

# WELCOME



Welcome to this terms online safety newsletter. This interactive newsletter is designed to support parents and carers in learning about the online world that our children are exposed to.

Our children are growing up in a digital world. With the internet being an integral part of their lives, ensuring their online safety is more important than ever. As our students become increasingly active online, it's essential that they are equipped with the knowledge and tools to navigate the digital world safely and responsibly.

We understand that keeping up with the ever-evolving digital landscape can be challenging. From social media platforms to online gaming, and from educational resources to instant messaging apps, the internet offers numerous opportunities and risks. This newsletter aims to provide you with valuable insights, practical tips, and useful resources to help you guide your children towards a safe and positive online experience.

Our goal is to support you in fostering an environment where your children can enjoy the benefits of the internet while being protected from its potential dangers. By working together, we can help our students develop good digital habits that will serve them well throughout their lives.

We hope you find this newsletter helpful and encourage you to reach out with any questions or concerns. Your involvement is key to creating a safe online environment for all our students.

Thank you for your continued support.

Kind regards,

**Mr J Crosthwaite**

Associate SLT

Teacher of Computer Science



### IN THIS EDITION WE EXPLORE:

- Filtering and monitoring in school
- What we teach and when
- A family conversation to have at home.
- Safety Hub app
- Back to school online safety tips
- Resources for parents/ carers
- National online safety - a wealth of resources.

# WHAT DO WE TEACH?

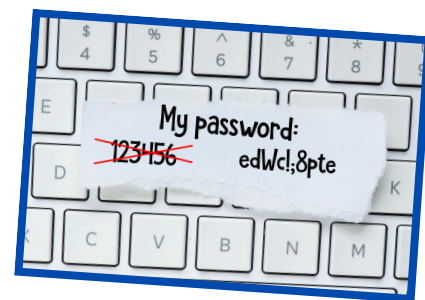
## AN OVERVIEW OF OUR ONLINE SAFETY CURRICULUM



Year 7	Year 8	Year 9	Year 10	Year 11	Sixth Form
Online Bullying	Online Reputation	Online Communication	Privacy and Security	Health, well-being and lifestyle	Self-image and Identity
Managing Online Information	Online Relationships	Self-image and Identity	Online Reputation	Managing Online Information	Online Relationships
Online Communication	Digital Literacy	Privacy and Security	Copyright and Ownership	Online Reputation	Health, well-being and lifestyle
Digital Literacy		Digital Literacy	Digital Literacy	Digital Literacy	Digital Literacy

### A FAMILY ONLINE SAFETY CONVERSATION

If you are a parent or carer why not ask them to tell you the answers to these questions on topics pupils have studied.



**What is a strong and weak password? Why?**

**Why shouldn't you use the same password on multiple websites and apps?**

**Can you trust the information you see online? Why / why not? How can you check?**

**What is Phishing?**

**What are the benefits and drawbacks of using email?**

**What is Creative Commons?**

**What is the Copyright Law?**



# REPORT IT. DON'T TOLERATE IT.

## ONLINE BULLYING



This year, we launched our **Safety Hub** app. The app (available within Microsoft Teams) is available for all pupils in the school. Currently, we have sections in the app that cover advise and guidance on:

- Mental Health
- Abuse
- Social Media
- Drugs and Alcohol (including smoking and vaping)
- Exam Stress
- and a 'Help Me' section.

### HELP ME

Pupils can use this to ask for help with any safeguarding issue including bullying. If a pupil doesn't feel they can speak to a member of staff in person they can use this app and the message will then be sent to a member of the safeguarding team who will work to resolve the issue with the pupil.



# FILTERING AND MONITORING SCHOOL SYSTEMS

## School Monitoring and Filtering Systems: Keeping Your Child Safe Online



At our school, we prioritise the online safety of all students by employing robust filtering and monitoring systems. These systems are designed to protect against harmful content, such as extremist materials, pornography, self-harm, and other inappropriate content. They are essential to ensuring students can access the internet safely while in school, helping to fulfill the requirements set out by government guidelines.

