



Relentlessly Pursuing Excellence

Safeguarding Parent Newsletter - Friday 12th January

Latest advice and guidance for parents and carers

Great Wyrley Academy Safeguarding Team

The Great Wyrley Academy Safeguarding Team has been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent or school staff member to discuss and report any safeguarding concerns.

Designated Safeguarding Lead: Mr M Rehman

Deputy Designated Safeguarding Leads: Mr D Fielder, Mrs M McCarthy, Mrs J Foyle, Mr J McFarlane, Mrs S Herrington, Miss C Jackson, Miss C Chin, Miss V Smith, Mr J Studholme

Overview

Welcome to our latest edition of the Newsletter from the Great Wyrley Academy Safeguarding Team. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you.

At Great Wyrley Academy, both staff and students are trained and educated in many areas of safeguarding. Staff are informed of the signs and symptoms to look for and be aware of, that could be an indication that there is a concern and how to report concerns. Students are given appropriate information into safeguarding topics and given strategies on how to stay safe.

This issue will cover: **Your Child's Screen Time**

Parent Resource Hub

Please click the link below to be taken to the Parent Resource Hub for Online Safety.

This interactive hub gives you all the information you need to help keep your child safe online and on mobile devices.



[Parent Resource Hub](#)

Your Child's Screen Time

Know the risks, and what you can do to keep your child safe.

What's the problem?

Spending time online and on devices can be a positive thing. But, high levels of screen time can put your child more at risk of:

- Being bullied online
- Abuse and grooming (when someone builds a relationship with a child to exploit or abuse them)
- Seeing inappropriate content
- Not getting enough sleep and exercise

4 steps you can take to protect your child

1) Set parental controls on devices

Use parental controls to restrict access to in-app purchases and explicit or age-rated content, and, on some devices, how long they can spend on the device.

You'll likely need to set a password. Make sure it's different from the password

used to access the device, and that your child doesn't know it.

Parental controls are usually located under 'Settings'. See below for more detailed instructions for different devices.

2) Agree rules on screen time

There are mixed views on 'safe' screen time, but you could agree some limits to stop screen time interfering with your child's sleep or family activities:

Make a plan together, and stick to it. You could set media-free times and zones, like during meals or in bedrooms

Try to avoid screens an hour before bedtime

Model the behaviour you want to see – which may mean no screen time for you at the times agreed with your child. Children are more likely to learn from example

Try to minimise snacking during screen time

Turn not using screens into a game, using apps like [Forest](#), where not using devices is rewarded

3) Talk to your child about staying safe online

Tell them:

To be aware that anyone can pretend to be a child online

If they talk to people they don't know, not to give away personal information – like what street they live on or where they go to school, or to share their location with them. To say no to any requests they get for images or videos, and stop talking to the other person if they are asked for these things

To set their profiles to private, to limit what others can see

To be 'share aware' – think carefully about what they share and with whom. Once it's out there, they've got no control over what the other person does with it. Remember, it's illegal to take, share or view sexual images of under-18s, full stop

If they see something that upsets them, or someone bullies them, to tell an adult they trust

Don't feel confident starting a conversation with your child about what they're up to online? Read this advice from the NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

4) Encourage off-screen activities

Help your child get active for the recommended 60 minutes a day:

See www.nhs.uk/change4life/activities for free ideas for activities and games

Try an app that's designed to get children active – see the examples at www.internetmatters.org/resources/apps-guide/apps-to-help-kids-get-active/