



## Online safety at home:

Parents and Carers newsletter

[www.stjosephsfederation.co.uk/parental-support/safeguarding/online-safety](http://www.stjosephsfederation.co.uk/parental-support/safeguarding/online-safety)

19/07/2023

### Welcome to the latest 'online safety newsletter'!

Every Wednesday at 9am in the Garden Hall/Library we hold a tech and online safety drop in session. This is for any tech related problems with school systems/logins and we have now added online safety for anyone wanting support with this at home but not sure how to start. This will continue next year so please do make use of me!

#### Online Reputation Checklist

Childnet have given us a checklist to keep your online identity safe. It also helps you to maintain and check a positive online reputation for the future. Click this link [Online Reputation Checklist \(childnet.com\)](http://childnet.com)

#### Set Up Safe from Internet Matters

This link explains how to set up devices simply and safely for children. [Inclusive Digital Safety advice for Parents and Carers | Internet Matters](#)

**Remember, primary-age children should be supervised at all times when online.**

#### More information?

We will publish a newsletter for Online Safety every term. Between times we will send you a link to the latest top tips on our Online Safety Page on the school website. Please let us know via your class email or [ict@st-josephs-jun.croydon.sch.uk](mailto:ict@st-josephs-jun.croydon.sch.uk) if you need any support or have specific concerns.

### Steps you can take to help keep your child safer online

ThinkUKnow is an excellent website for online safety. They have activity packs for different age groups.

<https://www.thinkuknow.co.uk/parents/home-activity-worksheets/>

Google also have 'Interland' which is a fun way to work with your child playing informative games that they really enjoy!

[Play Interland - Be Internet Legends](#)

Supporting your child with SEND in [Online Safety](#)

[Fortnite | Parent Zone](#) A guide for Parents

[Roblox | Parent Zone](#) A guide for Parents

[| Parent Zone](#) Sign up for Parent Zone emails

## Children's Commission Digital 5 a day



Are you getting your 5 A Day? Just like food, a balanced digital diet is all about variety. Having a healthy diet doesn't mean that you never eat pizza or chocolate again but it is important that you eat them in moderation – along with your 5 fruits and veg a day! In the same way, you don't have to give up your smartphone forever to have a healthy digital

diet. When phones, social media and games make us feel worried, stressed and a bit out of control, it often means that we haven't got the balance quite right. Finding the right digital balance means enjoying all the fun, exciting and creative things about being online while making sure that we aren't caught doing the same things all the time.

The BBC have a site encouraging children to 'Own It' There are some great talking points, activities, stories and tips to support children in making online decisions about their online Identity.

[Your online identity - Own It – BBC](#)



<https://www.stjosephsfederation.co.uk/parental-support/safeguarding/online-safety/>

There are many apps that your children are likely using whether at home or at a friends house. Wellbeing apps are becoming more and more popular. Here are some links for family wellbeing apps and also for those with SEND

[Go Noodle](#) has many ideas for getting children active while using screens.

[Super Stretch Yoga](#) –(A parents view) Yoga for children under 9 promoting relaxation and mindfulness available on I tunes.

[Clear Fear](#) – (a free app on Android and ios) Children prone to anxiety may find themselves responding physically to stress. Clear Fear helps them learn how to reduce these responses

**Use 'SafeSearch':** Most web search engines will have a 'SafeSearch' function, which will allow you to limit the content your child can access whilst online. Look out for the 'Settings' button on your web browser homepage, which is often shaped like a small cog.

Remember the Be Internet Legends Code:

Be internet **SHARP** –Think before you share

Be internet **ALERT** – Check it's for real

Be internet **SECURE** – Protect your stuff

Be internet **KIND** – Respect each other

Be internet **BRAVE** – When in doubt discuss

**Have a safe and restful Summer**



<https://www.stjosephsfederation.co.uk/parental-support/safeguarding/online-safety/>