



21st April 2023

Dear Parents and Carers,

Digital well-being and E-safety at Cherry Hinton CE Primary School.

Digital wellbeing is about how the internet and technology can make us feel. This includes recognising the impact being online can have on our emotions, mental health and wellbeing. Technology and the internet should be there to enhance our lives rather than cause a distraction, worry or upset.

Our children are growing up in a digital world where technology has always been present and will always be a part of their future. It is important that the children learn to access websites and online information safely and know what to do if they see something that worries them online.

What we do in school to support E-safety.

In Early Years Foundation Stage, young children are introduced to Declan and Pip on the BBC bitesize website Keeping Safe online. The characters explore what to do if they see something which worries them online. The children have the opportunity to discuss how they should their keep profile information safely and not share their passwords or login details.

From Year 1 to Year 6 each year group has an age appropriate Acceptable Use Policy (A.U.P.) During discussion, rules are set for keeping safe online and this agreement is signed by the whole class. It is then revisited each term to ensure the agreement is being respected and is upheld.

We follow the Cambridgeshire P.S.H.E. Personal Development Plan which explores aspects of E-safety through the units entitled 'Enrichment'.

What can parents and carers do?

The Designated People for Safeguarding and Child Protection should be informed if you are worried about a child or children in our school. This includes concerns you may have over the use of social media.

Designated Safeguarding Lead/Headteacher; Sally Haiselden

Deputy Safeguarding Leads; Louise Saunders and Rebecca Dawkins

General information

On the childnet.com website Digital wellbeing, there are top tips and conversation starters that may support you. It also explains how to model healthy behaviour, set boundaries and routines.

Early Years and Keystage 1

Hector's World

www.thinkuknow.co.uk/5_7/hectorsworld

A free download which children can click on if they see something that makes them feel confused or scared when they are using the computer. They can click on Hector to cover the screen and ask for an adult to help them.


Club Penguin www.clubpenguin.com

Club Penguin is a advert-free, virtual world where children can play games, have fun, and interact. It contains a Parents' section, which explains the different aspects of the site and gives reminders of tips to share with children about internet safety issues.

For the younger children, the Thinkuknow website introduces Hector's World Episode 1 or Lee and Kim's Adventure – Animal Magic .This enables children to understand the importance of a safe online identity.

Early Years to Year 6

• Most social networking sites have a 'Report Abuse' button which enables children (and adults) to report cyberbullying or something else on screen that worries them. Often this button links directly to CEOP (Child Exploitation and Online Protection). See the 'ThinkUKnow' website for guidance on how to use the CEOP Report Abuse Button. See **Sources of Information and Support**.



Here are some more useful websites for parents and carers.

Childnet International www.childnet.com

This organisation works in partnership with parents, carers, teachers and professionals to help make the internet a safer place for children. The website contains information, advice and resources.

Kidsmart www.kidsmart.org.uk

An award winning practical internet safety programme (part of Know IT All. See above) for schools, parents/carers and children. Includes the teaching resource: SMART Adventure.

Safe www.digitalme.co.uk

Safe is a programme of practical activities to develop children's skills, confidence, skills and safety awareness when using social network sites.

E2bn www.e2bn.org

E2bn is the east of England Regional Broadband providing services and classroom resources for teachers and schools.

NSPCC Net Aware www.net-aware.org.uk/

A guide for parents to the social networks, games and apps which children use.