

# Welcome to our Parents Forum



Wednesday 22<sup>nd</sup> November 2017

How to support our child's learning and  
online safety

*Our aim is for every student to achieve academic success and  
to develop the skill and knowledge needed to be successful*

**23 November, 2017**

# Homework



- Do you check their planner and have a discussion about what they have to do?
- Where does your child do their homework?
- Do they have a routine around homework? E.g. do it immediately when they get home.
- Do they have distractions? E.g. smart phone, TV in their room.

# Routines



- What time do they wake up?
- Do they have breakfast?
- What time do they need to leave the house?
- What time do they return?
- What time do they complete homework?
- What time do they eat dinner?
- When do they switch off electronic items, e.g. smart phones?
- What time do they go to bed?

*Did you know? Blue light from electronics disturbs sleep, especially for teenagers*

# Diet, health and exercise



- Do they get at least 8 hours of sleep every night?
- How many fruits or vegetables do they eat every day?
- Do they eat breakfast before they leave the house?
- Do they drink water regularly?
- Does your child walk to school?
- Approximately how long is your child active daily?

# Contact with the school



- Have you given us your email address?
- Can we get hold of you easily in an emergency?
- Are there more than 2 emergency contacts listed at school?
- Have you read our first newsletter?
- Have you moved house recently but we have your old address?

# Supporting the school ethos



- Ensuring you have the highest expectations of your child
- Supporting a strong knowledge base
- A disciplined approach
- Supporting our policies and procedures, e.g. behaviour

# E-Safety



- Do they own a mobile phone?
- Does their phone have a camera?
- Do they have social media account? E.g. Facebook, Instagram etc.
- Have you checked their privacy settings?
- What apps have they downloaded? Can they download easily?
- Does your child sleep with their phone in their room?
- Do you know your child's passcode to their phone?
- Did you know what the meaning of cyber bullying is?
- What more can you do to make sure your child is safe online?

# Staying Safe Online - Advice for parents and carers



**Children in care and online risk** - <http://parentinfo.org/article/children-in-care-and-online-risk>

Looked after children can be more vulnerable to approaches online from strangers. Here's how to protect them.

**Using parental controls** - <https://www.thinkuknow.co.uk/parents/articles/Parental-controls/>

Parental controls are a great tool to help protect your children online. There's plenty of advice available to help you using them may not be as difficult as you first thought and there is help available.

**Self-harm: what parents and carers should know** - <http://parentinfo.org/article/self-harm-what-parents-should-know>

Why do young people self harm and what can you do to help them?

**Online grooming: how does it work?** <https://www.thinkuknow.co.uk/parents/articles/Online-grooming/>

Some people try to use social media and apps to groom children and young people. It's important you understand how this works so you can protect them.

**Setting safety and privacy settings for social media apps** - <http://parentinfo.org/article/setting-safety-and-privacy-settings-for-social-media-apps>

If you want to set parental controls on apps such as Facebook, Twitter and Instagram, here's how to do it.

**Worried your child has shared too much online?** - <https://www.thinkuknow.co.uk/parents/articles/My-child-has-shared-too-much-online/>

If your child has shared too much information online, don't panic. There are things you can do and organisations who can help safeguard and support your child.

**Helping your child establish positive sleep patterns** - <http://parentinfo.org/article/helping-your-child-establish-positive-sleep-patterns>

Most UK teens are chronically sleep deprived, leading to moodiness and other problems. Dr Pooky Knightsmith offers parents help.

**I'm worried my child might see something inappropriate online** - <https://www.thinkuknow.co.uk/parents/articles/Im-worried-my-primary-aged-child-might-see-something-inappropriate-online/>

There's no watershed, 'top shelf' or ID required online but that doesn't mean you can't protect your child from adult content. Find out how to help them navigate the web safely.

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# Any questions/comments?



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