



March 2021

Dear Parents and Carers

I hope this letter finds you safe and well. It has been lovely to see so many children returning to school with great enthusiasm and anticipation. They have really enjoyed re-engaging with their friends and teachers and getting back into a good work routine and there is a real buzz around the school as normal activities resume.

For a small number of children, there are problems arising between some pupils due to social networking and gaming. Some parents have reported to us that their child is being bullied or excluded by other child and they are feeling anxious about facing these children in school. Some children are falling out and saying unkind things to each on social media without fully appreciating the impact that this has on other children and the friendships that they have with them. Both parents and staff have raised concerns about the Apps and games that some children are accessing unsupervised by an adult. Please find the accompanying copy of Digital Parenting magazine which has lots of useful tips and information about online safety, parent controls and filtering advice.

[Digital Parenting](https://www.vodafone.co.uk/mobile/digital-parenting) – A guide to help your family live a happy and safe digital life by Vodafone.  
<https://www.vodafone.co.uk/mobile/digital-parenting>

We are also updating the information and guidance available on our school website about which sites are safe and which aren't. A discussion with your child about these sites and whether or not they are allowed access to them, would be very useful. Following the guidance on age restrictions empowers children to say "No" to other children, and prevents them from bowing down to peer pressure. The following information may help to support this conversation with your child.

<https://www.net-aware.org.uk/networks/>

We are doing our very best to safeguard your children and encourage them to lead a healthy, active, outdoor lifestyle, but with your support we can achieve so much more.

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

Anyone who is worried about online abuse or the way someone has been communicating online can report an incident or seek further support and information by visiting

<https://www.ceop.police.uk/safety-centre/>

Yours sincerely

**Mrs C A Myers**  
Headteacher



**National  
Online  
Safety®**  
#WakeUpWednesday

# 14 WAYS TO BE KIND ONLINE

Showing kindness online can mean so much to someone else. It is a choice we can all make that helps others, puts people's needs before our own and which can generate feelings of empathy and compassion. Small gestures can have a large impact and often one act of kindness can lead to more, making the world a happier and more positive place. That's why we've created this guide to suggest a few simple 'acts of kindness online' that can benefit people's mental health, support their wellbeing and encourage a more positive approach to engaging online.



Sometimes a friend or family member might post a question online or ask for help with something they can't do themselves. If you know the answer or are able to offer help, provide support and send a response. Something that may be easy for you might be difficult for someone else.



If somebody you know has done something good or shown kindness themselves, thank them for it. It costs nothing and showing them that you appreciate it means so much.

## 4. SHARE FUNNY VIDEOS OR IMAGES WITH FRIENDS & FAMILY

We often come across funny videos or images online that make us laugh and then we move on. If you found it funny, your friends and family might too. It could help someone smile who may be having a bad day.



## 5. LIKE, LOVE & CELEBRATE

If somebody posts something that you like on social media, like it, love it or celebrate it! It's a small gesture but could mean a lot.

## 6. VIDEO CALL YOUR FRIENDS & FAMILY

It can be easy to be consumed by daily routine. Using apps like Zoom, FaceTime or WhatsApp are great for connecting with others far away and shows you're thinking of them even though you can't physically meet them in person.



## 7. TELL SOMEONE YOU'RE THINKING OF THEM

We can't always tell how people are feeling online and just dropping somebody a message to ask if they're ok or that you're thinking of them could literally make their day.

## 8. SHARE POSITIVE POSTS

If you see something online that inspires you, share it with people you know. An inspirational quote, a beautiful photo or a motivational video can lift spirits, improve self-esteem and help make people feel better about themselves.

## 9. HOST AN ONLINE QUIZ

Video conferencing apps are a great way to get friends and family together. If you know someone who is feeling lonely, host an online quiz and invite them to join in. It could really cheer them up.

## 10. THINK BEFORE YOU COMMENT

Sometimes thinking before you act can be just as significant as acting in the first place. Showing thought before you comment could stop you posting something hurtful, offensive or negative. It's always better to post positively or post nothing at all.

## 11. BE COMPASSIONATE & UNDERSTANDING

Being empathetic towards others and their situation is often an act of kindness and selflessness that gets overlooked. If you notice someone who is upset, drop them a message and offer to listen.

## 12. CONNECT FRIENDS & FAMILY WITH SIMILAR INTERESTS

You may know two people amongst your friends and family who you trust and know well who have similar interests and likes. Introducing them can be a great way for them to make new friends but remember to always ask their permission first.



## 13. RECOMMEND SOMETHING YOU ENJOY DOING TO OTHERS

If you enjoy doing something online, such as playing a game, or if you've found a great learning resource, share it with others. Even if you've watched a good film, letting others know can be an act of generosity that brings them excitement or pleasure at a time when they might need it the most.



## 14. PRAISE OTHERS FOR THEIR ACHIEVEMENTS

Sometimes your friends or family might post something online that they're proud to have done. It might be an exam they've passed, learning a new skill or just completing a task. Either way, it's always kind to recognise hard work and effort through praise and celebration.



## Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department for Education, advising them on their mental health green paper.

