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Telephone:

'Learning at its heart'

Some key messages about E-safety

Monday 6th April 2020

Dear parents,

Below are a range of websites with resources linked to online safety and keeping safe online with some useful tips, articles and advice on how to use technology safely and responsibly whilst at home during school closure. It is recommended that children spend no longer than 2-3 hours per day on a screen but less is better. Whilst we understand how important technology is in our lives and how many wonderful benefits it has, it can also affect behaviours, moods and sleep which is why it is important to balance screen time with exercise and time away from the screen.

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

<https://www.internetmatters.org>

<https://parentinfo.org>

<https://www.net-aware.org.uk>

Finally, when children are using the internet or are online, talk to them about what they are doing as trust and communication is vital in keeping safe online and remember to be SMART:

S - stay **safe**

M - never agree to **meet** anyone

A - never **accept** anything you don't know or trust

R - always check the **reliability** of what you're looking at

T - always **tell** an adult if you find something that makes you feel uncomfortable

Many thanks,

Mr K. Riley
Head of School

