

Head Teacher: Mrs T. Cansdale Deputy Head: Mrs M. Milne

1st May 2025

Dear Parents and Carers

We held a 'Digital Concerns' workshop today. Together with Mr Thomas (who is our PSHE lead – Personal, Social, Health Education), it was really useful to have time to discuss how our children are using technology.

We know some people may not have been able to attend and as this is such an important topic we wanted to send you a summary of what was discussed.

Technology is good and children want to have access to phones and tablets and fit in with others – we recognize that parents and teachers need tools to help children manage their technology use and stay safe.

We also recognized that when children are using technology, it is not risk free. In the same way as we would teach children to cross the road, be wary of strangers etc. before allowing them to play outside, we need to teach them about online safety.

We recommended a website that gives parents more information around social media use and the impact of smartphones and tablets on children. Look at delaysmartphones.org.uk which has a list of questions for parents to think about:

Smartphone Readiness Quiz

- Have you talked to your child about what to do if they come across porn? -This is because by Y5 most children with a smartphone will have seen porn online so they need to know they can tell a trusted adult if they see something that makes them feel uncomfortable.
- Have you talked to your child about grooming? In the same way you would talk to them about stranger danger.
- Have you talked to your child about privacy online? -Do they know what is personal information and what they shouldn't share online?
- Are they well aware of the dangers of smartphones? Have you thought who or what app might have access to their camera?
- Do they exhibit self control with other devices; iPads, TV, video games, etc.?
- Do they openly communicate with you?
- What are they like with other expensive items?
- If the phone is lost or damaged, will it be replaced, if so, who will pay for it?

These are not one and done conversations, these should be open and ongoing conversations that your child knows they come to you about anytime.

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Have you considered a phone contract as a family? Some families find coming up with some rules around phone use which the child has been part of agreeing to can help take away some of the arguments that easily build up.

Phone Contract

Think about what is important to you as a family but here are some suggestions that other families have come up with:

- Your phone is not allowed in the bedroom
- Your phone is not allowed whilst eating
- Your phone must be handed in to us before bed at 8pm
- Your phone must be charged in the kitchen at night, ready for the next day
- Your phone will be checked by us every day, you may not have any passwords that we do not know
- As a family we will have phone free outings where you will be asked to leave your phone at home
- When we ask you to put your phone away, you will do so within 5 minutes

How do I find out more about safety concerns and how to help my child manage the tech and put in some safety features? Have a look at this website for some tips about specific apps and websites your child might be using and what parental controls or features you could use to manage risk: internetmatters.org

We have a Family Breakfast on Thursday 22nd May at 8am and both Mr. Thomas and Lauren our Mental Health Support Team worker (from NHS) will be around and able to talk to you if you have concerns or there are specific questions you have about what school should be teaching children about online safety.

We are reviewing our PSHE curriculum to cover this issue more extensively and prepare children for the world they live in – and when that review is completed we will share it with you, as your input as parents/carers is essential.

Do come and chat to me or Mr Thomas – Mr Thomas is happy to be emailed if you have ideas about what should be in our PSHE curriculum: stjohns@thesycamoretrust.co.uk

Kind regards

Mrs T Cansdale Headteacher