Holy Cross Catholic Primary School
Safeguarding Newsletter for Parents — Spring 2023

Welcome to our Safeguarding Newsletter for Spring 2023

Keeping children safe and well is our number one priority at Holy Cross Catholic Primary School Every half term or term, we will be producing a newsletter based on a safeguarding theme. This newsletter is designed to help school and parents to work together to safeguard children's wellbeing. This term's topic is all about **what parents need to know about screen time and how to keep their child/children safe online.**

We understand some children are spending more time online, so we are asking for you to work with us in order to monitor children's use online and follows the tips given. If your child received a new device for Christmas, then please follow this link devised by the NSPCC on how to set the device up for your child/children safely—

https://www.bbc.com/ownit/the-basics/correctly-set-up-childrens-devices

What do we mean by screen time?

Screen time refers to any time spent looking at a screen. This includes:

- TV – including watching television programmes
- DVDs
- Playing games consoles
- Tablets
- Smart Phones
- Laptops or PCs

Why should we limit screen time?

Children learn best from real life experiences and interaction, and time spent in front of a screen is time not spent interacting with those around them. There is also growing research that more screen time leads to the decline in a child and/or adults mental health.

Evidence shows that although from 15 months, children may copy actions or words from TV, they are not actively able to learn language from TV until they are around $2\frac{1}{2}$ years old.
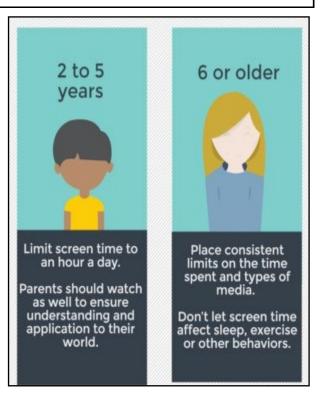
1 in 3 internet users are children

Almost 1 in 4 young people have come across racist or hate messages online.

Website links for parents:

https://www.childnet.com/parents-and-carers/

https://www.thinkuknow.co.uk/parents/

2 to 5 years

Limit screen time to an hour a day.

Parents should watch as well to ensure understanding and application to their world.

6 or older

Place consistent limits on the time spent and types of media.

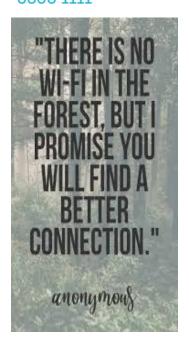Don't let screen time affect sleep, exercise or other behaviors.

Why is Online Safety so important?

New data released by the Internet Watch Foundation shows almost **20,000 webpages** of child sexual abuse imagery in the first half of 2022 included "self generated" content of 7-10 year olds! We need to teach our children how to use the internet correctly. It can be such a powerful tool used to educate and connect when used safely.

Using video-sharing platforms (VSPs) such as TikTok are the most popular online activity amongst children aged 3-17 (95%). A Parents' Guide to TikTok has been made available for you.

childline

ONLINE,
ON THE PHONE,
ANYTIME

childline.org.uk
0800 1111

"THERE IS NO WI-FI IN THE FOREST, BUT I PROMISE YOU WILL FIND A BETTER CONNECTION."

anonymous

Top Tips for Parents

- **Limiting screen time**
In today's digital age, technology can play an important part of a child's development so completely banning them from their device may mean they are missing out . Instead you can work out a screen time limit, by working out what you feel is a suitable and healthy amount of time for your child to be on their device each week.

- **Encourage alternative activities**
It may seem like an obvious solution, but encouraging children to play with their friends, read a book or play in the garden will help them realise they can have fun without their device. Playing football, outdoor games and going for a walk are all healthy replacements for screen time.

- **Mobile free meal times**
Children model their behaviour on those around them, so if adults are constantly on their device, they will see this as acceptable. Try and set good examples, if you have asked your children not to use their phones at the table, make sure you don't. Try setting house rules that the whole family abide by.

- **Remove devices from their bedroom**
Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. Even if the device is left in their room but switched off, they still may be tempted to check for notifications.

- **Less time means less exposure**
As we are all aware there can be many risks associated with devices such as cyberbullying, grooming or viewing inappropriate content. Less time spent on a screen means that a child will be less exposed to these risks.

REPORT ABUSE

ceop.police.uk

Should I make a report to CEOP? →

If you're worried about online abuse or the way someone has been communicating online, let CEOP know.

If you or your child witness or are subject to online abuse, then it must be reported. Please use this link to report - https://www.ceop.police.uk/Safety-Centre/