



Abbas and Templecombe
Church of England Primary School
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21st January 2021

Dear Parents/Carers,

Re: ONLINE SAFETY SUPPORT AND ADVICE FOR PARENTS

During this time of learning at home, the use of technology has been key to supporting learning and helping families to keep in touch with friends and loved ones. We wanted to take this opportunity to outline what support is available to help families and children with online safety and to give some guidance on how to keep your children safe while they are online at home.

Below, please find a list of important actions to ensure that your children are using technology safely in the home:

- **Location:** Ensure that your child only uses technology in a public space at home, supervised by a parent or carer.
- **Social media & age-appropriateness:** Monitor **all** technology your child/ren are using. Please regularly check all devices that your child is using and make sure that they are not accessing APPs or websites that are not age-appropriate. The picture attached to the end of this letter will help you in your decision making.

We are sure you are aware that signing up to the social networks below means you are over 13 but we recognise that some children are using these, although we would strongly advise against this. If your children are using any of these social network platforms, please check these links to help you keep your children safe:

- <https://swgfl.org.uk/resources/checklists/snapchat/>
- <https://swgfl.org.uk/resources/checklists/instagram/>
- <https://swgfl.org.uk/resources/checklists/tiktok-checklists/>
- <https://swgfl.org.uk/resources/checklists/roblox/>

- **Parental controls:** Ensure that you have up-to-date parental controls on all devices that your children are accessing. If you are unsure what to use, there is some advice here: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>
- **Open discussions:** Please keep talking to your child about keeping safe online. Have you created a family agreement about how to keep safe? You might find this useful to complete together. Please find a template at the end of this letter which you can use as a starting point for a discussion with your children on how they can stay safe online.

Please also see National Online Safety's 'Remote Education: 10 Top Tips for Parents' poster at the end of this letter for practical advice on how to support your child in staying safe online whilst completing remote learning.

Some other helpful websites are:

- NSPCC Online Safety <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- UK Safer Internet Centre: <https://www.saferinternet.org.uk/advice-centre/parents-and-carers>
- Advice on screen time <http://bit.ly/RCPCH-ScreenTimeForParents>
- Ask About Games www.askaboutgames.com

Technology is wonderful and it is a vital part of our children's world and learning, but it is essential we continue to support them in using it in a safe and healthy way. A big part of this is ensuring that they are supervised using devices. If you have any questions, please do not hesitate to contact us.

Any online Safeguarding concerns should be reported to a member of the school Designated Safeguarding team:

- Mrs Max Mewett (Designated Safeguarding Lead) - MMewett@educ.somerset.gov.uk,
- Mrs Melissa Brazier (Deputy Designated Safeguarding Lead) - MBrazier@educ.somerset.gov.uk
- Miss Laura Hancock (Assistant Deputy Designated Safeguarding Lead) - LHancock@educ.somerset.gov.uk

However, if a child is at immediate risk, please contact Somerset Direct on 0300 123 2224.

With very best wishes to you and your family,

Yours faithfully

Melissa Brazier
Acting Headteacher

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

Age Restriction	Platforms
Under 13	Roblox, PopJam, FaceTime
13+	Twitter, Facebook and Messenger, Viber, WeChat, Monkey, Yubo, Dubsmash, Instagram, TikTok, Skype, Google Hangouts, Reddit, Snapchat, Pinterest
16+	WhatsApp, Telegram Messenger, Tumblr
17+	Line, Sarahah, Tellonym
18+ or 13 with parent's permission	YouTube, WeChat, Kik, Flickr, Play Store, Spotify (12 with parental permission)

Sourced from NSPCC website October 2019

This is an agreement you can use to help your child stay **healthy, happy, safe** when they use technology

Our Family Contract

Children agree to

- Talk about what I do online and the technology I use
- Show you what I do online
- Check before I download a new app
- Share games I play
- Join in with family activities

Adults agree to

- Stay calm when problems happen with technology
- Ask permission before posting photos of family
- Discuss apps and check them out together
- Join in with technology activities

Everyone agrees to

- Family time without technology
- Switch off at an agreed time each night
- Talk about what we do online, just as we do with other activities
- Keep screens out of bedrooms

REMOTE EDUCATION 10 TOP TIPS FOR PARENTS

Remote education ensures continuous learning outside the classroom. For parents and carers, remote education isn't always straightforward and there can be a number of factors they need to consider, especially around ensuring their children feel comfortable and are familiar with the whole concept. That's why we've created this guide to help parents and carers support their child in getting the most out of their remote education experience.

1. TAKE AN ACTIVE INTEREST IN YOUR CHILD'S LEARNING

As a parent or carer, your school may have explained how remote education works already, but children may still need help. Take an active interest in their learning and help support them whenever they need a helping hand.



2. MONITOR YOUR CHILD'S COMMUNICATION AND ONLINE ACTIVITY

It's important to remind your child that despite being at home, the same level of behaviour and conduct exists as if they were at school. Encourage them to remain polite, remember their manners and not to post or send any negative comments just because they are behind a computer.



3. ESTABLISH A DAILY SCHEDULE AND ROUTINE

Working from home and trying to learn in a more casual setting that children might associate more with play and a degree of freedom might take a bit of getting used to. Try to stick to a daily routine and use the timetable/schedule that schools have sent home to help children keep on top of their daily learning.



4. ENCOURAGE SCREEN BREAKS AND PHYSICAL ACTIVITY AWAY FROM DEVICES

Remote learning will inevitably require more interaction with computers, laptops and tablets. Teachers will invariably advise on screen breaks; however, it doesn't hurt to keep a check on their time online or encourage them to get some fresh air/exercise.



5. ENSURE YOUR LEARNING DEVICE IS IN PUBLIC SPACE IN THE HOME

It's important to consider where your PC or laptop is placed if live video is being used. Try to keep the background neutral, with no personal information visible and move learning devices out of the bedroom as this could be deemed inappropriate.



6. IMPLEMENT SAFETY CONTROLS AND PRIVACY RESTRICTIONS ON APPS AND SOFTWARE

Dependant on how your school implements remote education, your child may be required to download certain software or apps. Whilst these are likely to be relatively safe to use, like any other new app or platform, parents should still implement safety controls as a precaution.



7. ENSURE YOUR CHILD ONLY USES OFFICIAL SCHOOL COMMUNICATION CHANNELS

It's important that all communication with teachers and school staff is directed through approved school channels, whether that be through the school's online portal or the relevant secure messaging site.



8. FAMILIARISE YOURSELF WITH RELEVANT SCHOOL POLICIES

Schools should have a policy on remote education that they can share with parents. Familiarise yourself with this and ensure you know what is expected of teachers and your child during lessons, both online and offline.



9. MAINTAIN FEEDBACK WITH TEACHERS

Engage in communication with teachers where possible, and try to feed back progress and development as well as any helpful suggestions around the learning process. Be transparent but remain professional and only use official channels to communicate.



10. MONITOR YOUR CHILD'S WELLBEING AND MENTAL HEALTH

Remote education will likely mean that your child won't get the same level of social interaction and might not see their friends for a while. Keep a check on their wellbeing and try to encourage them to get out as much as they can. Whilst learning from home might seem fun and exciting to start with, missing out on seeing their friends every day might take its toll.

