

As part of the **Cyberwise Schools Partnership Programme**



Welcome to the Cyberwise Schools Partnership! We are thrilled to be working in partnership with your school, enhancing teaching and learning in the area of digital education,, but most importantly supporting and empowering you as parents to prioritise the wellbeing of your children as they navigate our digital world. Read on for practical tips, pointers and resources!

## Cyberwise days in your school...

This term we will be visiting over 20 schools to deliver hands on pupil workshops to the students as part of our digital world day. All of the workshops, and indeed our Cyberwise Programme, focus on our five rules for balancing screentime to keep children happy, healthy and safe.



Children who spend more time on screens were found to have higher 'socioemotional' and mental health problems, researchers found. Photograph: Imago/Alamy

Huge new study warns of the significant impact of elevated screen time on child development and wellbeing.

Click on the image to read the full Guardian article

Today we have been learning four simple rules to help us manage our screentime for better wellbeing:

-  Most of your day should be spent creating, exploring and playing away from screens
-  Screens belong in living spaces not sleeping spaces
-  Leave devices at home
-  Turn off screens an hour before bed

We recommend no smartphones for primary children, and no social media until 16

## In The News

A Sky News investigation exposed extreme content and grooming gangs operating in plain sight on Roblox - tighter controls do not mean our children are safe on this platform



## Recommended Resources...

Click the image below to check out our online parent advice films - offering practical advice and support



## Top Tips if your child enjoys gaming

- Rather than unlimited access, choose two or three games that you have seen and are happy with
- Ensure accounts are set up for the correct age child and that all chat functions are turned off
- Make sure they are playing in a communal space (not in bedrooms) with adults around
- Consider limiting their game playing to once or twice a week
- Hold off until at least key stage 2
- Encourage your children to access better-regulated and higher quality games such as Minecraft/Mario Kart

## The importance of play



Most of your day should be spent creating, exploring and playing away from screens



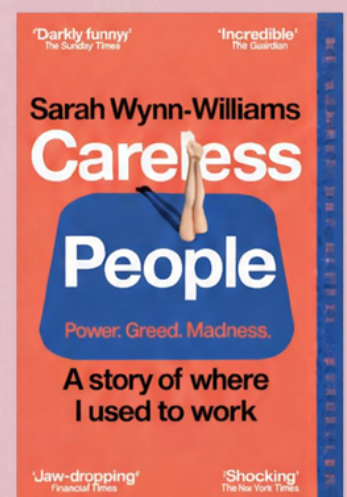
One of the main problems with increased screentime for children is that they are missing out on traditional play. This type of play is so important because it develops vital, lifelong skills: perseverance, problem-solving, and delayed gratification.

As children get older it can seem that they are less interested in "toys" But when we bring these activities into school, be it playdough or lego, engagement sky rockets whether it's reception or year 6!

Why not pop some on the christmas lists?

This Memoir is written by Sarah Wynn-Williams, an ex-employee of META. It is an insightful read on how the company prioritise endless profit over the wellbeing of its employees and users including children.

Another reason we are so glad that the UK is implementing the social media ban for under 16s next year



the conversation...