

# Primary phase newsletter

Friday 10th February 2023

*Creating Tomorrow's Citizens Today*



## All-through news

We are now midway through this term and the differences from the start of the term are evident to all. Both the mornings and evenings are getting lighter and this has been significant for the many sporting fixtures that our children and young people have participated in both at KS2 and within the secondary phases. Our rich programme of trips, visits, competitions and events has continued to roll out, with even more variety next half term.

Indeed, I have just returned from a wonderful concert, held in the Larch. Our brass players were joined by 4 Mill Mead musicians and parents and family friends enthusiastically supported children who have only been playing their brass instruments for a short time. The confidence of the players was impressive as they performed solos, duets and then to our delight, a jazz piece. Real jazz indeed with sixth formers and a Y10, along with the amazing Mr Peach, playing the beat and the younger students able to perform solo improvisations. I look forward to seeing these musicians when they are part of the senior Big Band and perhaps playing at Ronnies Scott's!

There is definitely a feeling of "hope" and "spring in the air"! I hope you too felt good when you no doubt saw that Hertford was rated "the fifth happiest place to live in the East of England". Withstanding the other places, we proudly saw that along with good transport links, the article spoke of good schools. Simon Balle All through School and Abel Smith were named as "the go to schools"!

However, on a very different note, I am sure that everyone has been saddened by the images we have seen of the earthquake's destruction in Turkey and northern Syria. Many have been moved to donate; a local family, the Browns, are leading a collection of items in Hertford.

## Collection to help those affected by the Earthquake in Turkey and Syria

### Collection to help those affected by the Earthquake in Turkey and Syria

Drop off at Simon Balle School (Marquee will be set up outside the school canteen) – Between 8am and 2pm Monday 13<sup>th</sup> February to Friday 17<sup>th</sup> February 2023.

We can only accept the following items at this time:

#### Warm winter clothing:

- Coats
- Jumpers
- Any thermal clothing
- Hats/gloves/scarves/socks

#### For babies & children:

- Nappies and nappy bags
- Nappy cream
- Baby formula/bottles/dummies
- New underwear

#### Camping items:

- Tents
- Hot water bottles
- Blankets
- Pillowcases
- Sleeping bags
- Rucksacks/Backpacks
- Wind up torches

#### Toiletries:

- Female hygiene products
- Toothpaste/toothbrushes
- Medical items such as bandages/dressings

**Our storage space is limited, therefore please ensure all items are clean and they must be on the list above.**

**Thank you for your support!**

"For anyone wishing to support and donate items to the people affected by the Earthquake in Turkey and Syria, we will be accepting drop off donations in a marquee that will be set up outside the school canteen between 8am and 2pm Monday 13th February to Friday 17th February. Please see the attached poster which details the specific items that are being requested."

Thank you!

May we wish everyone a safe and restful half term. School reopens on Tuesday 21 February.

## Music

Find our latest music news here -

<https://www.simonballe.herts.sch.uk/musical-news-february-2023>

From Trinity exam success, to woodwind and brass beginners' celebration, meeting more of our ambassadors and celebrating piano! Our musicians have been very busy!

We have lots of concerts and celebrations coming up this term, please see our What's On Page for all the dates and details.

<https://www.simonballe.herts.sch.uk/music/whats-on/>

## Curriculum

We pride ourselves on the work our staff have put into creating the broad and ambitious curriculum that our students study. This information can be viewed in two formats: as an [all-through curriculum map](#) that charts the progression through a subject, or as a [summary of what each year group studies](#) each term. Depending on which version you are looking at, select either the year group or subject area from the right hand side of the page and then scroll to the bottom to access the relevant document.

## Vacancies

Come and join us- vacancies at Simon Balle All Through School. Thank you for spreading the word about our recruitment drive; recently we have appointed some excellent teachers.

We are now looking to recruit for September (if not earlier!)

**A female teacher of PE**  
**Head of Business Studies**  
**Head of English**  
(the above are currently advertised in "Teach in Herts")

We continue to want to hear from colleagues who would like to work as TAs in the secondary phase- particularly supporting students with special educational needs

We shall shortly be advertising for a primary teacher

If you are interested in any of the above or think you would love to work in a school that is driven by values and a commitment to the highest quality teaching and learning, do get in touch and we can discuss this further with you!

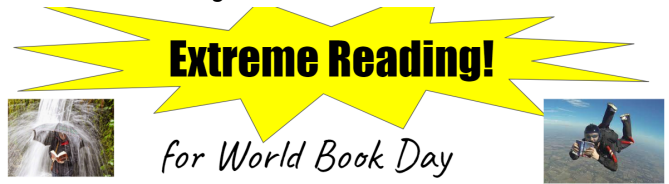
[creaseyj@simonballe.herts.sch.uk](mailto:creaseyj@simonballe.herts.sch.uk)

## SEND appointments

If you would like to book a virtual appointment of up to 15 minutes with a member of the SEND team use the following link:

<https://calendly.com/send-drop-ins/send-drop-in-meetings?month=2022-12>

## World Book Day



- 1) Choose a good book to read.
- 2) Find a weird and wonderful place to read your book.
- 3) Get engrossed in the book.
- 4) Get someone in your family or a friend to take a photograph of you reading your book in the weird and wonderful place.
- 5) Send your photo to Miss Iles ([ilesr@simonballe.herts.sch.uk](mailto:ilesr@simonballe.herts.sch.uk)) by **Friday 24th February**.  
House points will be awarded!

