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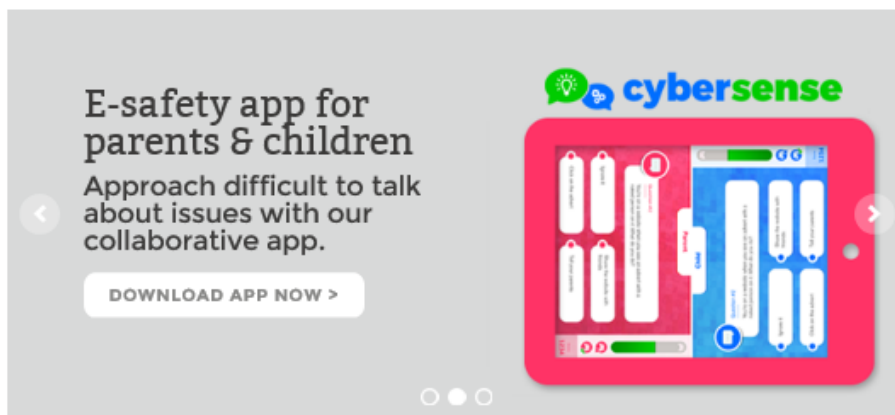
"A good school at the heart of the community"

Thursday 28th January 2016

Dear parents, carers, families and friends,

This week's newsletter is on the theme of safety and wellbeing for our children. The website <http://www.internetmatters.org/> is a very useful resource for parents and families, including helpful and clear advice about parental controls, for example. Below and overleaf are some screenshots of the kind of information you can find on there in the hope that you'll spot something you'll find useful.

Helping parents keep their children safe online



Who are we?

Internet Matters is a not-for-profit organisation working with online safety experts to bring you all the information you need to keep your children safe online.

We aim to bring you

- Advice on important e-safety issues
- News and advice from industry experts
- Guidance on setting parental controls and filters
- Reviews on the latest technology and apps

What issues could be affecting your children?

Get to grips with what they may come across and how to get help if you need it.

If you're worried about anything you or your child come across online, you should report it immediately to the relevant organisation and to the site where you or your child saw it.



Inappropriate Content



Cyberbullying



Online Grooming



Sexting



Online Reputation



Self-Harm



Online Pornography



Radicalisation



Parental controls guide



Setting your parental controls is easier than you think using our interactive guide.

[SET YOUR PARENTAL CONTROLS](#)

New cybersafe app



Our app helps parents talk to their children about difficult e-safety issues.

[DOWNLOAD APP](#)

Please do check it out and see what there is that might be useful to you and your family. If you'd like more information, let us know!



Children's mental health week

The second week in February is Children's Mental Health Week – <http://www.place2be.org.uk/our-story/parents-and-carers-childrens-mental-health-week/>. This link takes you to a page with tips for parents and children in helping to build resilience – 'bounce-back-ability' in response to everyday difficulties. Another really useful site.

As always, if you have any questions, comments or concerns, please let us know

All best wishes –

Ms Harrison and the staff of Heather Primary School