



Online Safety

Welcome to our first ever Frimley online safety Newsletter. We hope this half termly newsletter will help you to understand more about what we are doing in school to educate our children about using their digital devices safely, respectfully and responsibly.

In this edition, please find lots of advice, guidance and information about what more you can do at home to further support your children with online safety .

If you can't find what you are looking for, we have a wealth of information guides for online safety on our web site: [Frimley Church of England School - Online Safety](#)

If there is any content in this newsletter that you'd like to discuss further or require any further support with, please contact either myself Ailsa Reehal, Computing Lead, or Rachel Farage, Designated Online Safety Safeguarding Lead.

This year, we have decided to support the charity The Breck Foundation which was set up by Lorin LaFave in 2014 in response to the tragic loss of her son who was groomed online. The charity aims to educate children about the

dangers they may face online from grooming, exploitation and abuse, as well as from exposure to inappropriate or harmful content. Children can get online very easily these days so it is important that we all understand the risks, know the signs and know what to do so that the time they do spend online is a positive one.



Kerry from the Breck Foundation came in to deliver online safety workshops to Years 3 and 4 then Years 5 and 6. The children really enjoyed her visit and took away lots of useful hints and tips to help them keep safe when online. Below are some of our top tips:

Our top tips

If you missed the online parent workshop, please click on the link below to view a screen recording of the event. May I please urge you to watch the video as we believe that online safety is the responsibility of the whole school community. Some parts are quite hard to watch, so please find somewhere quiet to view it away from children.

[The Breck Foundation Online Safety Workshop - YouTube](#)



**TELL A
SAFE ADULT**



**NEVER
SHARE PRIVATE
INFORMATION**



**FINGER POWER:
SWITCH OFF**

Big Breck Bauble Walk



Get involved to give back this Christmas



Year 3 will be organising the Big Breck Bauble Walk .

More information about how you can get involved with this event will be sent out after half term so watch this space...

Save the date:
Friday 8th December

£4,500

Our goal of £4,500 will fund online safety education sessions for five entire primary schools - Reception all the way to Year 6! Be a part of this achieving this goal and organise a Big Breck Bauble Walk.

By fundraising for us this Christmas, you have the power to transform holiday generosity into tangible, life-changing impact for children all across the UK, spreading the true spirit of giving during this special season.



WALKING IS GOOD FOR YOU

The Big Breck Bauble Walk is in collaboration with [OK Positive](#) - a free app whose mission is to improve wellbeing with tools to help people develop self-awareness and make positive choices for their mental health based on their own values. [The Mental Health Foundation](#) says that even 10 minutes of walking increases our mental alertness, energy and positive mood - use the Breck Walk as a way to improve your families mental health! If you want longer term mental health support check out OK Positive.

[Mental Health App | OK Positive](#)

[How to look after your mental health using exercise | Mental Health Foundation](#)

Parental Controls

Does your child have a gaming console? If yes, have you set up age appropriate parental controls? The controls vary across different consoles, but all will allow you to restrict features such as spending and communication.



PlayStation

Set up your account as a family manager and create a separate child account so you can tailor their activities. Find out more here:

[Safety for parents \(UK\) \(playstation.com\)](https://www.playstation.com/safety-for-parents/)



Xbox

You can download an app to manage your child's gaming Experience. Find out more here:

[Xbox family settings: peace of mind for parents | Xbox](#)



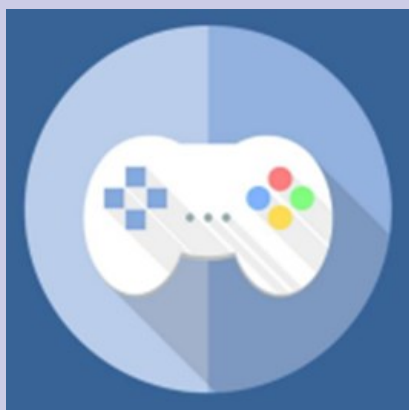
Nintendo Switch

Nintendo also offer a free app to monitor what and how your children are playing. Find out more here:

[Nintendo Switch Parental Controls | Hardware | Nintendo](#)

The NSPCC provide further advice and guidance on this topic:

[Use Parental Controls to Keep Your Child Safe | NSPCC](#)



Did you know?



Playing Games Online

Does your child play games online? We have outlined some points that you may wish to consider to try and create a safer and positive experience for them.

Have you set up parental controls?

As well as setting up appropriate parental controls through the game's settings, ensure you have set them up on the console/ device your child is playing on. Many games allow you to restrict the games accessed by age.

Are your children chatting to strangers?

We carried out a recent pupil voice following on from the workshop and a lot of children admitted to playing with strangers online. Remember a stranger is someone who they haven't met in real life! A lot of games allow for communication with others. Depending upon the game, this may be via the in-game text chat, direct messages or talking through headphones. Some games offer the ability to switch communication off or restrict bad language so make sure settings appropriate to your child are set up for each of the games they play.