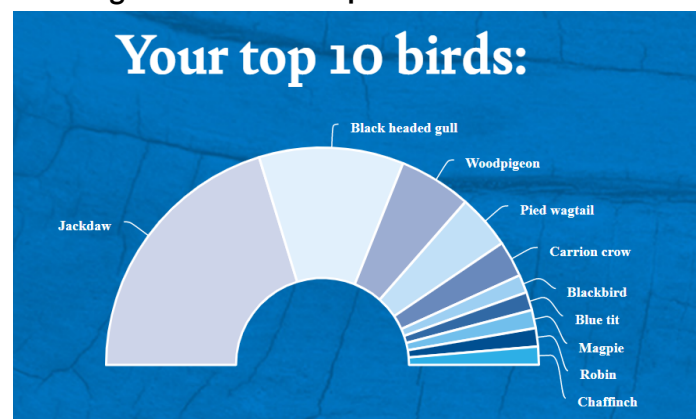
## The RSPB's Big Schools' Birdwatch 2023

On Thursday 2nd February 14 students from years 6, 7, 8, 9 and 13 did the RSPB's Big Schools' Birdwatch 2023. The birdwatch is really important because it helps the RSPB to monitor bird numbers and check whether species are in decline.

We explored the school grounds and saw a variety of different species including woodpigeon, blackbird, jackdaw, black-headed gull, magpie, pied wagtail, blue tit and great tit. The highlights were a chaffinch and a large buzzard.

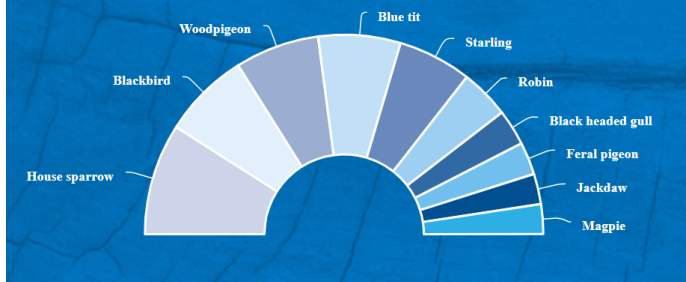
Well done to everyone who participated. Our results have been recorded by the RSPB and will be used as part of the RSPB's future conservation efforts.

This diagram shows the top 10 birds that we saw:



This diagram shows the number of birds that have been counted so far during the Big Schools' Birdwatch across the country.

## 28,077 birds counted so far



### Discounted Saracens tickets for schools

For anyone that hasn't attended one of our Big Games before - it is way more than 80 minutes of world class rugby; the show before, during and after the game will be fantastic fun and a great experience to share - [You Tube](#)

[linkhttps://www.youtube.com/watch?v=XkUk5xum8AU](https://www.youtube.com/watch?v=XkUk5xum8AU)

- Saracens v Harlequins, Saturday 25<sup>th</sup> March 2023 at Tottenham Hotspur Stadium:
- [Web link](https://www.saracens.com/theshowdown3/)

The discount/promotion code I have set up for you is -SD10PC5J54

Please see below how to use the code -

- Please head to the Website <https://www.saracens.com/theshowdown3/> and navigate to Showdown 3 ticketing site.
- Choose the seats you require, click on the basket then insert the promotional code in the box.
- The discount will be applied to the total of

your basket.

- Proceed to payment and checkout as instructed.

### Home to school transport

#### Consultation on Home to School Transport (all ages)

Hertfordshire County Council is asking for your views on its home-school/college transport policies. They would like feedback on policy changes and on other proposals, including on issues such as the role of passenger assistants, the 19-25 transport policy, the charging structure for transport for 16-18 year olds, and personal travel budgets.

#### [Find out more and respond to the consultation](#)

Consultation closing date: 26 March 2023 (11.45pm)

#### Families in Focus - new courses starting in February (ages 5-11)

Families in Focus offer training courses for parents of primary school aged children living in Hertfordshire. The award-winning courses are delivered by experienced, trained and accredited facilitators and cover a range of topics. They have the following new six week courses starting in February:

- Handling anger in your child with Autism/ADHD (Monday lunchtimes, or evenings, starting 20 Feb)
- Handling anger in your child with Autism/ADHD (Wednesday evenings, started 22 Feb)
- Handling anger in your family (Wednesday mornings, starting 22 Feb)

#### [View all Families in Focus courses on the Local Offer](#)

#### [Online workshop ADD-Vance - Supporting Siblings](#)

Monday 20 Feb 10 - 11.30am

A free online introductory workshop for parents/carers of children up to 18 years with a diagnosis or suspected diagnosis of ADHD and/or Autism. Understanding the unique needs of siblings and developing strategies to meet their needs.

#### PSA news

**Doughies Pizza Event - 3rd March**

If you are a Doughie's fan or just love a good quality PSA pizza or cookie, then it's time to place your Doughies orders, for delivery on Friday 3rd March. Kits (vegan kits available) can be ordered directly from Doughies by **Monday 27th February**, but please do remember to include your child's name and class when ordering!

