



Dear Parents/Carers and Children

We hope that you are settling into life at home and looking after yourselves and each other.

The theme for today is Digital as we all might be finding ourselves and families spending more time than usual online. For adults, we may be checking the news more regularly or using our social media to keep connected with friends and loved ones. And for our children, they may be spending increased amounts of time accessing learning and games digitally.

This can be a double-edged sword as we try to look after our mental health during difficult times. Keeping connected boosts mental health but worrying news can be harmful, especially to younger minds. Try to keep things positive and don't worry if your child is spending more time online than you would usually expect. They need to switch off and relax from the world too.

However, working with your child to be safe online is critically important just now. Social media sites set age limits of 13 to protect children and as teachers and parents we must help them to understand how to be safe on the internet. Some ideas and activities are below which can keep you talking about safety and can guide you to places where you can find further information for the whole family.

1. Have a look at Google's Internet Legends resources for whole family activities.

[https://beinternetlegends.withgoogle.com/en\\_uk/parents](https://beinternetlegends.withgoogle.com/en_uk/parents)

2. Talk to your child about what to do if they see or hear something that worries them online. Teach them how to take a screenshot and never delete anything in case you wish to report it later. You can do this through the Police or CEOP (Child Exploitation and Online Protection)

3. Learn their language! Try the Children's book title emoji quiz copied for you on the next page. (The little pill emoji is used to make the sound "e") The answers will be published tomorrow so you have time to have a good think!

Once again, please don't put extra stresses on yourselves and your families. Working online should feel like a positive way to keep connected and to practise learning but playing online should be a way to relax and switch off. We understand the need to balance both.

The Mauricewood Team

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