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Dear Parents and Carers,

The newsletter this week aims to provide you with information to help keep your child safe whilst working online.

**Keeping your child safe online**

Whilst there are huge benefits to being online in order to stay connected to family and friends during this period, the government recognises many parents may feel concerned about the activities and content their children are accessing. This guidance outlines resources to help keep children safe from different risks online and where to go to receive support and advice.

It is important to have regular conversations about staying safe online and to encourage children to speak to you if they come across something worrying online.

These resources provide guidance for parents and carers to keep children safe online. They will, amongst other things, support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices. Please click on the underlined sections for more information.

* [Thinkuknow](https://www.thinkuknow.co.uk/) by the National Crime Agency - Child Exploitation and Online Protection command (NCA-CEOP) provides resources for parents and carers and children of all ages to help keep children safe online
* [Childnet](https://www.childnet.com/) has developed [guidance for parents and carers](https://www.childnet.com/parents-and-carers/have-a-conversation) to begin a conversation about online safety, as well as [guidance on keeping under-fives safe online](https://www.childnet.com/parents-and-carers/hot-topics/keeping-young-children-safe-online)
* [Parent Info](https://parentinfo.org/) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations
* National Society for the Prevention of Cruelty to Children (NSPCC) has [guidance for parents and carers](https://www.nspcc.org.uk/keeping-children-safe/online-safety) to help keep children safe online
* [UK Safer Internet Centre](https://www.saferinternet.org.uk/advice-centre/parents-and-carers) provides tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](https://reportharmfulcontent.com/)

**Online Safety: Legendary Learners**

Start your online safety journey here! These resources are full of fun, easy activities about sharing carefully, spotting scams, making mega strong passwords, being kind online, looking after your digital wellbeing and more. These packs are an ideal way to talk to your child about tech – and encourage them to become safer anD more confident online.

<https://parentzone.org.uk/legendarylearner>

**Parentzone update**

ParentZone have gathered together their most useful resources for lockdown into one hub. These include everything from: online learning resources and ideas for keeping children occupied, to working from home with children and where to get support.

<https://parentzone.org.uk/lockdown-advice-and-resources>

Additional support networks…

**Gingerbread: Support for Single-Parent Families**

A host of information to support the health and wellbeing of Single-Parent families. Everything from Coronavirus to keeping fit and benefit calculators, this site also has a dedicated helpline to give advice and information.

https://www.gingerbread.org.uk/

**Shout 85258**

Shout 85258 is a free, confidential, 24/7 text messaging support service for anyone who is struggling to cope. For more information on what they do, visit their website:

https://giveusashout.org/

**Action for Happiness**

This is a great website: https://www.actionforhappiness.org/ and they have an app too, highly recommend!

As always, thank you for your support

Nichola Russell