Important information: Named Larch Centre orders will be distributed via classrooms and sent home. Named orders from across the secondary phase are welcome but **MUST BE COLLECTED** from outside the reception office immediately after school on Friday 3rd. Please set a reminder, as any unclaimed kits will be assumed unwanted if not collected by 4.30pm. They will not keep unrefrigerated over the weekend and we are unable to offer home deliveries or refunds.

<https://doughies.co.uk/products/simon-balle>



ORDER HERE

## PIZZA & COOKIE EVENT Friday 3rd March

We've teamed up with Doughies for a fun family night in. Order your pizza & cookie making kits and you'll receive everything you need to make artisan margherita pizzas (**regular or vegan**), and warm gooey cookies in your home oven.



Orders to be placed via the Doughies website by **Monday 27th February**  
<https://doughies.co.uk/products/simon-balle>

Orders to be collected on **Friday 3rd March**. Details will be shared with primary & secondary phases

### Standon Calling, 20-23rd July 2023

☀️ Standon for Schools is back ☀️

When a booking is made via our unique link, the PSA will receive a percentage of the sale at no cost to the customer. Please share with friends and family, making sure to copy and paste this link.....

<https://go.kaboodle.co.uk/simon-balle-all-through-school-SG138AJ>



### Quiz Night - save the date

We are delighted to share that, back by popular demand, we will be hosting "A Quiz with A Twist" on 30th September. Please save the date!! If you are interested in volunteering at future events such as the quiz night or supporting the bar at any of the music events, please register via this [form](#). You will be contacted about volunteer opportunities in due course. Thank you in advance.



### Stikins name labels

Stikins offers sticky name labels, suitable for uniform, PE kits, shoes, lunch bags, water bottles and more. When you enter 17988, our school ID, a percentage of your order total will be donated to Simon Balle PSA, at no cost to you.

# STIKINS® Name Labels

**SIMPLY STICK IN & STAY IN  
NO SEWING & NO IRONING**

**Order here**



Save time and money with one multipurpose name label for clothes, shoes, lunch boxes, and all school items

SUPPLIED SINCE 2003  
MILLIONS IN USE  
TO ORDER VISIT:  
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11,000+ 5 STAR REVIEWS

Supporting Simon Balle PSA

Fundraising Number **17988**

If your school has a fundraising number, please use it when you order. (Schools earn up to 30% commission)



Only apply Stikins onto the wash-care label of clothes, never directly onto the fabric or any other label.

One easy name label with multiple uses for all kinds of personal items, including clothes and shoes.

Packs	2022/23 Prices	Prices include VAT & UK delivery
120 STIKINS® Name Labels - N120	£16.20	
90 STIKINS® Name Labels - N90	£13.20	
60 STIKINS® Name Labels - N60	£10.80	
30 STIKINS® Name Labels - N30	£7.80	

We print labels every working day up to 3pm & send them out same day by first class post.

Order online at [www.stikins.co.uk](http://www.stikins.co.uk) - Pay by Credit/Debit Card, PayPal, or Apple Pay  
Order by phone on 01270 668076 - Pay by Credit/Debit Card

sportsmanship in matches against other local schools. Deer class have been to **Wodson for a sports development day** with other schools- the feedback from the children was fantastic and the adults were incredibly proud of the children's resilience, courage and kindness during the morning. We were also delighted to have some visitors from the **BMX Skate and Scoot academy** who led really engaging assemblies and workshops for our students, with the value of resilience being a big part of the sessions. We've been fortunate to have some **Larch parents delivering sessions in class** this year, with this half term Mrs Harris came in and brought the literary canon text Journey to Jo'burg to life, following last half term's visit from Mr Herbert, who is BA Senior First Officer Pilot, linked with geography and careers. The PSA organised a wonderful evening a few weeks ago for KS1 and KS2 with **UV parties**. All of this came from the feedback from the children at **Larch Council**- where the Larch children have the opportunity to share their views and give suggestions. The evening was filled with dancing, games and laughter- thank you to all who were able to support and volunteer. Our Y6 Eco Leaders have been busy and joined the secondary Eco group to take part in the **Big School Birdwatch**. The **Woodwind Beginners Celebration** took place last week, which was an opportunity for the children to share what they have been learning to a packed audience of family and friends.

## Diary dates

WHOLE SCHOOL	
Monday 13th to Friday 17th Feb	<b>HALF TERM</b>
Monday 20th Feb	INSET day – school closed for students
Thursday February 23rd	Mr Stevenson's Drum Evening (6pm)
Thursday 2nd March	A Celebration of Brass (6pm)
Saturday 4th March	Big Band evening
Friday 31st March	End of term (normal finish time)
Monday 17th April	Start of summer term
SECONDARY	
Tuesday 7th March	Y13 parents evening (revised date)
Monday 6th March to 8th March	Y10 geography field trips (3 groups)
Tuesday 14th March	Year 2 Strings Training Celebration (5.30)
Thursday 16th March	Guitar Platform Evening (6pm)
Monday 20th March	Y10 parents exam & information evening
Saturday 22nd April	A Celebration of Wind & Brass (6.30pm)
Monday 27th March to 2nd April	Year 8 Spanish trip
Wednesday 29th March	Drama showcase
PRIMARY	
Tuesday 28th February	Year 1 Phonics workshop 9am
Thursday 2nd March	World book day (further info to follow)
Tuesday 14th March	Y2 string celebration
Thursday 16th March	Y2 Windsor Castle trip
Saturday 18th March	A Celebration of Singing and Strings (6.30pm)
W/C 20th March	Reception parent conversations
Wednesday 22nd March	Y3 Celtic Harmony camp trip
	A Larch celebration of music (6pm)
Thursday 30th March	Y4 performance 5pm (change of date)



## Primary news

### A half term to celebrate!

Although this has been a short half term, it has been filled with so much learning and exciting things! Our **Year 5 and 6 football and netball teams** have blown us away with their fantastic skill, effort and



## Larch Parent Feedback Survey

Thank you for your contributions to our Larch parent survey! We received **164 children's parents/carers' contributions** and the feedback was so helpful. We received feedback from just under 40% of the Larch population, so we'd be incredibly grateful for even more parents to engage with feeding back to us going forwards as the contributions are so invaluable for us.

