



Monday 30<sup>th</sup> March 2020

Dear Parents and Carers,

This is a time where we seem to be relying upon the Internet more than ever – for updates on COVID-19, to access home learning or working, and to keep in touch with family and friends. There's even a generation of adults now becoming hooked on *Tik Tok*! With an increased reliance on using online services, I thought it would be useful to share some important online safety reminders with you all.

The [Online Safety page](#) of our school website contains most of the information that you will need, and it's regularly updated too ([www.grimoldbyprimaryschool.co.uk/online-safety](http://www.grimoldbyprimaryschool.co.uk/online-safety)). However, below are some key points to support you whilst your child is at home:

- Be transparent and talk to your child about what they're doing online – ask them what they like and dislike about certain apps or websites that they're using. Don't try and be covert about it because this can severely damage trust.
- [Thinkuknow](https://www.thinkuknow.co.uk) (<https://www.thinkuknow.co.uk>) is the online safety education programme from the National Crime Agency. Every fortnight, [Thinkuknow](https://www.thinkuknow.co.uk) will release a new set of simple online safety home activities to share with children and young people between the ages of 3 and 16. Use these to help you keep up a positive, supportive conversation about safety online in your home.
- Make sure that children have a trusted adult to talk to at home or on the phone if they have worries or concerns. You can also remind them that [Childline](#) is available to call **(0800 1111)** at all times. Remember: some children find it difficult or awkward talking to their parents about their online worries – don't take it personally!
- Set up parental controls where needed. So many devices, apps and games have parental controls, and these are generally simple to access. However, if you're stuck, you will always be able to find a guide online or on YouTube.
- Minimise watching, reading or listening to news about COVID-19 that causes you to feel anxious or distressed; seek information only from trusted sources and mainly so that you can take practical steps to prepare your plans and protect yourself and loved ones. Seek information updates at specific times during the day, once or twice. The sudden and near-constant stream of news reports about an outbreak can cause anyone to feel worried. Get the facts; not rumours and misinformation.

I hope that you find this useful in conjunction with our Online Safety page and I would like to send the very best of wishes to you and your families during this uncertain time.

Yours faithfully,

Stuart Spendlow  
Deputy Head Teacher