



## ST ANTONY'S CATHOLIC PRIMARY SCHOOL

Headteacher: Miss Chantal Pampellonne  
Mornington Road, Woodford Green, Essex IG8 0TX  
Tel: 020 8504 4706 [www.stantonyscatholicps.co.uk](http://www.stantonyscatholicps.co.uk)



20<sup>th</sup> January 2021

Dear parents,

### Staying safe online

As children and young people are spending much more time on devices than ever due to lockdown and remote learning, we have put together some advice on how to keep your children safe online.

London Grid for Learning has a dedicated page for safeguarding advice for parents at <https://www.lgfl.net/online-safety/resource-centre?s=16>, as have the NSPCC: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>. There is also a handy fridge flyer to help parents at [toptipscorona.lgfl.net](http://toptipscorona.lgfl.net) which you may want to print out and keep. The best advice we can give is to **talk to your child**. [Talk to them](#) about what they're doing online and how they can stay safe. Let them know they can come to you, their teacher or another adult they trust if they're feeling worried or upset by anything they've seen online. They can also get support from [Childline](#).

Please do not worry too much about screen time – this is unavoidable at the moment. Think instead about screen quality, balance and mental health. The Children's Commissioner has provided a framework called the 'Digital Five a Day' with five things to think about each day to help put that into practice.



Digital 5 A Day  
Simple steps to a balanced digital diet and better wellbeing

It is important that children get the opportunity to chat to friends and at the moment, this can only be done online. However, this needs to be done in a safe and kind way. Please help us reinforce the key messages about appropriate behaviour to keep everyone safe and happy. Remind children to look out for their friends, not say anything that they wouldn't like to hear themselves, and always stop or stand up for others if someone gets upset. The NSPCC net aware site rates a wide variety of social media sites for their safety and gives lots of useful information. Go to: <https://www.net-aware.org.uk/>

Other good sources of advice are: The UK Safer Internet Centre- <https://www.saferinternet.org.uk/> and Thinkuknow - <https://www.thinkuknow.co.uk/>



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If your child sees something online that worries them or that might be wrong, make sure they know that they must ask for help from a trusted adult. Please also remind them never to share scary or rude images, even to complain about them. If you or they are concerned about an adult's behaviour towards a child online, report them to [CEOP](#). And as a parent, you can also contact the NSPCC - 02 advice line on 0808 800 5002.

Please be reassured that we are doing all we can to keep your children safe online. Our online learning platform, Google for Education, is secure and only accessible by those with a St Antony's G Suite account. Please make sure that children are always logged in ONLY with this account. We have shared our live Google Meet protocols with the children and all staff; you can find this on our school website. Children must adhere to these protocols at all times during live lessons.

Thank you for your support as always.

Yours sincerely,

Miss Pampellonne

Miss Pampellonne  
(Headteacher)

*God is at the heart of our school*