Totley Primary School

Sunnyvale Road

Totley

Sheffield

S17 4FB

0114 2364482

enquiries@totley.sheffield.sch.uk

www.totley.sheffield.sch.uk

Headteacher: Mr Ben Paxman

Chair of Governors: Mr Nick Harris

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Dear Families,

Over the coming weeks, I (Mr Cooper) will be making myself available at the start of every Tuesday ('Totley's Tech Tuesdays' isn't the officially coined name but may help remember which day!) between 8:30 – 8:45. I will be situated at the doors to the 'Phiz Lab' to discuss anything and all things technology and Online Safety for Totley Primary School in the community. Whether you want some signposts for further advice, support with a certain setting or device or simply a professional opinion on a certain aspect of Online Safety at home and school, please feel free to chat. There is never a silly or embarrassing question when it comes to the Online Safeguarding of our children and – probably more frustrating – not always an obvious correct answer either! Below are a few snippets of information and a taste of the sort of things which can be discussed on 'Totley's Tech Tuesdays'…

Online Safety in School

In school, our Online Safety curriculum runs in line with the Sheffield City curriculum and explores a wide range of areas for all ages within these strands:

Sheffield Online Safety Curriculum 2019 – Foundation Stage Overview				
PSHE Theme (From the PSHE Association Programme of Study)	**Health and Wellbeing**	**Relationships**		**Living in the Wider World**	
Online Safety Strand	**Lifestyle & Health** Well-Being, Mental Health, Identity, Stereotypes, Medical Information	**The Social Web** Social Media, Gaming, Friendships, Bullying, Reputation	**Protecting Ourselves** Sexual Content, Consent, Control, Meeting Strangers Online and in Real Life, Images	**Commercial Risks** Money, Privacy, Personal Information, Copyright, Online Security	**News & Information** The Media, Digital Literacy, Verifying Content

Everything from our digital footprint, to media influences and echo chambers are explored, ensuring our children at Totley leave feeling equipped and aware of the online world. The overview, which includes FS2, KS1, Lower KS2

(Y3/4) and Upper KS2 (Y5/6) is here http://sheffieldclc.net/onlinesafetycurriculum/ if you would like a look at the areas within these strands.

Online Safety lessons are woven throughout Personal Development lessons, but many of these objectives, especially as you progress through school, become part of wider classroom conversations. Main messages from school include being honest with adults in your life, being aware of how you communicate with each other, and what we share between friends in group chats etc.

Online Safety at Home

At home, a trusting, approachable relationship is key, and I know of families who regularly 'check-in' with their children. It is a hard balance between keeping our children safe and surrounding them with a protective fence from the world, and letting them loose into the online world. Humans learn through experiences, and it is how we respond to these experiences – positive or negative - which is so important.

There are real advantages in maintaining an open dialogue with your child about their internet use. Not sure where to begin? These conversation starter suggestions can help.

1 Ask your children to tell you about the sites they like to visit and what they enjoy doing online.

2 Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?

3 Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.

4 Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.

5 Think about how you each use the internet. What more could you do to use the internet together? Are there activities that you could enjoy as a family?

Find out more ways of starting a conversation about online safety at www.childnet.com/have-a-conversation

What can I do right now?

☐ Maintain an open dialogue with your child and encourage them to talk to you about their internet use: for example who they're talking to, services they're using, and any issues they may be experiencing.

☐ Create a family agreement to establish your children's boundaries, and your expectations, when on the internet. A template agreement can be found at www.childnet.com/have-a-conversation

☐ Give your child strategies to deal with any online content that they are not comfortable with – such as turning off the screen, telling an adult they trust and using online reporting facilities.

☐ Consider using filtering software to block unwanted content. In addition to filtering, remember that discussion with your child, and involvement in their internet use, are both effective ways to educate them about the internet.

☐ Encourage your child to 'think before you post.' Online actions can impact not only yourself but the lives of others. Content posted privately online can be publicly shared by others, and may remain online forever.

☐ Understand the law. Some online behaviour may break the law, for example when downloading or sharing content with others. Be able to recommend legal services.

☐ Familiarise yourself with the privacy settings and reporting features available on popular sites, services and apps.

☐ If your child is being bullied online, save all available evidence and know where to report the incident, for example to the school, service provider, or the police if the law has been broken.

☐ Familiarise yourself with the age ratings for games and apps which can help to indicate the level and suitability of the content. Also see if online reviews are available from other parents as these may be helpful.

☐ Set up a family email address that your children can use when signing up to new games and websites online.

☐ Encourage your child to use nicknames (where possible) instead of their full name online, to protect their personal information, and create strong passwords for every account.

Sign up to our Childnet newsletter at www.childnet.com.

For further information https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf and https://www.internetmatters.org/advice/ and invaluable resources

Consoles

With Christmas (I know, sorry!) around the corner, you may be deciding to buy a console or game for yourself, the family or your child, and it is important to ensure the parental settings and supervision are appropriate for you family. Depending on the console, you can adjust age ratings of games, who to send and receive messages from along with much more!

PlayStation, Xbox and Nintendo all have clear instructions and help on their respective websites. Simply search 'parental settings' in Google for your console to find useful links and advise.

Screen Time

One that is an on-going concern for parents, has become even harder for both children and adults to manage. Below, there are links to screen time advice leaflets from www.interentmatters.org which is a fantastic website.

https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Balancing-Screen-Time-5-7-KeyStage1.pdf (FS2/KS1)

https://www.internetmatters.org/wp-content/uploads/2019/08/Internet-Matters-Guide-Balancing-Screen-Time-7-11-KeyStage2.pdf (KS2)

I hope this 'brief' selection of information is useful. Please feel free to contact me via Enquiries if you have ANY questions about the information above or you need support with ANY devices at home; I will try my utmost to help wherever possible.

Thank you for taking the time to read this, and any of the relevant links provided, I am also looking at the possibility of hosting a family workshop at dedicated points across the year. More information for this will follow.

Many thanks,

Michael Cooper
Y5 teacher
KS2 Leader & Computing Subject Leader
Online Safety Officer and Deputy Safegaurding Lead