### To share the feedback we received:

My child is happy at school  
98.2% agree (28.7% strongly agree)

My child feels safe at school  
98.8% agree (81.7% strongly agree)

This school makes sure it's students are well behaved  
96.9% agree (56.6% strongly agree)

The school makes me aware of what my child will learn this year  
96.9% agree (53.5% strongly agree)

The school has a wide range of extra-curricular provision to develop the whole child  
100% of Years 1 - 6 agree (88% strongly agree)

The school responds well to any concerns I raise  
91.4% agree (60.1% strongly agree); 8% don't know (which we must interpret as not having raised any concerns)

The school deals effectively with bullying  
53.6% agree (32.9% strongly agree); 45.1% don't know (which we must interpret as not having experienced anything related to bullying)

I receive valuable information about my child's progress  
90.6% agree (44.2% strongly agree)

### FAQs:

#### What will my child learn during the year?

On the school website (curriculum tab, curriculum by year), the curriculum maps for each year group are available to view for each term at the bottom of each year group's page.

<https://www.simonballe.herts.sch.uk/curriculum-years/>

The curriculum for each subject is mapped from Reception to Year 13 so you can see the progression of each individual subject (Curriculum tab, curriculum subject overview)

<https://www.simonballe.herts.sch.uk/curriculum-overview/>

Teachers will also ensure the knowledge organisers are available to view for the half term ahead on Go4Schools/Google Classroom. We also share a brief

overview of the year ahead at the September information evenings for parents.

### **What information can I receive about my child's progress?**

We have three formal information update points plotted throughout the year so there is enough time between them to action, see impact and progress between updates.

For Years 1 - 6, at the end of October and May there are parent evening consultations, with a written report around Easter. For Reception, the written report is in the summer with a second parents evening in March. However, we always update parents when we have any concerns about a child's progress being slower than expected so you are informed when there are concerns, and we always respond to any emails or requests from parents for more frequent updates. Spelling dictations are also completed in home learning books. If you do want to have a look at your child's work, please don't hesitate to contact us to ask and we're very helpful for you to have a look straight after school one day at pick up.

### **Extra-curricular opportunities in Reception?**

Based on previous experience and feedback, we made the decision to not offer after school clubs to reception. We have found in the past that the children are too tired and struggle to engage with structured activities after school after a long day in school. They have lots to look forward to after school in Year 1 and beyond!

Finally, just to let parents know that every individual comment has been followed up where it is helpful for us to speak to, or meet with, parents individually.

### **Climbing frame**

A reminder to please not use the climbing frame before and after school. There are many opportunities to use at break and lunch times with school staff supervising. We have added a sign to the window in the door downstairs to support the children if they need to check the timetable.

### **Online safety**

And finally, we have focussed on online safety throughout this week in the primary phase (and indeed across the all-through). Through class presentations and discussions and structured assemblies, every year group has engaged in content that has been tailored precisely to age and need. Of course, this work is so important at home and at school - our partnership and support for children, as well as times, challenge, is crucial. We have attached three helpful documents to this newsletter to support you, and we offer these two activities below which

might work brilliantly during half term! Please do contact us with any specific questions or concerns for your child.

### **TECH DIARY**

Encourage your children to keep a weeklong diary of the technology they use, the apps they use, etc. and how long they spend doing this each day. They should also encourage a trusted adult to do the same. At the end of the week, learners should compare their diary with their trusted adult.

- What are the similarities and differences in how long they use technology for?
- What are the similarities and differences in the types of apps they are using?

### **TRAFFIC LIGHT CHECK-UP**

In this activity, students will reflect on how being online makes them feel. Ask students to list what they have done or seen online in the past week. Then ask them to colour code each item, depending on how it made them feel, using the categories below:

- RED Things that made them angry, very upset, very frustrated, or other strong negative emotions.
- AMBER Things that made them feel somewhat annoyed, confused, or other mild negative emotions.
- GREEN Things that made them feel happy, excited, made them laugh, etc.
- STAR The best thing they saw online that week.

# ONLINE SAFETY NEWS

SPRING 2023.

## LIVE STREAMING

Live streaming has become a popular feature of many apps and platforms. By understanding why it is popular and what your child may come across, parents and carers can help children have a more positive online experience.

There are several factors that can make watching or creating live streams potentially harmful for children and young people including:

### Content

If they're watching other people's live streams, children could be exposed to age-inappropriate content, including sexual or violent content.

### Offensive comments

If a young person's live stream is open to the public, viewers may be able to leave negative or inappropriate comments on feeds.

