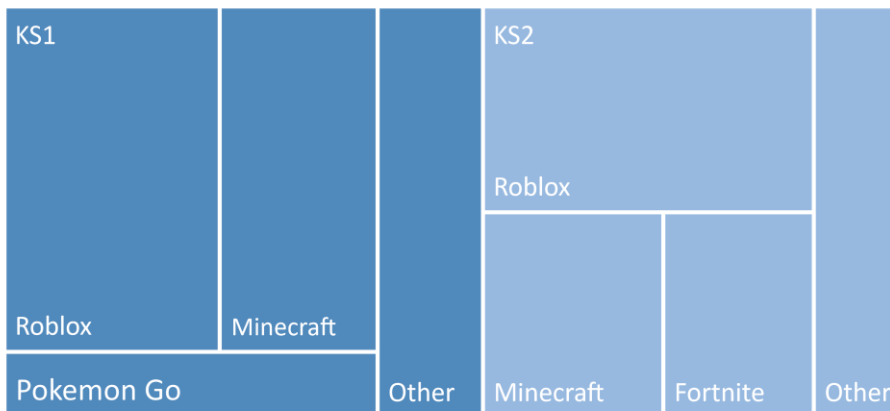


Moredon Primary and Nursery School Online safety Spring newsletter



Thank you so much to all the parents that came to our safer internet day open afternoon last term. The children get so much out of it when parents are able to see and support with their learning. We managed to do a lot in a short amount of time! Children in KS2 discussed what app/games were age appropriate and the positives and negatives of social media. Children in KS1 discussed our SMART rules and what to do if we see something that scares us.

The digital leaders took a survey in each class of what games, websites and apps the children enjoyed using. I have created a chart below to show how this looks. We do fall in line with the national average.



Extended screen time has become increasingly normal for young children and teenagers. Research suggests a 52% increase in children's screen time between 2020 and 2022, and that nearly 25% of children and young people use their smartphones in a way that is consistent with a behavioural addiction. There is also strong evidence that smartphones and computers disrupt pupils' learning both at home and in the classroom, as it can take up to 20 minutes for pupils to refocus on what they were learning after engaging in a non-academic activity such as browsing the internet or noticing a notification on their phone.

SCREEN TIME

Recent research suggests that children who were exposed to longer than two hours a day of recreational screen time on smart phones and playing video games had worse working memory, processing speed, attention levels, language skills and executive function compared with those who did not.

Learn Through Play with Sesame Street

The Sesame Street website has a whole host of resources, activities, and games from supporting with learning ABCs to discussing tough topics such as grief.

<https://sesameworkshop.org/>

Expert Approved Apps for Learning at Home

On the Google Play Store, you can find a list of expert approved Apps for learning at home suitable for children up to the age of 12.

<https://play.google.com/store/apps/category/FAMILY>

Be aware of what you share

Get Safe Online have produced a set of tips to help you avoid oversharing and outlines what the consequences might be if you do:

<https://www.getsafeonline.org/whatdoyoushare/>

Staying safe online with Google Families

Google have a one stop resource to help you and your family stay safe online. It includes how to set up parental controls and important steps on how to keep your children safe online. You can find out more here:

<https://families.google/>

Our SMART rules are the schools anchor for online safety. The children will learn these rules from Nursery and will have them displayed in their class rooms up to when they leave Moredon. We have found that these rules are easy to remember and encompass everything we want the children to understand about online safety at school and at home.

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

M MEET 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, messages, or opening files, images 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.

T TELL Tell a 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.



iOS 18 Launch

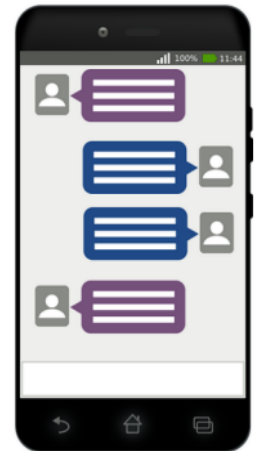
Apple have recently released their latest operating system, iOS 18. iOS 18 offers lots of new features (some are restricted to newer phones) but one feature that you should be aware of is the ability to now lock and hide apps.

When an app is locked, Face ID, Touch ID or your passcode will be required to open it. This also means that notifications will no longer be shown for that app. Additionally, apps can now be hidden so they can only be accessed through a hidden apps folder that is also locked. This new feature illustrates the need to have regular chats with your child about what they are using their phone for.

Mobile phones: do you know the risks?

We know that children having access to a smartphone can expose children to risks including:

- Viewing inappropriate content
- Excessive screen time/use, which in turn can affect their mental health and sleep pattern.
- Contact from inappropriate people/grooming
- Cyberbullying
- Spending money on in-app purchases/scams



What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have:

<https://www.compass-uk.org/services/compass-changing-lives/what-effects-do-mobile-phones-have-on-children-and-young-peoples-mental-health/>

EE launches Age Guidance

EE has launched age guidance for smartphone usage to improve children's digital wellbeing. In summary, they recommend that children under 11 should use non-smart devices, for children aged 11-13, they advise that if a smartphone is used, then parental controls should be enabled and access to social media restricted. Finally, for 13-16-year-olds they still recommend that parental controls are implemented and appropriate restrictions set up. You can read the full guidance here:

<https://newsroom.ee.co.uk/ee-launches-age-guidance-for-smartphone-usage-in-drive-to-improve-childrens-digital-wellbeing/>

Could you delay when your child is given a smartphone with Smartphone Free Childhood?

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age:

<https://smartphonefreechildhood.co.uk/>

What device?

When you think it is the right time for your child to have a phone, then Which? provide an overview of some options available:

<https://www.which.co.uk/reviews/mobile-phones/article/buying-a-first-mobile-phone-best-dumb-phones-and-smartphones-for-kids-aA03C3Y8aTzr>

Vault (secret) Apps

Have you heard of Vault Apps? They are basically secret apps that are concealed by looking like a normal, less conspicuous app. For example, one of these apps looks and works like a working calculator when opened, but when a passcode is entered, it reveals photographs, videos, documents and contacts. One way to prevent your child from using these apps is to ensure parental controls are set up so you can review all app purchases. You can find out more here:

- <https://www.bark.us/blog/find-hidden-apps/>
- <https://www.safes.so/blogs/vault-apps/>