EVbiGZuK4R20qQYwWm40DcEb2aQ2s4

Kik

Age rating (17+)

Apple rate Kik as 17+ and Google Play urge 'parental guidance', this has recently been increased from the original age rating of 13+.

Kik is a popular social media App used by many children. Both the Apple App Store and Google Play Store describe the App as being 'the easiest way to connect with your friends, stay in the loop, and explore – all through chat. No phone numbers'.

Whilst on the surface this would seem innocent, unfortunately Kik has been reported by many as being one of the worst applications for online predators to be able to connect with children. It is also the favoured App for inappropriate behaviour.

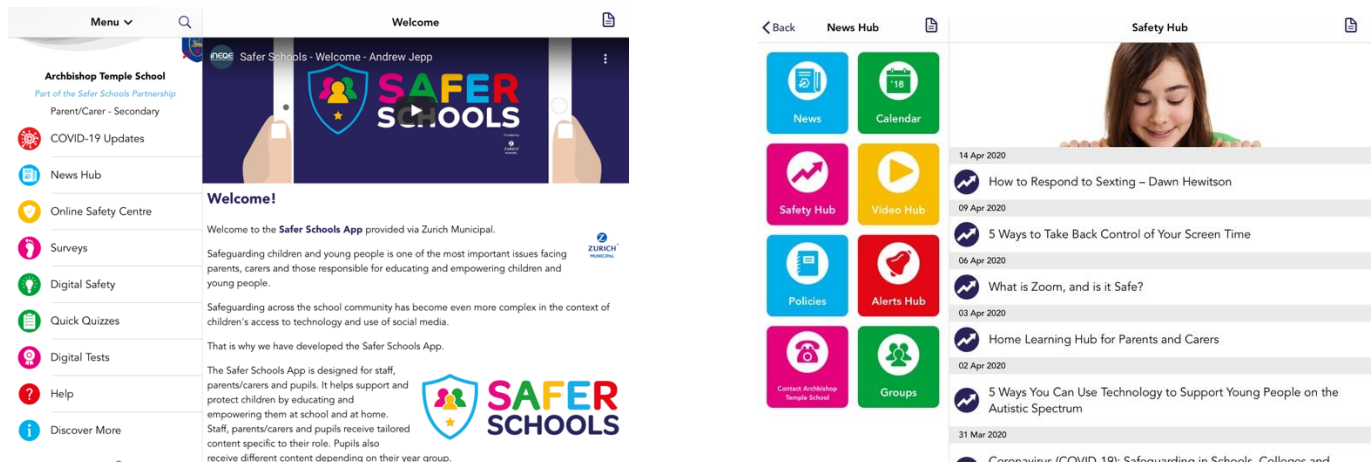
Please check out the Kik Safety Card on the school website for further information.

<http://www.archbishoptemple.la.ncs.sch.uk/parents-carers/online-safety>

Safer Schools App update

The Safer Schools App was launched for parents in March, more information is available in the March 2020 Newsletter. You can download the App from the Apple App Store and Google Play Store and access using the pin code 7675.

There are a number of useful sections in the menu that contain lots of information about the topics surrounding online safety. The Safety hub possibly being the most helpful.



This week the focus for the safety hub was **How to respond to Sexting** and is worth a read along with all the previous articles. Sexting is when young people send photographs of their intimate parts to others, often friends/girlfriends or boyfriends, but also as a response to requests from predators. These images can then easily be shared or used to blackmail or cause harm. This is a topic that as educators and parents, we need to be able to talk to the children openly and honestly so that if they do make this mistake they are able to get the help and support that they need. There is also a wealth of information on the websites that was shared in the last Newsletter.

Safer Schools App survey

Once you have downloaded and explored the app it would be very useful to hear your views so that you as parents can be best supported in the future. Please go to the **Surveys** section and select the **Safer Schools App parent feedback** survey to share your initial views by answering the 7 quick questions.

Quizzes and Digital Tests

There are a number of Quick Quizzes and also Digital Tests to help you test your knowledge, should you wish to try the Digital Tests please use the pin number 7575 to enter the Tests.

Final Thoughts...

Do you allow your children to have their tech in their bedrooms?

Do you know what your children are doing on their tech?

Do you know what Apps they use regularly and who they are in contact with?

Please use this opportunity to talk to your children and find out the answers to the above questions. Better still only allow tech use in the general areas of the house, especially with the younger ones.

Further support

Mrs McLean is available on email at h.mclean@archbishoptemple.com for further help and advice should you require any assistance outside of school.