### Inappropriate contact

There can be hundreds, potentially thousands, of people watching a live stream, including people who might be looking to hurt or exploit children and young people. In order to manipulate children, these people may attempt to trick them into engaging in sexual activity, flatter them with positive comments or gifts, or make threats to try to force them to do things they don't want to do.

The Child Exploitation and Online Protection Centre (CEOP) has published a **short guide** with practical steps and conversation starters to help children stay safer while live streaming.





## JESSIE AND FRIENDS : ONLINE SAFETY EDUCATION FOR 4-7 YEAR OLD CHILDREN

The CEOP Jessie and Friends website is designed for children aged between four and seven to explore at home with their parents/carers and features a series of **three animations** that follow the adventures of Jessie, Tia and Mo as they begin to navigate the online world, watching videos, sharing pictures and playing games. The key message throughout *Jessie and Friends* is that if a child is ever worried by anything online, they should tell a grown-up they trust, who will help them.

There is also a storybook for each episode, to help you and your child keep the conversation going.

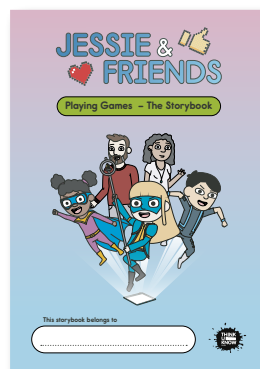
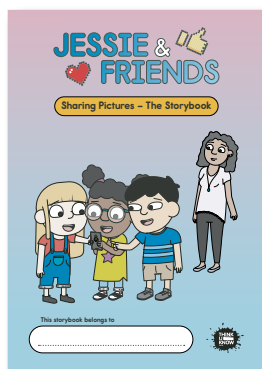
### Read the storybooks together!

You can download each storybook below.

[Jessie & Friends: Watching Videos - The Storybook](#)

[Jessie & Friends: Sharing Pictures - The Storybook](#)

[Jessie & Friends: Playing Games - The Storybook](#)



## REPORTING TO SOCIAL MEDIA SITES

Most social media websites provide an option for users to report and request removal of 'content' such as videos, pictures, comments or profiles that might be upsetting.

It is important to remember that making a report doesn't mean the content will definitely be removed.

Most websites, including social media sites, have a set of rules, 'Terms of Use', which they expect people using their site to adhere to. Before requesting content removal, you or your child should check to see if any of the rules have been broken, websites will only take content down if this is the case.

The **Thinkyouknow website** has a comprehensive guide for parents and carers to help support removing harmful content. The site includes guidance for different social media platforms which links to their rules, their safety centre and details how to report an issue.

## REPORT REMOVE

The report remove tool on the ChildLine website is for young people to get help removing a nude image or video of them shared removed from the Internet. There is a helpful video that explains how report remove can help.

[View video](#)



## WHAT'S THE PROBLEM?

### Lucy Faithfull Foundation

**'A guide for parents of children and young people who have got into trouble online'**

**The guide** has been created for parents and carers who find their child is engaged in worrying inappropriate or illegal behaviour online. The guide is designed to answer some of the immediate questions you may have after learning about something that is happening, or has happened, in your child's online life. It offers guidance on how to talk with your child about it and help prevent it happening again.

Parents can call The Lucy Faithful Foundation Helpline at any time on **0808 1000 900** and speak with experienced operators. All calls are completely anonymous.

## CONVERSATIONS WITH YOUR CHILD ABOUT ONLINE / TECHNOLOGY-ASSISTED HARM

**This guidance by The Marie Collins Foundation** and Zoë Metcalfe, the Police, Fire and Crime Commissioner for North Yorkshire and the City of York, offers useful conversation openers and responses when talking to children about online harms. The guidance suggests age-appropriate ways of answering difficult questions and offers guidance on what to do if something has already happened.

*'We are all vulnerable to grooming and the way to beat it is through open, honest and accepting communication, love and support. If you create positive communication patterns with your child, then you are in the best position to protect and prevent where possible, and support and recover in the event that harm occurs.'*

The guidance is also available in **Ukrainian**

**The information in the newsletter is given to help promote the safety of children and young people online.**

Every care has been taken to ensure the information and any recommendations in the newsletter are accurate at the time of publishing. Schools must make their own judgements when sharing our recommendations with parents and carers and, where appropriate, always risk assess with their pupils and whole school community in mind.

This newsletter is brought to you by the HFL Education Wellbeing team as part of their online safety support for schools and settings in Hertfordshire. Contact the team at **wellbeing@hfleducation.org** or call **01438 544464**.

HFL Education is a provider of products and services to schools and educational settings. We believe that every young person, through access to a great education, should be able to realise their potential, regardless of where they live or their circumstances.

