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**Headteacher:** Dr. A Wood, PhD, NPQH, BSc (Hons)

Friday, 23 January 2026

Dear Parents and Carers,

## Re: Online Safety — Supporting Our Children in the Digital World

As part of our ongoing commitment to keeping our children safe, confident and informed online, we would like to share an update regarding online safety, age-appropriate app use and emerging technologies such as artificial intelligence (AI).

Online safety has been a recent focus within your child's PSHE lessons. Pupils have been exploring how to stay safe online, make responsible choices, and understand the impact of their digital behaviour. These lessons encourage children to think carefully about how they use technology and to know where to seek help if something online makes them feel uncomfortable, worried or unsure.

We recognise that technology plays a positive role in learning, creativity and connection. However, it can also present challenges, and working in partnership with families is key to helping children navigate the digital world safely and responsibly.

## How You Can Support Your Child at Home

- Talk regularly with your child about the apps, games and websites they use
- Set clear expectations around screen time and online behaviour
- Explore privacy and safety settings together on devices and apps
- Encourage open conversations so your child feels confident coming to you with any concerns

## Age-Appropriate Apps and Trusted Guidance

When deciding whether an app, game or platform is suitable for your child, we recommend using trusted sources alongside official age ratings. The Children's Commissioner's guide provides clear, practical advice to support families in managing children's digital lives.

You can access the guide [here](#):

<https://www.childrenscommissioner.gov.uk/resource/what-i-wish-my-parents-or-carers-knew-a-guide-for-parents-and-carers-on-managing-childrens-digital-lives/>

The guide includes:

- Information about popular apps and platforms
- Conversation starters to use at home
- Advice on setting boundaries and managing screen time

- Guidance on choosing age-appropriate alternatives

### **Online Safety and Artificial Intelligence (AI)**

AI tools, such as chatbots, image generators and search tools, are becoming increasingly common in the online world. While these tools can support learning and creativity, it is important that children understand that AI-generated content is not always accurate, appropriate or reliable.

We encourage families to:

- Talk to children about what AI is and where they might encounter it online
- Remind them not to share personal information with online tools or people they do not know
- Encourage critical thinking about whether information or images they see online are real or trustworthy

### **CEOP and Where to Get Help**

We also recommend that families are aware of the CEOP (Child Exploitation and Online Protection) Safety Centre, which provides trusted advice for parents and children about staying safe online, as well as a way to report concerns if something feels wrong.

Children are regularly reminded in school that they should speak to a trusted adult if anything online makes them feel uncomfortable or unsafe.

### **Helpful Reminders**

- Most social media platforms have a minimum age requirement of 13
- Gaming and chat features can expose children to unmoderated interactions
- In-app purchases should be monitored to avoid unexpected charges

We encourage you to review the guidance above and continue the conversations started in PSHE lessons at home. If you have any questions or would like further support, please do not hesitate to contact the school.

Thank you for your continued partnership in supporting our children's safety, wellbeing and confidence online.

Yours sincerely

Miss O Ireland  
Assistant Headteacher