

# Alderwood Primary School

Rainham Close, Eltham, London, SE9 2JB

Tel: 020 8850 6841 Fax: 020 8850 6011

Email: [awcontact@alderwood.compassps.uk](mailto:awcontact@alderwood.compassps.uk)

Website: [www.alderwood.greenwich.sch.uk](http://www.alderwood.greenwich.sch.uk)

**Executive Head Teacher:** Jo Gordon

**Co-Headteachers:** Katie Cutajar and Natasha Tilley



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## Safeguarding and online safety during Covid 19 – advice for parents

Friday 3<sup>rd</sup> April 2020

Dear Parents/Carers,

We hope you are all keeping well. During this difficult time where many of our children are being educated at home, we want to do all we can to ensure we support you to do this.

### How can we do this?

- Our online learning platforms are safe and secure. The only people who will upload learning and respond to your child's comments will be their teachers.
- We will consider the amount of learning we upload so as not to place unnecessary pressures upon you. We will also direct you to other platforms if you wish to do more.
- Following the Easter break children will be able to send messages to their teacher and we encourage them to do this if they have any concerns.
- Following the Easter break there will be opportunities for pupils to discuss their learning with each other and their teacher and we will ensure that content is closely monitored by staff.
- We will contact you if we feel your child is using the platform unsafely, such as making inappropriate comments, or logging on very late at night. We will stop pupil contact where it is inappropriate.
- We are available to offer support where needed via the contact email – [awcontact@alderwood.compassps.uk](mailto:awcontact@alderwood.compassps.uk). We will aim to respond to you within 24 hours during weekdays.
- We will keep you updated with information related to your child, schooling and online safety when it becomes available to us.

Please find below some further information with regard to online safety and mental well-being.

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## Keeping children happy and safe online during COVID-19



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As a result of COVID-19, we know that parents and carers are having to manage their child's use of technology and help them learn remotely. Here are lots of useful resources and tools that you as a parent or carer can use to help ensure your child is safe and happy online.

## All Children

**Make an agreement about, sites, uses, expectations and responsibilities.** By giving your child a role, they will feel more empowered and invested in following the boundaries you agree together. See Childnet for a great example. <https://www.childnet.com/ufiles/Family-Agreement.pdf>

### 3-7 year olds

Learn with Digiduck

Follow Digiduck and his pals in these stories about friendship, responsibility and critical thinking online.

<https://www.childnet.com/resources/digiduck-stories/digiducks-famous-friend>

<https://www.childnet.com/resources/digiduck-stories/digiducks-big-decision>

Have an adventure with Smartie the Penguin

Join in with Mummy Penguin's song and follow the adventures of Smartie the Penguin as he learns how to be safe on the internet. Taking you through Pop ups and in app purchasing, Inappropriate websites and Cyberbullying <https://www.childnet.com/resources/smartie-the-penguin>

This is me!

Read the poem created for Safer Internet Day 2020 and use as a conversation to start talking with your child about what they like to do online and what they already know about staying safe. After you read it through, encourage your child to write their own poem using the things they like to do and what they know about going online safely. <https://www.childnet.com/ufiles/This-is-Me-poem.pdf>

### For 7-11 year olds

#### Be a quiz master

Ask your child to brush up on their online safety skills by working their way through our interactive quiz for primary pupils. After they have completed all the sections, they could run the quiz with other

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members of your family and compare scores. <https://www.childnet.com/young-people/primary/get-answers>

## Get SMART with Kara, Winston and the SMART Crew

Show your child our 5 SMART rules cartoons about staying safe online. The films include a real-life SMART Crew of young people, who guide the cartoon characters in their quest, and help them make safe online decisions. Why not ask your child to film their own advice to go along with each film?

