



# St. Michael's C.E. (Controlled) Junior School

Church Lane East, Aldershot, Hampshire, GU11 3SS

Headteacher: Mrs Steph Tyler

*Inspired by Him, we serve the community of St Michael's by creating an inclusive learning culture where all differences are respected, where courage is shown to face and overcome adversity, and resilience is embedded in our journey to success so we can be the very best we can be.*

July 2020

Dear Parents,

## Staying safe and being a good friend on apps, sites and games

Children and young people have spent much more time on devices than ever before during lockdown so, as we approach the summer holidays, here is some further information about staying safe online and principles you can help us to remind your children about.

There is a handy fridge flyer to help parents at [toptipscorona.lgfl.net](http://toptipscorona.lgfl.net) which you may want to print out and keep.

Please do not worry too much about screen time - think instead about screen quality, balance and mental health. The Children's Commissioner has provided a framework called the 'Digital Five a Day' with five things to think about each day to help put that into practice.

Children's  
COMMISSIONER



Digital 5 A Day  
Simple steps to a balanced digital diet and better wellbeing

It is really important children get the opportunity to chat to friends, so it's great to hear that many of them have been chatting online during lockdown. We are sure that this will continue over the summer, so please help us to reinforce some key messages about appropriate behaviour to keep everyone safe and happy.

There are often reports of children being upset by bullying on chat apps, as well as unsuitable images being shared between friendship groups. This can usually be avoided if we remind children and young people to look out for their friends, not say anything that they wouldn't like to hear themselves, and always stop or stand up for others if someone gets upset.

Please remind your children **never** to share scary or rude images. If they do see something that worries them or that might be wrong, all they need to do is ask for help from a trusted adult. They could talk to you or to us at school, or they may feel more comfortable talking anonymously to Childline – 0800 1111. I have attached a copy of the poster we use in school – Sid's Top Tips – to remind the children of the main principles of e – safety. If you or they are concerned about an adult's behaviour towards a child online, please report them to [CEOP](http://CEOP). As a parent you can also contact the NSPCC - O2 advice line on 0808 800 5002. Thank you for your support in this - do let us know if you have any questions.

Best wishes

Mrs S Tyler  
Headteacher

