

Dear Parents/Carers

Welcome to our latest e-safety Bulletin. At Baycroft we take your child's online safety very seriously and are committed to keeping up to date despite the rapidly moving world of technology.

You can read more about E-safety in school on our E-safety web page on our school website here.... <http://www.baycroftschoo.co.uk/e-safety>

We hope you find this bulletin useful and appreciate any feedback you have.

The E-safety Team—M Miles, S Kiff, M McKibbens

Are you Cyber secure?

Here are some of the top cybersecurity issues, and tips for staying safe...



Clickjacking When links are disguised to download malware onto your device in order to collect personal information. The links may look like something innocent like a funny video or a tempting offer. Warn your children to be careful what they click on. Usually with the links there is something that looks suspicious.

Identity Theft Children can also be victims of identity theft. They are usually more trusting than adults and can be tricked into sharing private information. Make sure your child knows never to give out personal information, especially passwords, or answers to security questions like pet names or postcodes!

Unsafe passwords These are the keys to your online life. It is essential to choose passwords that are impossible to guess and not to use the same passwords for multiple accounts.

Viruses and Malware Make sure your child is aware of the risks of viruses. Your computer could be corrupted if they open an infected attachment which could cause identity theft, important data being deleted or your computer being unusable. Install anti-virus software and keep it updated.

Where to get help and advice

There are a number of websites that have lots of helpful information about parental controls, gaming, social media, privacy setting and lots more. We have links to some of these on our website at www.baycroftschoo.co.uk but some are repeated below

<http://www.saferinternet.org.uk/>

<https://www.nspcc.org.uk>

<https://www.thinkuknow.co.uk/>

<http://www.childnet.com/>



How to manage your child's screen time



Whether it is a mobile phone, tablet, or TV, some parents worry about the amount of screen time their children have. Although very few actually ban screen time, there can be feelings of guilt about allowing their children to use screens so parents have a few moments of peace and quiet.

Here are some ways to get the balance right..

- Have some family guidelines - Use similar routines that you might use for mealtimes or bedtime
- Start early - It can be hard to put rules in place once your children know how much time their friends are getting so establish a pattern of behaviour from a young age.
- Set some limits - It is probably not such a good idea to allow screen time on weekday mornings while trying to get them off to school or within an hour of bedtime when you want them to calm down. Similarly you probably don't want them using screens at mealtimes. Discuss as a family the best times for everyone to get the most from their screen time.
- Share - Use the screens together...perhaps to watch a movie or video call a friend or relative to share some news or for your child to show something they have made.
- Encourage creativity - there are some great apps out there that can help create photos, videos stories and art. These can be very helpful to your children.

A pain in the tech?

Constant or excessive use of technology can cause pain in the lower back and neck and in the hand and wrist. 1 in 6 young people suffer discomfort in their hands from using technology and a smaller number have discomfort in their arms and shoulders .

Here are a few ways to help make sure they (and you) don't have too many aches and pains...

1. When using a tablet or mobile phone hold it at a height you don't need to flex your neck too much to look down at the screen.
2. Keep your hands close to your body. The weight of a mobile phone matters...the load is significantly increased if your arm is outstretched and will put strain on your neck and shoulder muscles.
3. Try to use both hands when typing on a phone. Using predictive text and abbreviations can help to reduce the repetitive motion of tapping out letters.
4. Take a break. Put your device down between messages or different game levels.



Reporting Abuse



CEOP (Child Exploitation and Online Protection) is a division of the National Crime Agency who protect children online and offline. Anyone can report abuse, from Cyber bullying to Sexting by using their reporting system at <https://www.ceop.police.uk/safety-centre/>