

In this issue we will be focusing on screen time, PEGI ratings, digital wellbeing and Parental controls.

### What's been happening?

**At Trevithick:** Reception have enjoyed some Online Safety Stories, they know that if they are ever unsure about something, they should ask a grownup.

Year 1 have worked hard at creating their own e-books about Duffy's Lucky Escape. They created their own pictures and animations to bring the books to life.

Year 2 have explored Education City, learnt about personal / Private information and labelled plants.



Year 3 have been typing up information from their story 'The Tempest' and changing the font, colour and size. They have also been using the internet to research about different climates they have been looking at in topic.

Year 4 have been using very modern technology to help tell a very ancient tale! They have been developing a scratch project, retelling the process of going into the afterlife as an ancient Egyptian.

Year 5 have been playing Kahoot quizzes and using Google Classroom for redrafting their work.



Year 6 have been using the Chromebooks to research more about their topic: Should we be ruled by the Royals? They discovered the royal family tree, which countries have a monarchy and the links between the monarchy and parliament. They have also used Google sheets to create graphs.

Dragons have been working on programming BeeBots and the importance of limiting screen time! We have devised a timetable so we can use our devices at set times of the day.

**At St Issey:** Before the Christmas holidays St Issey enjoyed a Computing Dazzle Day. Mr Harvey and Mrs Tully visited. They borrowed some equipment from TLA and split the children into groups. During the morning all the children were able to have a go at coding with the BeeBots, trying to program them to go through tunnels and avoid obstacles. They also had a chance at coding using Scratch. Reception, Year 1



and Year 2 thoroughly enjoyed coding using Scratch Jr on the iPads, Years 3-6 were able to take it step further and used Scratch online, animating their names and adding in sound effects!

During the afternoon all the children participated in Digital Citizenship lessons, learning how to safely use the internet and be responsible users.

### eCadets

The TLA eCadets have been working really hard. They have worked on and completed several challenges already this year. The first challenge was launching a competition for an eCadet mascot. They judged all the fantastic entries and after lots of deliberation, chose a winner.

They would like to introduce their new mascot. Designed by Lucy in Giants class.



Another challenge completed by the eCadets was to conduct a survey about screen time in KS2. The results have been very interesting and indicated that 39% of our KS2 children are spending more than 4 hours a day watching some type of screen. The eCadets thought that this was a bit worrying and shared some of the possible issues that may arise from having too much screen time.

Too much screen time can:

- affect your eyesight
- stop you from being active and doing exercise
- make you unable to sleep
- affect your ability to concentrate
- hurt your back, as you may not be sitting properly
- make you less social in real life

The eCadets have also made a list of things you could do instead of having screen time.

- play board games
- write a poem/letter/story
- play outside
- chat to people in real life
- go out somewhere
- make things/modelling/playdough/clay/Lego
- play in real life
- read a book
- help cook/ do some baking
- play sport/ dance
- do some art/drawing/painting

There are currently lots of mixed messages about screen time and whether limits should be set or not. [This article](https://parentzone.org.uk/article/5-things-parents-should-know-about-screen-time?utm_source=Mailing%208%20Jan&utm_medium=email&utm_campaign=PZ%20screen%20time%20article) from Parentzone ([parentzone.org.uk/article/5-things-parents-should-know-about-screen-time?utm\\_source=Mailing%208%20Jan&utm\\_medium=email&utm\\_campaign=PZ%20screen%20time%20article](https://parentzone.org.uk/article/5-things-parents-should-know-about-screen-time?utm_source=Mailing%208%20Jan&utm_medium=email&utm_campaign=PZ%20screen%20time%20article)) gives some good information about how and if you should manage screen time in your family. In summary the article suggests that as long as children are still getting enough sleep, exercise, and have good social interactions and self esteem then they probably already have a good healthy balance. But it should be monitored and discussed as a family.

### New Acceptable Use Agreements

Your child would have brought home a new Acceptable Use Agreement. Please take this opportunity to read through the agreement with your child, discuss it, sign it and return it to school as soon as possible. Thank you.

## Digital Wellbeing and Parental Controls

There is currently a big push on digital well being, with all the big companies working on helping cut down the amount of time we spend online.

All Apple devices running iOS 12 can now use the Screen time features, allowing you to control how long you use the device and setting screen time limits for family members.

Android are currently releasing Wellbeing tools on Android Pie. These allow you to control your own device and set limits.