# Balancing screen time

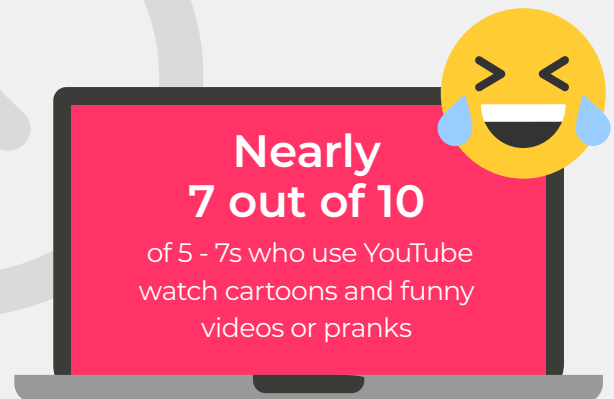
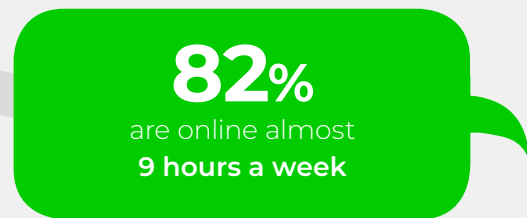
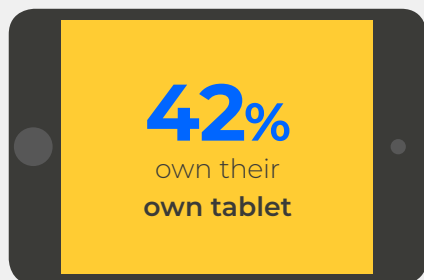
internet  
matters.org

## Top tips to support children 5-7 (Key stage 1)

As screens become a bigger part of young children's lives at home and at school, it's important to put balance and purpose behind screen time to help them develop key skills and benefit from their screen use. Find tips and advice to help them do just that.



## How are children using screens?



Source: Ofcom Children and Parents  
Media use and attitudes report 2018

## What do parents say about screen time?

### Screens are good for creativity

Nearly **7 out of 10** parents believe that using devices gives children another way of being creative for example a child who enjoys dancing, sharing a new routine online with family and friends.

### Screens can displace family and homework time

Even at this relatively young age, **almost 3 out of every 10** parents say screen time means they have to fight for their child's attention and over a quarter (26%) say it has an impact on completing homework.

Source: Internet Matters Look both ways report

# What are the benefits and challenges of screen use?

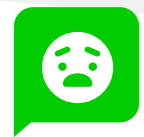
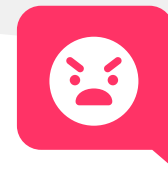


## Screen time benefits

- Screen use provides a range of opportunities for creativity and learning – **70% of parents strongly agree that using devices is essential** for their child's development  
*Source: [Internet Matters Look both ways report](#).*
- Screens can be a great tool to allow children to **maintain relationships** with family and friends.
- **Screens can help ease the financial burden** when looking to entertain children.

## Screen time challenges

- Young children might stumble **across inappropriate content** that may have a negative impact on their digital wellbeing.
- Passive screen time **could have a physical effect on their development** (i.e. eyes, brain), sleep cycle and behaviour.
- Younger children **may not understand the concept of what the internet is** and how it works so could find it hard to differentiate between what is real and what is fake.



## 5 top tips to balance screen time

### 1 Set digital rules together

**Agree digital boundaries together** with your child to get them involved in the process and build up their understanding of why it's beneficial for them to stick to them.

Choosing device free zones in the home, keeping phones out of the bedroom at night and using free tools to turn devices on and off at different times of the day are just some ways to help children strike a healthy balance between activities on and offline.

Also, it's a good idea to encourage them to take a break every 30 minutes and use screens in short bursts. Experts recommend turning screens off an hour

before bedtime to give children time to wind down.



### 2 Stay engaged in their screen use

**Get engaged and stay engaged** in their digital life as they grow. The more you get involved and understand the things your children do online, the easier it is to gain their respect and influence what they do in their digital world.

Ensure they have a healthy mix of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for downtime.

### 3 Discuss online risks and strategies to tackle them

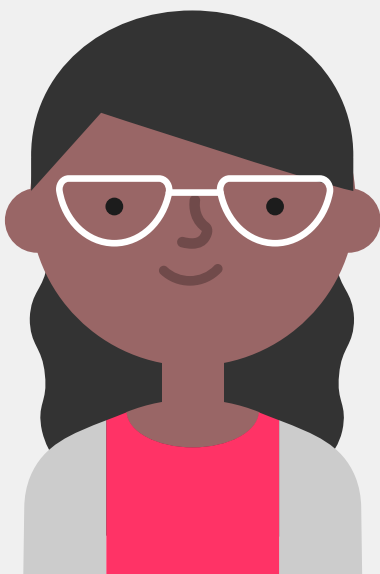
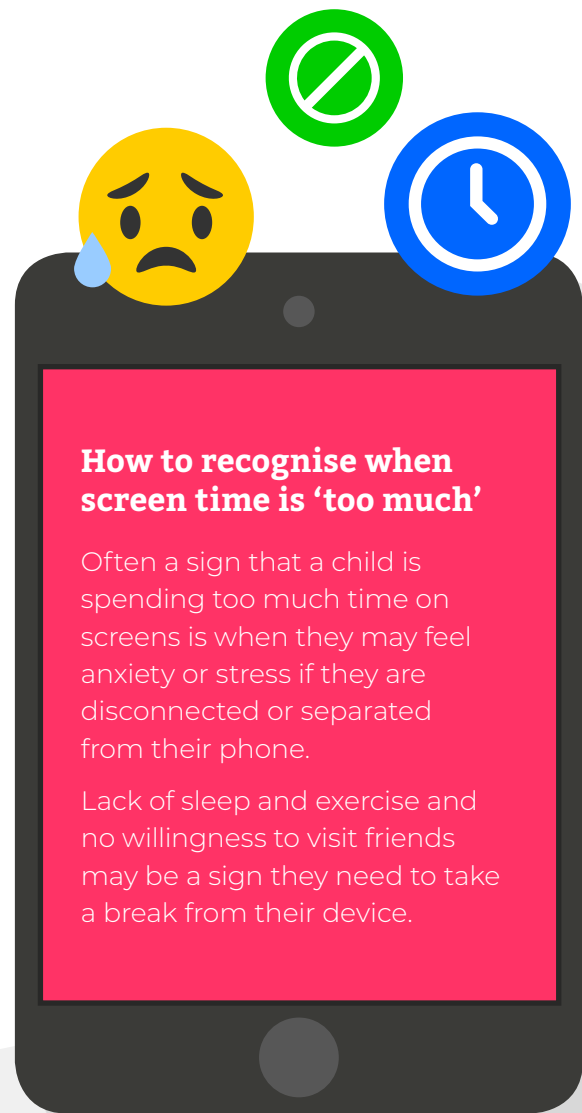
Take time to **help them understand the risks and benefits of using the internet**, whether it be discussing what steps to take if they see something that upsets them or guiding them towards apps and platforms that will help them explore their passions and enhance their skills.