Make sure your child knows how to **block** and **report** other players who make them feel uncomfortable and that they know to talk to you or a trusted adult if they have any worries or concerns. This is also a great opportunity to talk to them about how we talk to others online and encourage them to treat people with respect, like they would if they were face to face.

Are there In app Purchases?

Be aware of in app purchases as lots of games include the option to purchase additional items or subscriptions. Ensure you do not have payment cards saved or, if you do, set up restrictions like pin codes or passwords to get approval prior to purchase.

Further Information

The NSPCC provide further guidance on this topic:

[How to Ensure Your Children Stay Safe While Playing Online Games | NSPCC](#)





Age Ratings

There is so much that we can do online these days including playing games, chatting with others, watching videos or sharing photos. One of the ways we can help keep our children safe online is by checking age restrictions. We have done a lot of work this half term looking at what age ratings are and why we have them in place.

Video Games

PEGI provides age classifications for video games based on the age suitability of a game, not the level of difficulty. Please note that PEGI do not take into consideration the chat facilities within games.

PEGI ratings: explained

 www.pegi.info	Game is considered suitable for all ages. Comical violence.
 www.pegi.info	May contain some frightening scenes. Violence is unrealistic and directed towards fantasy characters.
 www.pegi.info	Slightly more realistic violence. Mild language used by characters. Sexual posturing and innuendo feature.
 www.pegi.info	Violence towards human characters, including death. Sexual activity within game, but no visible nudity. Use of alcohol, drugs and tobacco by characters.
 www.pegi.info	Adult classification. Violence, death and destruction within game. Characters may glamourise drugs, alcohol and crime and use expletives throughout.



Social Media networks

All social media networks have a minimum age rating—they are all at least 13+.

4+	Applications in this category contain no objectionable material.
9+	Applications in this category may contain mild or infrequent occurrences of cartoon, fantasy or realistic violence and infrequent or mild mature, suggestive or horror themed content which may not be suitable for children under the age of 9.
12+	Applications in this category may also contain mild language, frequent or intense cartoon, fantasy or realistic violence and mild or infrequent mature or suggestive themes, and simulated gambling which may not be suitable for children under the age of 12.
17+	Applications in this category may also contain frequent and intense offensive language; frequent and intense cartoon, fantasy or realistic violence; and frequent and intense mature, horror, and suggestive themes; plus sexual content, nudity, alcohol, tobacco, and drugs which may not be suitable for children under the age of 17.

Apps

Check the individual age ratings within the relevant app store. We also recommend that you download any apps and try them out first before-hand to check their suitability.

Further Information

The BBC have more guidance on age ratings: [Understanding Age Ratings - Own It - BBC](#)



PEGI rate Roblox with a 'Parental Guidance' label because of the huge level of user generated content within Roblox. It is rated for 'Teens' on Google Play and 12+ on the App store.

On Roblox you can create games or play games that other users have created. As a lot of the content is user generated, it may mean not all games will be suitable for your child to view or play. It is important to set up parental controls appropriate to your child.

Roblox: new checklist

The 2023 Roblox Checklist created by SWGfL and the UK Safer Internet Centre in partnership with Roblox is now available to download here:

[The Roblox Checklist | SWGfL](#)



Five tips to keep children safe

Be positive:

Stay engaged with what they are doing online and who with

Parental controls:

Use tools to help them manage what they see and share

Reporting functions:

Make them aware of reporting functions to flag people or content

Private information:

Remind them never to reveal personal information – including wearing school uniform

Watch with them:

Vlogs/ livestreams – are they age appropriate?

Encourage children to evaluate what they watch to make sure it is having a positive impact.

National Online Safety is Now Part of The National College



We're delighted to let you know that **Frimley Church of England Junior School** has become a member of The National College – a multi-award-winning online training provider for staff and parents.

What does this mean for you?

As part of our school membership, The National College provides dedicated training and resources for parents and carers – particularly, around online safety and keeping children safe online.

Online safety advice on any topic

Of course, staff will continue to teach children about the risks online. But with the internet so readily accessible, the most effective approach to online safety needs everyone involved, including parents and carers.

That's why you've now got access to ***hundreds of courses, explainer videos and online safety guides*** to support your awareness of the online world. Topics range from understanding apps like TikTok and Instagram to recognising the signs of online harm and what you can do to help.

Sign up is easy

Signing up to the platform is simple. Just follow <https://nationalcollege.com/enrol/frimley-cofe-junior-school> and complete your details. Once you're set up, you'll be able to choose 'Parent/Carer' as your user type and get instant access to all training and resources.

Download the app for free

Another fantastic benefit of The National College is its National Online Safety app, which you can download for free. It gives you access to all their parent and carer resources on the go, whenever you want.

You can download the National Online Safety app using the links below:

[App store](#)
[Google Play](#)

The National College has a brilliant support team if you have any questions. Their [help centre](#) provides a comprehensive bank of answers to most FAQs, but if you still can't find the answer you're looking for, you can always get in [contact](#) with them. I hope you'll sign-up and make the most of their resources.