### What We Filter:

The school's filtering system blocks a variety of harmful and inappropriate content, including:

- **Extremism and Terrorism:** Filters block access to content promoting violence, intolerance, and terrorist ideologies.
- **Gambling and Drugs:** Any sites that promote illegal activities, such as gambling or drug use, are restricted.
- **Hate Speech:** Content that encourages violence or discrimination based on race, gender, or sexual orientation is also prohibited.
- **Violence and Self-Harm:** Filters prevent access to content promoting violence, suicide, or self-harm.
- **Pornography:** Explicit sexual content is strictly blocked.
- **Malware and Hacking:** The system also helps protect students from online security threats like viruses and hacking tools.

### Regular Updates and Monitoring:

Our filtering systems are reviewed regularly to ensure they remain effective. Importantly, while these systems are strong, we ensure that they do not "over-block," which would prevent valuable educational content from being accessed.

### Monitoring Mobile and School Devices:

Filtering systems are applied to all school-owned devices, including tablets and mobile phones. We encourage parents to support us in keeping these systems effective by promoting safe device use at home as well.

### Education Beyond Filters:

While our filtering systems are vital, online safety also involves education. We incorporate lessons on digital safety into the curriculum, teaching students to recognise and avoid risks. Research shows that students who understand how to assess risks are better equipped to stay safe online, even outside of school.

### **FURTHER ADVICE AND GUIDANCE:**

If you are interested in seeing what our new system can do and how effective it is at keeping our pupils and systems safe, you can download a report by [clicking here](#). The report has been written to cover the requirements of the Keeping Children Safe in Education guidance.

# BACK TO SCHOOL ONLINE SAFETY TIPS

## FOR PARENTS/CARERS AND STUDENTS



### Be cautious with your profile

Be careful not to give out too much info on your social media or gaming profiles.

Details like your full name, address or school's name could all help strangers to actually find you offline. A trusted adult can help you make your profiles private – so only your family and actual friends can contact you.



### Keep it 'real' with online friends

Everyone enjoys adding friends and followers on social media. It's important, though, that the people you interact with online really are your friends. If they're just random people you've connected with to increase your contacts, you don't know if they could be trolls or bullies (or worse).



### Report offensive in-game chat

If you game online with your mates, you'll know things can get competitive and heated on the in-game chat. Playing against people you don't know (especially if they're older) raises the risk of offensive comments and even threats.

Our advice? Find out how to block or mute them.



### Be smart with screen time

Too much screen time, especially just before bed, can affect your quality of sleep. Losing sleep, or not sleeping well enough, messes with your concentration and energy levels. Try muting notifications so you don't get pinged late at night: you'll feel fresher and more focused the next day.



### Manage online relationships wisely

Most people chat to their friends online. Just be mindful that once you send a pic or message (even if it's private), you no longer control who else might see it.

Messaging someone you've never actually met – and who might not be who they say – is definitely best avoided.



### Learn to spot fake news

If you're looking into a topic for homework or a project, be careful not to get taken in by fake news: content that's deliberately created to mislead people. Check the story with credible sources, like the BBC or Sky News. Trust your instincts, too – if it seems too unbelievable to be true, it's probably fake.



[To view more guides like this, click here to visit the online safety section of the school website.](#)

# HELP AND SUPPORT

## RESOURCES FOR PARENTS/CARERS



Contact Us 01946 892275 Calendar Campus Lettings

St Benedict's Catholic High School 1974

Home Latest News Our School Curriculum Parent Information Sixth Form SEND Important Information

### Online Safety

**Parent/Carer guide to...**

Omegle	Loot Box's	Wink	Rec Room
BeReal	Steam	Fortnite	League of Legends
Fifa 23	Twitch	TikTok	Tellonym
Sendit	The Metaverse	Hoop	Amigo
Instagram	Yubo	Chatroulette	VPNs
Discord	Telegram	Replika	Online Influencers

**Letters sent home to Parents/Carers regarding online safety**  
(Academic year 2022-2023)  
Online Chat Sites  
National Online Safety Service  
Online influencers

**Our Online Safety Lead is:** Mr Craig Redhead, Assistant Headteacher  
[View Our Online Safety Policy](#)

Welcome to this online safety guidance page, focussing on providing you with guidance on how to keep your children safe online. The page is designed to showcase some of the work that the students undertake to develop their knowledge about keeping themselves online, as well as showcasing some of the benefits of using the Internet too. The world wide web is a place for learning, entertainment and socialising. It is almost impossible today, to remove access to the Internet from our children. It is my view that children should be taught how to use the world wide web for exploring the world around them. The world wide web is a safe place for our children to use, as long as they know how to use it properly and take advice. Unfortunately, like everyday life, there are dangers on the world wide web but as long as you know what to watch out for then you should be safe.