#### 4 Set a good example with your own screen use

Children will tend to model their behaviour on you, so if you encourage them to take breaks when on screens or leave phones out of the bedroom at night, they will follow your lead.

#### 5 Use tech tools to manage their time & access to media

Whatever device your child uses, be sure to make use of free and premium tools available to manage their access to age-appropriate content and review the time they spend on specific online activities.



### The truth about screen time

**Not all screen time is created equal** so it's important to encourage children to have a healthy balance between passive screen time (i.e watching YouTube) and interactive screen time (i.e. creating content or playing games online).

**There is no safe level of screen time** but it doesn't mean that all screen time is harmful. Lack of evidence has meant that experts have found it hard to recommend a cut-off for children screen time overall.

**One size does not fit all** when it comes to screen time – it's more about getting it right for your families needs.

Visit [internetmatters.org/screentime](https://internetmatters.org/screentime) for more advice

InternetMatters

internetmatters

@im\_org

**internet  
matters.org**

# Digital Resilience Toolkit

internet  
matters.org

*Advice for parents of 6–10 year olds*

Help children become more digitally savvy  
and get the best out of their online world

## What are they doing online?



44%  
of six-year-olds are going  
online in their bedrooms<sup>1</sup>

28%

of 10-year-olds have  
a social media profile<sup>2</sup>



8 in 10  
aged 5 to 15 regularly use  
YouTube to watch short  
clips or programmes<sup>2</sup>



1. Internet Matters OL research 2016<sup>1</sup>  
2. Ofcom Children's and parents'  
media use and attitudes 2017

## What challenges can they face?

It's the first time they are using technology, many independently. For children between 6 and 10, they are going online to play games or watch videos. This activity can quickly become very addictive.

As children get closer to 9 and 10, they are starting to engage online and socialise through games or through social media and they may come across potential risks when talking to others online such as cyberbullying.





# How do I get them prepared to deal with these challenges?

## 1. Managing time online

- For very young children playing a fun game is like scratching an itch and it becomes very addictive
- Set screen-time limits for their devices to create a norm and set a good balance on and offline
- Explain why you're putting time-limits in place so they can understand the positive benefits for them



- Getting involved at an early age will make it easier to engage with them as they develop their online identity
- Knowing about their habits online will allow you to feel comfortable to slowly bring down the safety wall as they get older



## 2. Use parental controls to create a safer space for kids to explore online

- Set parental and privacy settings on apps, sites and devices they use and adjust them as they grow
- Use a child-friendly search engine as the homepage and a family login for sites such as YouTube, which are popular with children at this age or use YouTube Kids
- This means they can explore in a safe space and build independence online

## 4. Being a good digital citizen

- Talk to them about the importance of being a good digital citizen as soon as you can
- Talk to your child about what they value in real friendships
- Discuss kindness and how important it is to be kind online
- Talk to them about steps they can take if something goes wrong or they feel someone has been treated unfairly
- Remind them that they can talk to an adult if they are concerned



## 3. Participation

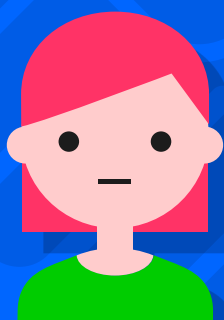
- Get involved and show an interest in what they're doing online
- Play games with your child and find fun ways to interact to ensure they're using their time online in a productive way



## 5. Be assertive - set digital boundaries

- At this age, children don't have the ability to self-regulate and need firm boundaries such as time limits
- Don't be afraid of being unpopular by saying 'no' when they are eager to get online if it is not appropriate - you are in control

Even with the right controls and settings, there's still a small chance children can stumble across something they shouldn't.



**"What happens if things go wrong?"**

- Try and understand what they've seen or come across whether it's a comment on a video or a game
- Find out how they came across it and discuss how it made them feel
- Don't overreact, show your support and talk it through
- Depending on the situation seek advice from specialist organisation or your GP to give them the best chance to recover and regain their confidence



# TALKING ADDITIONAL NEEDS



**NOW ONLINE**



**WEDNESDAYS**  
**22nd Feb - 29th Mar 2023**  
**9.45 -11.15am**

A free 6 week course for parents and carers of children aged 2-19 years with a recognised additional need. Diagnosis is not essential. We will help you to:

- Understand your child's behaviour.
- Find strategies that really work.
- Understand conflict: why it happens and how to handle it.
- Manage anger effectively.
- Motivate, encourage and support your child.
- Manage the different needs within your family.

