SUMMER TERM 2025

Online Safety Newsletter

Need Help with APPS ?

Internet Matters have curated a list of age-appropriate apps depending on what your aim is when your child is spending time online:

Skill Building apps:

If you would like to help your child develop a new skill, then you might find some useful ideas here: https://www.internetmatters.org/resources/skill-building-apps-guide-for-kids/

Wellbeing apps:

These apps are organised by topic such as sleep aids or managing anxiety and will help your child develop an understanding of how to look after their own wellbeing:

https://www.internetmatters.org/resources/wellbeing-apps-guide-for-kids/

Parent Controls:

If you need advice on how to add parent controls on to lots of APP/Games and Devices please go here:

https://primarysite-prod-sorted.s3.amazonaws.com/hillary-primary-school/UploadedDocument/af8477f9-94cc-4e84-8a65-06262bf6ef17/parental-controls-booklet-2024.332260986.pdf

WHO CAN HELP?



Ms Seward is our Online Safety lead and she is also Assistant Head Teacher for KS2. She can help with any online issues, worries and concerns and can offer advice around how you can help keep your children safe online.

Mrs Ball is a class teacher and is part of the Online Safety team. She can help with any online issues, worries and concerns and would love to hear about the wonderful work your children are doing online .



Social Media

In recent years, we've noticed an increase in issues with WhatsApp and Snapchat amongst our pupils, and we'd like to keep you informed. WhatsApp is a popular messaging app where users can lock chats with a secret code or biometric authentication. This feature helps protect privacy but can also make it challenging to monitor activity. Remember, users must be at least 13 years old to have an account. Snapchat allows for sending photos and messages that disappear, which can sometimes lead to misunderstandings or issues if not used responsibly. It's important to have open conversations with your children about their online interactions and encourage safe use of these apps.

Balancing Screen Time

5 top tips to support children and young people

1

Lead by example

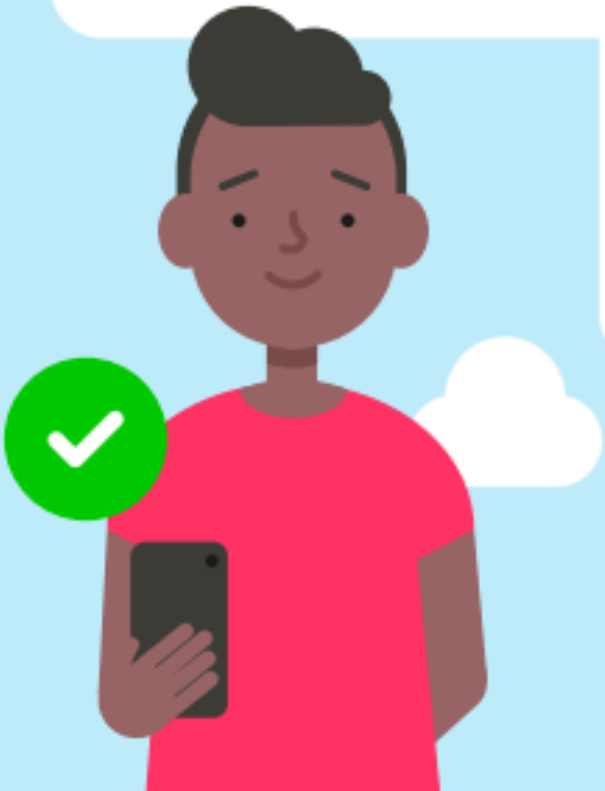
Just like anything, **children copy their parents' actions and behaviour**. If you set boundaries for your own screen, it will be easier for your kids to do the same.

2

Set boundaries WITH your kids

Get them involved in the process of setting age appropriate limits on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.





3

Ensure a healthy mix of screen activity

Make sure they have a good balance of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.

4

Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**



5

Physical activity & sleep are really important

Make sure screens are not displacing these things by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.

Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.



Boosts education, personal interests and life skills

- Educational games
- Research
- Reading eBooks
- Coordinating school projects
- Creating content
- Homework

Helps develop communication & social skills

- Connect with family and friends on social media
- Play multiplayer age appropriate online games
- Using screens to enhance family time, e.g. movie night or games night
- Connecting over hobbies & interests

Moderate passive screen time activities good for downtime

- Watch video or TV
- Play video & mobile games
- Scroll through social media

Scan below or visit **internetmatters.org** for more advice

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