This webpage is not a comprehensive service describing every do and don't but it does give basic advice on what to watch out for, which should help us all keep our online experience safe and secure.

Some of the video resources and material/guidance on the site has come from the [CEOP](#) and [Thinkuknow](#) websites, which have much more detailed advice from Government agencies. I would strongly advise you to explore the content on these sites further, if possible.

The link below allows students to directly report their concerns to [CEOP](#).

**Report it to CEOP**

Has someone acted inappropriately towards you online, or to a child or young person you know? It may be sexual chat, being asked to do something that makes you feel uncomfortable or someone being insistent on meeting up. You can report it to CEOP below.

**Parent Awareness**

During the year we will host a number of informal events where you will have the opportunity to meet with staff in school to gain further information on e-safety related issues.

Keep checking social media, EduLink for dates and times.

In the meanwhile, a great resource to help you stay up-to-date with all online safety topics is: <https://www.thinkuknow.co.uk/parents/>

Find out what to do, if you are concerned about your child's online activities: <https://www.thinkuknow.co.uk/parents/Concerned-about-your-child/>

Children's Online Safety Test: <https://www.virginmedia.com/blog/online-safety/childrens-internet-safety-test>

**National Online Safety**

Access the National Online Safety website and resources here: [National Online Safety | Keeping Children Safe Online in Education](#)

**Screen Time Advice**

The Screen Time Diet: helping your teen find balance with their tech | MyTutor

**Video Guides**

Below you will find a summary of video guides which may be of use:

### THE SCHOOL WEBSITE

The online safety section of the school website has a wealth of resources which are designed for parents / carers. Here is a summary of the resources available:

**Parent/Carer guide to** a series of social media apps - we explain what they are, who they are aimed at, what the benefits and dangers are and age limits.

**Links** to websites on online safety topics.

How to sign up to the **National Online Safety service**.

**Video explainer guides** on topics such as cyber security, social media, online gaming, sharing images and video.

School **policy and procedures**.

**How to report** non urgent worries or concerns to the Police about online safety issues.

### OUR ONLINE SAFETY POLICY

You can view our online safety policy by clicking here.

# HELP AND SUPPORT

## RESOURCES FOR PARENTS/CARERS



Dear Parents & Carers,

The online world is posing an ever-increasing risk to children, and it is important that schools, parents, and carers work together to take an active role in teaching children about online dangers. Learning how to act safely when using the internet is an incredibly important part of safeguarding our children.

I am pleased to make you aware that we have partnered with a company called National Online Safety, who provide resources for parents and carers on all aspects of online safety.

The resources include online video resources and weekly guides covering a range of topics, including:

- Online Relationships
- Fake Profiles & Social Bots
- Online Bullying
- Online Grooming
- Child Sexual Exploitation
- Sexual Harassment & Violence
- Sexting
- Live Streaming
- Online Identity
- Screen Addiction
- Online Challenges
- Overspending
- Social Media Platforms
- Online Gambling
- Radicalisation, Terrorism & Extremism
- Age Inappropriate Content
- Copyright & Ownership
- Hacking
- Fake News
- Online Fraud
- Online Reputation
- Personal Data
- Pornography
- Targeted Adverts & Pop-Ups
- The Dark Web
- Games & Trends

To create your account, please follow <https://nationalonlinesafety.com/enrol/st-benedict-s-catholic-high-school> and complete your details.

Alternatively, you can scan this QR code using your phones camera to go straight to the site:



When you are set up, you will be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including a smartphone app. To download the app, please go to:

Apple devices: <https://apps.apple.com/gb/app/national-online-safety/id1530342372>

Android devices: <https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

**J. Crosthwaite, Associate SLT**