<https://www.childnet.com/resources/the-adventures-of-kara-winston-and-the-smart-crew/smart-crew-guidance-and-activities>

## Screen time - spot the signs

When it comes to children and technology, parents and carers often have the same question: How much screen time should children have? Use our bank of quick activities together with your child to help them recognise the signs they may experience when they've been online too long and the importance of balancing online and offline activities. <https://www.childnet.com/ufiles/Screen-Time-and-Healthy-Balance-Quick-Activities.pdf>

## Online identity detective

The Safer Internet Day 2020 quiz explores whether children feel free to be themselves online. Get your child to test their knowledge about what identity means online, and how it shapes what we think of ourselves and others. <https://www.saferinternet.org.uk/safer-internet-day/safer-internet-day-2020/safer-internet-day-2020-quiz>

## Getting advice and guidance if something goes wrong

As young people spend more time online there is also an increase in the chances they will see something online which isn't intended for them. Whether this is fake news and impersonation, or mean comments, there are lots of places you can go for help and advice on how to report this behaviour. Together as a family you can also help prepare your children and build their critical thinking skills.

### *Making a report*

[reportharmfulcontent.com](http://reportharmfulcontent.com) is a website designed to help you report anything which you believe shouldn't be online, with guidance about how to report different types of content as well as help with the next steps you can take if your report isn't actioned by the site or service you have made it on.



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## Speaking to someone

For parents and carers - [The O2 and NSPCC helpline](#) can help you with any questions or concerns you may have about keeping your child safe online, they can provide you with advice and help to troubleshoot any problems your family may be facing.

## Other useful web sites

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>

- [Childline - for support](#)
- [UK Safer Internet Centre - to report and remove harmful online content](#)
- [CEOP - for advice on making a report about online abuse](#)

[Internet matters - for support for parents and carers to keep their children safe online](#)

[London Grid for Learning - for support for parents and carers to keep their children safe online](#)

[Net-aware - for support for parents and carers from the NSPCC](#)

[Parent info - for support for parents and carers to keep their children safe online](#)

[Thinkuknow - for advice from the National Crime Agency to stay safe online](#)

[UK Safer Internet Centre - advice for parents and carers](#)

## Talking to children about Covid 19

- Try not to shield your child from the news, as it's likely they will find out somehow from school, being online or from friends.
- Talk to your child about what is going on. you could start by asking them what they have heard.
- Try to answer their questions and reassure them in an age appropriate manner. Remember, you do not need to know all the answers, but talking can help them feel calm.
- Reassure your child that it is unlikely they will get seriously ill, and if they do you feel ill you will look after them. Your child might be concerned about who will look after you if you catch the virus. Let them know the kind of support you have as an adult so that they don't feel they need to worry about you.
- Give some practical tips to your child about how they can look after themselves. For example, show them how to wash their hands properly, and remind them when they should be doing it.
- Keep as many regular routines as possible, so that your child feels safe and that things are stable.



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- Spend time doing a positive activity with your child (e.g. reading, playing, painting, cooking) to help reassure them and reduce their anxiety. This is also a great way of providing a space for them to talk through their concerns, without having a 'big chat'.
- Encourage your child to think about the things they can do to make them feel safer and less worried.
- Be aware that your child may want more close contact with you at this time and feel anxious about separation. Try to provide this support whenever possible.
- Remember to look after yourself too. If you yourself are feeling worried, or anxious about coronavirus, talk to someone you trust who can listen and support you.

## Supporting well-being during Covid 19

- **Staying connected** - Video calls. Seeing someone's face really can make a huge difference on a phone call. It can lift your mood and make you feel less lonely. You could really brighten someone's day.
- **Staying Calm**- Mindfulness. There are lots of web sites that help you learn a range of mindfulness activities. Ask your children themselves they are very likely to have some they learnt at school.
- **Take a break from the news**- It can be tempting to constantly check the news during times like this, but if you notice this is having a negative impact on your mental health. Try limiting how often you check the news.
- **Read a book** - Getting away from screens and reading a book can help you escape for a bit. Why not re-read one of your favourites or get your friend to recommend one. You can access lots of books on line
- **Plan your days**- Take some time to write down how you want to spend your day. Creating and sticking to a new routine will give you a sense of order and normality.
- **Feel productive**- Make a list of all those things you said you would like to do but never get round to. It could be sorting out your bedroom or learning another language
- **Online games you can play with friends**- Board games can be a great way to spend time with friends or family while giving you something to focus on. You can play a lot of these games online too.

Head of School

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