'I have been on a few courses to help me with my son, this was by far the most helpful.'



**PARENTING COURSES  
DELIVERED TO YOUR  
HOME VIA ZOOM**

**For parents and carers in Herts**

'I was in a lot of distress as I had no idea how to deal with my daughter's anger and frustration, now I have harmony in my home and I feel more in control and less of a failure.'

**Pre-booking essential**

**To check eligibility and book a place, please call Supporting Links on:**

**07512 709556**

**[bookings@supportinglinks.co.uk](mailto:bookings@supportinglinks.co.uk)**

**[www.supportinglinks.co.uk](http://www.supportinglinks.co.uk)**

**QUOTING REFERENCE SL 550**



These courses are provided free to parents by Hertfordshire County Council's Targeted Parenting Fund

# 43 BAKERY

**New Community Bakery in  
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**Opening for business Thursday  
9th March 2023**

Delicious hand made artisan bread  
and pastries, made fresh daily.

**COFFEE - TEA - COLD DRINKS**

43



**Open Monday - Friday**

**08:00 - 14:00**

[43bakery.co.uk](http://43bakery.co.uk)

**Vale House**

**43 Cowbridge**

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**SG14 1PN**

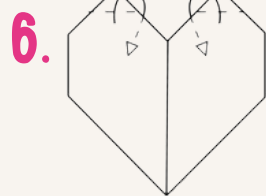
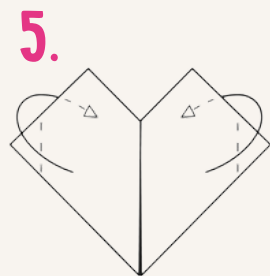
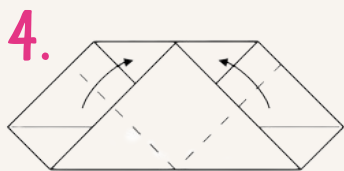
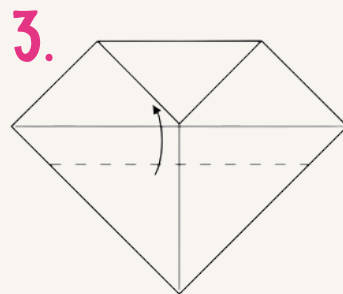
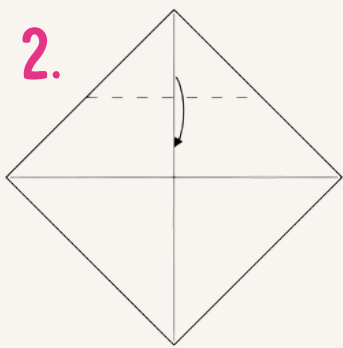
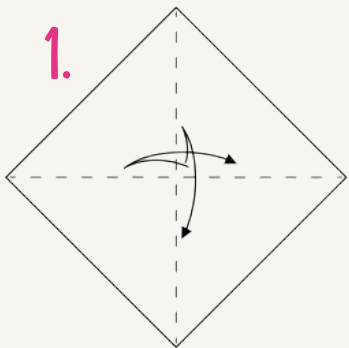
Future Living

Registered Charity Number: 1155145

SHARE THE LOVE WITH

# ORIGAMI LOVE HEARTS

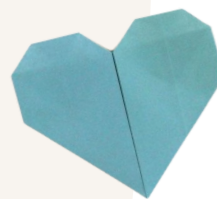
We're feeling crafty this Valentine's Day. These folded paper love hearts are the perfect, easy craft to share with the ones you love.



Grab yourself any piece of paper and cut it into a square (equal length on all 4 sides)

Follow the instructions by folding your paper on the dotted lines.

You can write a secret message inside before folding it all up, or on the front. Decorate your heart however you'd like and share the LOVE!



HELLO, PARENTS & GUARDIANS!

WE ARE BEEZEE BODIES, AND WE WORK WITH HERTFORDSHIRE COUNTY COUNCIL TO PROVIDE FREE (AND FUN!) HEALTHY LIFESTYLES SUPPORT FOR CHILDREN AND THEIR FAMILIES.

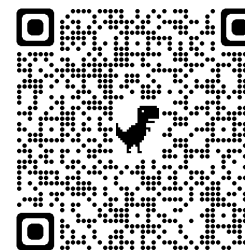
WOULD YOU LIKE YOUR FAMILY TO BE HEALTHIER?

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We are experts in engaging children with healthy eating and physical activity and can help you turn healthy efforts into healthy habits for life!

Over an hour's chat, we will give you advice about family nutrition & exercise, and work together on a personalised behaviour change plan for your family.

We'll check in a month later to see how you're getting on!



SCAN ME WITH YOUR SMARTPHONE CAMERA OR CLICK HERE TO SIGN UP!

\*to be eligible for this awesome free service, your family must live/go to school/be registered with a GP in Hertfordshire and include one child aged 5 - 15 who is above their ideal healthy weight OR have additional learning/educational needs, general concerns over family's health and wellbeing (including lack of physical activity, excessive screen time or low self esteem), or fussy/restricted eating and is not underweight.