



14th February 2024

Dear parents/carers,

Safer Internet Day 2024

In school today children had an assembly on mental health which also included information about screen time.

The World Health Organisation suggests under an hour a day for 2-4 year olds and up to 2 hours for 5-17 year olds. Do you know how long your child is connected for each day?

There are lots of benefits to being online and screen time and device use will be part of our children's futures. However, as with anything, there are also risks. How aware are you of the risks to your child's safety and mental health? Do you know where to find out more and how to support your child to have a safe and healthy digital lifestyle?

Safer Internet Day 2024 has highlighted several useful sites for parents and children. Please see the links below. On the school website, under Safeguarding, there is also a section on Online Safety and Digital Lifestyles.

BBC Own It – a good site for children to explore issues and support around screen time. Really worth a look by parents too, to see what the current topics are around this:

<https://www.bbc.com/ownit>

Here is a link to a site with parents' guides to apps

[Home - The ICT Service - Hub \(onlinesafetyhub.uk\)](https://www.onlinesafetyhub.uk/)

As Parent Zone says, 'It's not easy being a parent in the digital age. Technology moves fast. We have tools and advice to help keep up.' Take a look

[Parent Zone | At the heart of digital family life](https://www.parentzone.org.uk/)

With best wishes,

A handwritten signature in black ink that reads 'SR Haiselden'.

Sally Haiselden

Headteacher