

*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.

Children are encouraged to reduce their time online and spend 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:

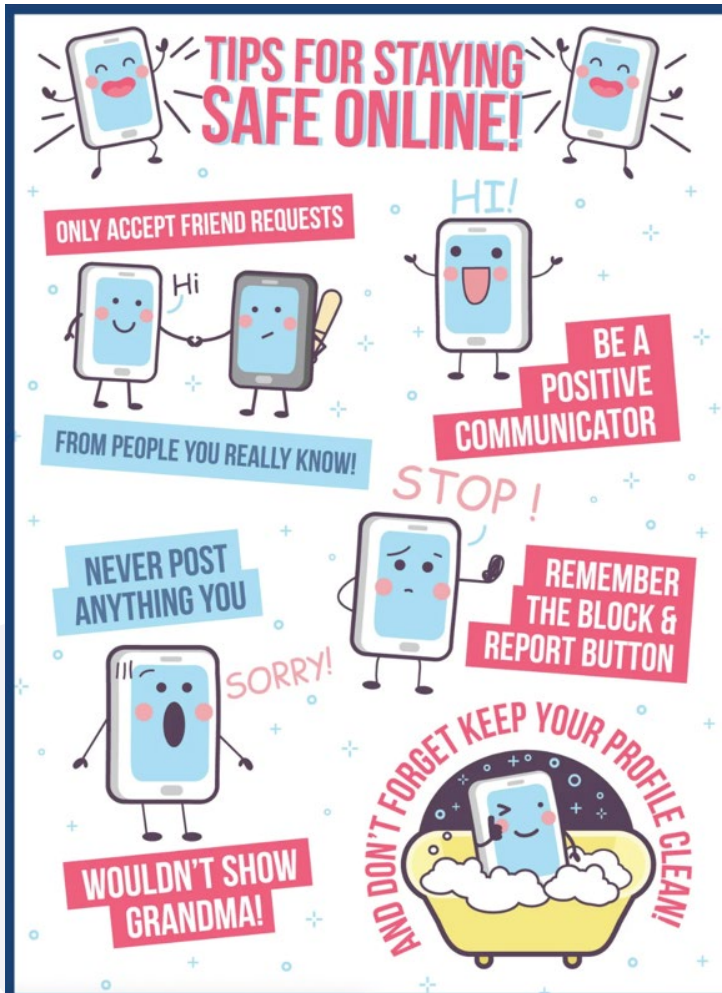
1. **Decide** - what is the purpose of your child accessing a device/game/app etc.? What are the benefits? Do you know what the risks might be? **Online harms are very real for ALL children on ALL devices.** What can you do to you minimise or avoid these? Are you aware of age ratings associated with games and 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.



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If you need support with any of the above, have a look at [parentsafe.lgfl.net](https://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/linesafety>

With thanks for your support.



Mrs K Martin  
Vice Principal  
The Rowans

