



26<sup>th</sup> November 2025

Dear Parents and Carers,

We are writing to you today to emphasise the importance of online safety for young people. As digital technology becomes increasingly central to children's lives, we want to ensure that families have the information and support they need to help keep their children safe online.

The internet offers wonderful opportunities for learning, creativity, and connection. However, it also presents risks that all parents and carers should be aware of, including exposure to inappropriate content, cyberbullying, online predators, and excessive screen time. By working together with open communication and clear boundaries, we can help create a safer digital environment for our young people.

We encourage you to:

- Have regular conversations with your child about their online activities and friendships;
- Set clear and reasonable rules about internet use, including screen time limits;
- Familiarise yourself with the apps and social media platforms your child uses;
- Use parental controls where available to help manage content access;
- Teach your child about sharing personal information safely online;
- Create an environment where your child feels comfortable coming to you with concerns;
- Monitor their online behaviour without invading their privacy entirely.

If you have concerns about your child's online safety or wellbeing, or if you notice changes in their behaviour, please do not hesitate to reach out to us or to seek expert guidance.

For reliable information and support, we recommend visiting these trusted organizations:

**NSPCC (National Society for the Prevention of Cruelty to Children)** <https://www.nspcc.org.uk/>

The NSPCC offers comprehensive advice on keeping children safe online, including guidance on social media, gaming, and recognizing signs of online abuse. They also provide the Childline service where young people can get confidential support.

**Parentsafe** <https://www.parentsafe.org.uk/>

Parentsafe provides practical advice and resources to help parents keep their children safe online. They offer guidance on various digital risks and how to have effective conversations with young people about internet safety.

Caroline Barriball, Headteacher

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Both organizations provide free resources, guidance, and support to help parents navigate the digital world with their children.

Thank you for your commitment to your child's safety. If you have any questions or would like to discuss online safety further, please feel free to get in touch.

Yours sincerely,

A handwritten signature in black ink that reads "C. Barriball". The signature is written in a cursive style with a large initial 'C'.

Caroline Barriball  
Headteacher

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