

Kindness

Commitment

Resilience

Wednesday, 3 December 2025

Dear Parents/Carers

The Rowans AP Academy takes safeguarding extremely seriously, which includes how we prepare your child for life at school and at home, both online and offline.

Pupils are encouraged to reduce their time online and spend far less time on devices. As a school we place much greater importance on them playing, talking, moving their bodies, experiencing life outdoors and making things.

Many children already access a device at home such as phone, tablet, laptop, games console, and so please find below some advice that we hope you will find helpful:

1. **Decide** - what is the purpose of your child accessing a device/game/app etc.? What are the benefits? Do you know what the risks might be? **Online harms are very real for ALL children on ALL devices.** What can you do to you minimise or avoid these? Are you aware of age ratings associated with games & apps?
2. **Talk** – ideally before your child starts using any device, start talking to them about things like how to be a good friend, what to do if they see or hear something that makes them sad/worried and other key safety messages such as body safety. These are key skills needed for when they start using devices. When they do start using a device, you should then have regular conversations about what they like to do and how to get help and stay safe.
3. **Safe settings & Supervision** – have you set up appropriate controls on all devices, individual apps and also on your broadband to protect your child, and to allow you to oversee their activity? We suggest young children should be in a communal space when using a device so parents can respond to anything concerning.
4. **Balance** – using devices can be lots of fun. But there are also real risks, such as device use making children less physically active, interrupting their sleep and devices replacing other activities that are much better for their development. Therefore, how will you support your child to maintain a healthy digital diet?
5. **Agree rules** – agree with your child, and all family members, some family rules about how devices should be used. For example, agreeing not to use devices during mealtimes or after a certain time at night. Creating healthy habits is really important!
6. **Online safety** – Please share this safety poster with your child so they can understand, for themselves, how to stay safe on-line.



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THE INTERNET Survival Guide

Stay away from Virus Outbreak Zones!
Virus Hotspots:
Email Attachments
Torrent Downloads
Advertising Links
Download Links
Age Restricted Sites
Fake Instant Messages

DO NOT VISIT A HOTSPOT ON A SCHOOL DEVICE!
If you visit a hotspot at home make sure your anti virus vaccinations are up to date!

Secret Squirrel those nuts!
Nuts of personal information.
The internet is full of spies and they want your data! So never, ever, ever share your personal details online.
Especially your really, really personal details. You know, like... your passwords, home address, phone number or what colour socks you have on!

Limit exposure
The internet is great. You can talk with friends, play games or even use it to learn stuff! But stay too long and you may suffer from the following ailments.

Dealing with trolls!
Trolls love attention! It's how they grow. Anyone can be a troll; a stranger, a friend, even your grandad! If you have a troll infestation the best thing to do is ignore it! Or better yet, block the trolls!
Unfriendly! Unfollow! BLOCK!

DO NOT FEED THE TROLLS!
BLOCK THEM AND LET THEM STARVE!

Squareyeelum
Your eyes turn square! Leading to headaches, lack of sleep and grouchiness!

Vampire syndrome
Yes, it's real. You become scared of the sun and turn a bit pasty. You even wake during the night to update your status. No more garlic bread for you, my friend!

Bigfingeritis
Where one finger (usually the index or thumb) becomes extremely large from over use.

The cure for all these illnesses are the same. A good hour or two away from the internet. Go visit grandma of your friends.

USE YOUR BRAINS
Not everything you read on the internet is true. Before you share something on the internet, it's always a good idea to **USE YOUR BRAIN AND THINK!**
Is it... True Helpful Inspiring Necessary Kind? If not, do us all a favour and delete it.

Ask for help!
If you see something on the internet that upsets or scares you, make sure to tell a teacher! We have had special secret training to help deal with internet related problems.

---doodle---

If you need support with any of the above, have a look at parentsafe.lgfl.net, which has lots of advice and support on this topic. You can also visit our schools' website <https://www.therowans-that.org.uk/onlinesafety>

With thanks for your support.



Mrs K Martin
Vice Principal
The Rowans

