



Victoria Primary Academy Weekly Newsletter

Spring Term

Friday, 17th April 2020

**FOLLOWING
GOVERNMENT
GUIDELINES, THE
SCHOOL IS CLOSED
UNTIL FURTHER
NOTICE**

Hello all children, parents/carers and staff at Victoria Primary Academy.

I hope you are all keeping well.

Thank you to everyone who sent a photo of their children for the last newsletter, celebrating the NHS. It was so lovely to see you looking happy and well and to read all your kind messages. Here are some additional entries for our blue day:-



Jay Dave, Class 2A

Keeping healthy and looking well.



These are Mr Cooper's lucky socks—very fetching, and conveniently blue for our special day!

Daughter Lily or Gracie? worked all week on this amazing picture—perfect for blue day.



Elena Olubinska-Lewandowska, Class RA, is making sure she stays healthy in her mask. She has done a fabulous picture of a nurse looking after a patient in hospital.

Remember to keep sending us pictures and stories of what you have been doing at home. Perhaps you took some photos in the beautiful sunshine we've been enjoying over the last couple of weeks. We will print any you send to us in the weekly newsletter. Send to:-

westrepc@victoriaprimarvacademy.org.uk

Best wishes,

**Mrs Hayley Scargill
Principal**

As children will be spending an increased amount of time at home while in self isolation it is likely they will be using some of the time to use devices to access the Internet, play their favourite games and to keep in touch with their friends. Attached are some useful suggestions to ensure they do so safely and happily.



Victoria Primary Academy PTA



01933



223323—the office remains open



<https://www.victoria-pri.northants.sch.uk/contact/>

Balancing screen time

internet
matters.org



5 top tips to support children and young people

1

Lead by example

Just like anything, **children copy their parents' actions and behaviour**. If you set boundaries for your own screen, it will be easier for your kids to do the same.

2

Set boundaries WITH your kids

Get them involved in the process of **setting age appropriate limits** on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.



3

Ensure a healthy mix of screen activity

Make sure they have a **good balance of screen activities** that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.



4

Avoid using screen time as a reward

This will elevate the status of screen time above other activities and like using food as a reward **may encourage children to simply want more.**



5

Physical activity & sleep are really important

Make sure screens are not displacing these things by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.



Creating a balanced digital diet

Like a healthy meal, a healthy digital diet can help children **to develop good online habits**. Use our **digital diet tips** to help children prioritise screen time activities in a balanced way.



Visit internetmatters.org/screentime for more advice

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Online safety tips for parents of primary school children 6-10 Year Olds

Checklist

✔ Put yourself in control

Make use of the parental controls on your home broadband and any internet-enabled devices. You can find out how at your broadband provider's website or by visiting internetmatters.org.

✔ Search safely

Use safe search engines such as swiggle.org.uk or kids-search.com. Safe search settings can also be activated on Google and other search engines as well as YouTube. You can find out more at google.co.uk/safetycentre.

✔ Agree boundaries

Be clear what your child can and can't do online - where they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

✔ Explore together

The best way to find out what your child is doing online is to ask them to tell you about it. Encourage them to use devices in communal areas so you can see what sites they're visiting and share with them.

✔ Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. The minimum age limit is 13 for several social networking sites, including Facebook and Instagram.

Over 65 % of parents are most concerned about their 6-10 viewing inappropriate content online*



Know this stuff matters, but don't know where to turn?

Internet Matters is a free online resource for every parent in the UK. We'll show you the best ways to protect your children online - with information, advice and support on all the big e-safety issues.

**internet
matters.org**

Learn about it:

Teach your child some simple rules

- Make sure your child knows not to share personal information like their phone number or email address online
- Only talk to real life friends or family if they are on sites with a social media element like Moshi Monsters or Club Penguin
- Use privacy settings wherever they exist to keep their information private
- Be a good online friend and don't say nasty things even if it's just a joke
- Use secure and legal sites to download music and games
- Check attachments and pop ups for viruses before they click or download anything
- Use Public Friendly WiFi when they're out and about to filter inappropriate content
- Help them to better understand the different online platforms they use and judge the quality and reliability of online resources

Talk about it:

Tips for a meaningful conversation

- Start conversations when your children won't be embarrassed, for example in the car going home from school
- Ask them for advice on how to do something online and use this as a conversation starter
- Make sure they know they can come to you if they're upset by something they've seen online
- Be sensitive and praise them when they share their online experiences with you
- If your child comes to you with an issue, stay calm and listen without judging them
- Talk about online grooming as you would stranger danger and explain that people they meet online might not be who they say they are
- Ask them about things online which might make them uncomfortable



Deal with it

You can find out where to get help and advice on the Report it page of internetmatters.org, where we include information on how to report problems - and which relevant organisations and agencies to turn to.

On this page, we also provide information on how to deal with any specific issues you may encounter with your child; such as finding inappropriate content and cyberbullying.

Stay safe at secondary school

Exposure to some of these issues increases when children move up to secondary school so make sure your child is prepared - find out more with our pre-teens age guide at internetmatters.org/ageguide10-13

**internet
matters.org**