

### Smartwatches & fitness trackers

Over the last few weeks we have noticed a growing interest in smartwatches or fitness trackers in the children. Whilst it is great to see the children showing more of an interest in fitness, health and time, we would like to give parents and guardians some top tips.

It is important to check what the smartwatch allows your child to do and if available, set appropriate restrictions. Talk to your child about the different settings and if you have, why you have set up the restrictions.

Depending on the brand of smartwatch, you may be able to set up parental controls to restrict content and prevent purchases. More information about Apple Watch parental controls can be found here: <https://support.apple.com/en-gb/guide/watch/apd54d0a51fb/>



As always, ensure your child knows to talk to you or another trusted adult should they see anything inappropriate or that worries them whilst using their device.

Whilst we are happy for the children to wear watches in school and encourage telling the time and fitness, please discuss with your child what would be an acceptable use in school and appropriate ways to use their smartwatches. We discourage any use other than using it to tell the time or steps during school hours.

### Respecting each other online

With many different apps and social media platforms that are available to the children, it is important to talk to your child about online safety and being kind to others online. In recent weeks we have been made aware of a few instances that have been happening in various WhatsApp groups that have been created between the children. Please be aware of what your child is doing on apps such as WhatsApp and discuss the importance of being kind to their peers. Encourage your child to think wisely about what they reply and how retaliating will not help the situation. Please report where necessary as we will deal with this appropriately as a school. No child should experience unkindness or bullying online and we take this matter seriously at school with appropriate sanctions.



Scratch is the world's largest coding community for children and a coding language with a simple visual interface that allows young people to create digital stories, games, and animations. There are two versions of this depending on the age of your child. Scratch Junior is for 5-7 year olds and Scratch is for 8-16 year olds. Scratch promotes computational thinking and problem solving skills; creative teaching and learning; self-expression and collaboration; and equity in computing. Scratch is always free and is available in more than 70 languages.

