



# Online Safety Newsletter

## Welcome

Welcome to our Summer Term Online Safety Newsletter.

Education for a connected world is becoming more and more important. Children have a right to enjoy being online but as they grow older it is essential they learn how to behave and develop strategies to remain safe online.

As a school and as parents we all need to be on the same page when giving our children the advice and tools to stay safe online.

### **Digital Well-Being—What is this?**

As we approach the long summer holiday its more important than ever that we think about our child's well-being online.

Digital Well-being is about how it makes us feel when using the internet or any forms of technology. This includes the impact it has on our:-

- ◆ Emotions
- ◆ Mental health
- ◆ Physical health

It is important that we recognise how our children are feeling whilst online? How long they spend online? What are the affects it is having on them? Tiredness, not getting outside enough, fresh air, exercise , the content they see etc.

As a school we will be encouraging the children to think about their well-being whilst using technology over the summer holidays.

Online Safety is taught to all our children, explaining and demonstrating how to stay safe and behave appropriately online.

- ◆ Over the Summer term Lancashire Police visited our school and spoke to Reception, Year 1 and Year 2 children about Keeping Safe Online. All the children really enjoyed the talks, asking lots of questions. The police were very impressed with the children's knowledge of how to stay safe online.
- ◆ Year 6 will be thinking about Moving on Up! As they prepare to leave our school and make the transition to high school. We will be looking at Friend Requests, Online Bullying, pressures on how to fit in and more.

The National Online Safety believe in empowering parents with information to hold conversations with their children about Online Safety.

National Online Safety state "Our ability to communicate with anyone in the world, at anyone time, via the internet has grown a breakneck speed. For teachers and parents, it can feel impossible to keep up..."



Please click the link below to read more.

[https://www.aughtonchristchurch.lancs.sch.uk/serve\\_file/7146735](https://www.aughtonchristchurch.lancs.sch.uk/serve_file/7146735)



## Useful Websites

To view some useful sites please click the link below to our school website

<https://www.aughtonchristchurch.lancs.sch.uk/page/online-safety/49955>

In school we follow the SMART Rules. Why don't you click on the link above, which will take you to our school website and discuss these with your children? It is vital we work together at school and at home to promote the importance of 'Keeping Safe Online'.

