



## Parent Bulletin Week Commencing 6<sup>th</sup> April

*As we are asking all of our student to spend much more time online, it is really important that we keep them safe. Please take a look at the following information, to help you do that.*

### **The Digital Family Pledge**

This is a free online tool from Vodafone to help you as a family set good digital habits.

The Pledge covers four important topics: screen time, online bullying, social media and gaming. It uses a series of quiz like questions to prompt families to discuss and agree some rules on how to use technology and act online. It is aimed at families with children who are aged 5-13 years. The pledge is best completed on a mobile or tablet and together as a family and is available here: [www.vodafone.co.uk/familypledge](http://www.vodafone.co.uk/familypledge)

### **Looking for apps?**

This is a great website that allows you to filter your search results to find age appropriate apps for your child. It also allows you to filter by app type (educational or play), by price and device:

<https://www.goodplayguide.com/good-app-guide/>

### **Tik Tok challenge**

Tik Tok (along with other apps) can be used for social media challenges, lots can be fun but some can be dangerous.

We do not recommend talking to your child about specific challenges (it draws attention to them) but we do recommend talking to your child about challenges as a whole that may appear on the internet and making sure they know that they can talk to you about what they see online. Talk to them about the potential risks that may arise from participating in such challenges.

It is so important to have regular chats with your child about their online life and if they are experiencing peer pressure.

Further information: <https://www.saferinternet.org.uk/blog/online-challenges-and-peer-pressure>

### **Clear Fear App**

Do you struggle with anxiety? The Clear Fear app is free and teaches you how to reduce the physical responses to threat as well as changing thoughts and behaviours and releasing emotions.

More information is here:

<https://www.clearfear.co.uk/>

As always, the following sites have some really helpful advice too:

<https://www.thinkuknow.co.uk/>   <https://youngminds.org.uk/>

### **Notices:**

- All Years: Gloucestershire Early help have put together advice please see letters to parents for details for those families in self isolation and struggling with current electricity bills.

Letters to parents this week <http://www.farmors.gloucs.sch.uk/Letters-to-parents>

- **All Years:** Self isolation Electricity help in information.
- **Years 7-9:** Lechlade library writing competition
- **Years 9 & 10:** Bronze and Silver DofE.

Kind regards,

Pastoral team.