Android also has a separate App (Family Link) which allows parents to control their children's devices, setting parental controls, location settings and screen time limits.

Games consoles have parental controls, which can be used to set limits on screen time, purchasing, and location. For further information on how to set these up please use the following links:

Nintendo Switch [www.commonsensemedia.org/blog/parental-controls-nintendo-switch](http://www.commonsensemedia.org/blog/parental-controls-nintendo-switch)

Xbox One [www.commonsensemedia.org/blog/parental-controls-xbox-one](http://www.commonsensemedia.org/blog/parental-controls-xbox-one)

PlayStation 4 [www.commonsensemedia.org/blog/parental-controls-playstation-4](http://www.commonsensemedia.org/blog/parental-controls-playstation-4)

Popular sites like YouTube, Instagram and Facebook now allow you to see how long you are spending on them. Other sites like TikTok allow you to set a 2 hour limit.

We as adults need to make sure we are setting a good example too. We need to make sure that our privacy controls are setup properly and make sure we don't spend too long online.

## Christmas Holiday Survey

We have just completed another survey asking our KS2 children about their online habits over the Christmas holiday, we asked them whether they had received gifts that can access the internet and how/if these were set up.

The survey results show that 24% did not have parental controls, privacy or location settings set up on their devices and 12% said that they had no help from an adult when setting up a new device. It may appear sometimes that your child knows more about the internet than you do, however, you should always double check that the privacy, location and parental settings have been set correctly. By not having these settings set up properly it means that there may not be any filters on what the children can access, they might be able to make purchases online without your consent, it also means that someone might be able to find where you/your child live through the location settings. Read this article for more information: [www.commonsensemedia.org/blog/everything-you-need-to-know-about-parental-controls](http://www.commonsensemedia.org/blog/everything-you-need-to-know-about-parental-controls)

72% of the children said that they have discussed online safety with their parents, and 63% have rules for when/how they use the internet. Only 17% said that they do not talk to their parents about what they do online. These results are really encouraging, it is said that the best tools for keeping children safe online are the parents. By opening a dialogue with your child it allows you to understand what they enjoy doing online and can help you identify any issues they might en-

counter. Read the following article for more information, [www.commonsensemedia.org/blog/why-the-best-parental-control-is-you](http://www.commonsensemedia.org/blog/why-the-best-parental-control-is-you).

73% of the children said they play online in their bedrooms, (this has decreased from 80% in September) this is still quite a high percentage and means that you may not be fully aware of what your child is doing online, it is suggested that children should access the internet in public spaces in your house, such as the living room, kitchen, dining room etc, a place where you can keep an eye /ear on what they are doing.

## PEGI Ratings

Whilst conducting this term's Online safety survey, it was interesting to learn that many children did not know about PEGI ratings.



PEGI stands for Pan European Game Information, this is an organisation that rates all games and Apps. A PEGI rating will tell you what age the game/App is appropriate for and what kind of content is within it (violence, bad language, etc). For more information please visit <https://pegi.info/>.

In the Online Safety Survey it was interesting to see that only 40% said that their parents check PEGI ratings before downloading or purchasing games and Apps. Whilst 25% don't use the ratings at all. Several children also suggested that when downloading games/Apps they don't have to ask permission from an adult. This could mean your child is accessing games/Apps that could be inappropriate for their age.

We also asked the children if their parents talk to them about what they enjoy playing/doing online only 17% said that they didn't, this is really encouraging as a big majority of our children do talk to their parents about being online, this then opens up conversations about being safe online and helps reassure the children that they can talk to you if they experience something that makes them uncomfortable or encounter a problem.

Another question asked was whether their parents have ever sat down and either watched them play online or played a game with them online. 72% said that they had, this is said to be the best way of monitoring what your child understands about being online and staying safe. It also allows you to become aware of what your child may become exposed to so you can take the appropriate action.

Another useful website is [commonsensemedia.org](http://commonsensemedia.org) this website provides reviews and information for parents about games and apps. It also gives insight into what you might expect from the game/app.

The eCadets' next challenge will be to teach their classmates about PEGI ratings, what they are and why we should use them.

## How to report an incident

If your child tells you or shows you something inappropriate that they have seen online please report it.



You can report it by visiting [www.ceop.police.uk/](http://www.ceop.police.uk/) or by clicking the button on our website. The website will guide you through how to make a report. Please make sure it is reported, as this could help prevent others from seeing it too.