



# LIVINGSTONE

## PRIMARY AND NURSERY SCHOOL

Valeside, Mossley OL5 0AP

Headteacher: Miss Rebecca Willard

Email: [admin@livingstone.tameside.sch.uk](mailto:admin@livingstone.tameside.sch.uk)

Tel: 0145783 2495 Fax: 0145783 9450

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Dear Parents and Carers,

As the summer holidays approach, we know many pupils will have more free time to enjoy games, apps and online activities. The internet and digital technology can be great for creativity, learning and socialising, but it's important to ensure our children are safe while exploring online spaces.

We want to encourage you to take a few moments to check the **parental controls** and **privacy settings** on the devices, games and social media platforms your children may use. It's a simple but powerful way to help manage what your child can see and do online, reduce the risk of exposure to inappropriate content, and help you set boundaries for things like screen time and in-game spending. It's often easier than it may seem – there are some links over the page to get you started.

### Why parental controls matter

Using a site or device's parental controls can help:

- **Protect your child from inappropriate or harmful content.**
- **Limit contact with strangers or online predators.**
- **Reduce the risk of cyberbullying.**
- **Set healthy time limits and boundaries.**

Even platforms designed for children can be risky if the right settings aren't applied. That's why we strongly encourage all families to review settings on consoles, tablets, phones, games like Fortnite or Roblox, and any social media platforms your child may be using.

### Parental controls are just one part of the picture

Parental controls are very useful but **not a substitute** for staying involved in your child's online life. Having a good understanding of what your child is doing online and communicating with them about it is just as important. This could be through:

- **Talking regularly about their online activity:** Ask your child what games, apps, or websites they're using and what they enjoy about them. Explain why parental controls are there, and the importance of respecting them.
- **Taking an interest:** Try playing a game or exploring an app together: this shows interest and helps you understand what they're engaging with.
- **Supervising their time online:** Keeping devices in shared family areas makes it easier to keep an eye on what's happening.
- **Encouraging openness:** Make sure they know they can come to you if something online makes them feel uncomfortable or worried.
- **Setting family rules:** Agree together on-screen time limits (for all of you!), which games or apps are allowed, and when it's time to switch off.

### **Helpful resources:**

Here are some links to trusted sites that walk you through setting up controls for popular devices and platforms:

- **Internet Matters:**  
A step-by-step guide on where to locate and use parental controls for consoles, apps, phones and more:  
[www.internetmatters.org/parental-controls/](http://www.internetmatters.org/parental-controls/)
- **UK Safer Internet Centre – Parental Controls**  
How to set filters on your home broadband and mobile networks:  
<https://saferinternet.org.uk/guide-and-resource/parental-controls>
- **NSPCC - Keeping Children Safe Online**  
Information and resources to help understand online safety and how to talk about it with children:  
[www.nspcc.org.uk/keeping-children-safe/online-safety/](http://www.nspcc.org.uk/keeping-children-safe/online-safety/)

If you're not sure where to begin, we are always happy to help point you in the right direction. We want all of our pupils to enjoy their summer holidays safely, both offline and online. Thank you for your continued support in keeping our school community safe and well.

Yours sincerely,



Rebecca Willard

Headteacher