Portswood Primary School

Somerset Road, Southampton, SO17 3AA
info@portswoodpri.org.uk
023 8055 5885
www.portswoodpri.org.uk

Headteacher - Tony Head

30 September 2026

Dear Parents

At Portswood Primary School, we recognise that the online world offers many opportunities for learning, communication and entertainment. It is important that children learn how to use technology safely and responsibly. Through our curriculum, we teach pupils the knowledge and skills they need to stay safe online both at school and at home.

As part of our E-safety curriculum, pupils learn about a range of important online safety topics throughout the year, including:

- Managing online information
- Online reputation
- Online relationships
- Copyright and ownership
- Privacy and security
- Health, wellbeing and lifestyle
- Self-image and identity
- Online bullying

This half term, our focus has been on developing healthy and balanced technology habits. Classes have explored the following themes:

**Reception:** Learning simple rules to keep safe when using technology.

**Year 1:** Understanding rules for staying safe online.

**Year 2:** Exploring how technology can affect our health and wellbeing.

**Year 3:** Understanding the importance of balancing screen time with other activities.

**Year 4:** Reflecting on the amount of time we spend online.

**Year 5:** Learning about in-app purchases and their potential risks.

**Year 6:** Recognising persuasive design and understanding how technology can encourage us to stay engaged online.

**How can you help at home?**

- Talk regularly with your child about their online activities.
- Encourage a healthy balance between screen time and other interests.
- Make use of parental controls where appropriate.
- Remind children not to share personal information online.
- Encourage your child to speak to a trusted adult if anything online makes them feel worried or unsafe.

Keeping children safe online is most effective when schools and families work together. Thank you for your continued support in helping our pupils become safe, confident and responsible users of technology

Kind regards



Theo Humphrey
Computing Lead

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.




## Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.

The National College®

NOS National Online Safety®

#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2024