



Family Support Newsletter

Christmas can be a lovely time to spend time as a family, but for some families it can be a difficult time. Below are a few links and leaflets on support available around different issues that may occur during the Christmas holidays. If you require any support during the Christmas holidays you can also contact Blair Matthews (Family Support Manager, Christopher Nieper Education Trust) who supports our school on the email address provided, blmatthews@christopherniepereducation.org.

New Devises/Consoles

Christmas is a time for new devises whether that be a new phone or tablet. The amount of new consoles also increases. The link below is advice for parents around new devises and also guides on setting up consoles. The aim is to give parents/carers the tools to keep their children safe online.

<https://www.internetmatters.org/parental-controls/gaming-consoles/#step-by-step>

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Video games, consoles & platforms

If your child is a keen gamer and uses a range of consoles or devices to play the latest games, make sure to set them up safe. Take a look at our list of parental control how-to guides to get up to speed on how to set the right level of protection to give them a fun and safe experience while playing video games.

 [SEE GUIDES](#)





**National
Online
Safety**

7 questions to help you start a conversation with your child about online safety

#WakeUpWednesday



1



**Which apps/games are you
using at the moment?**

THIS WILL GIVE YOU A GOOD OVERVIEW OF THE TYPES OF THINGS YOUR CHILDREN ARE DOING ON THEIR DEVICES, ALONG WITH THEIR INTERESTS. REMEMBER THAT THEY MIGHT NOT TELL YOU EVERYTHING THEY ARE USING, SO IT IS A GOOD IDEA TO ASK THEM TO SHOW YOU THEIR DEVICE, BECAUSE NEW APPS AND GAMES ARE RELEASED REGULARLY. IT IS IMPORTANT TO HAVE THIS CONVERSATION OFTEN TO ENSURE YOU ARE UP TO DATE WITH WHAT THEY ARE DOING.

**Which websites do you
enjoy using and why?**

AS IN THE TIP ABOVE, ASKING THIS QUESTION WILL ALLOW YOU TO FIND OUT WHAT YOUR CHILD IS DOING ONLINE, AND ENCOURAGE POSITIVE CONVERSATIONS ABOUT THEIR ONLINE ACTIVITY. ASK THEM HOW THEY USE THE WEBSITES, AND TAKE AN INTEREST IN HOW THEY CAN USE THEM IN A POSITIVE WAY. ALSO ASKING THEM TO SHOW YOU IF POSSIBLE.



2

3

PLAY AGAIN?
YES NO

**How does this game/app work?
Can I play?**



SHOW A GENUINE INTEREST IN WHAT THEY ARE DOING, WHILST YOU ARE PLAYING A GAME OR USING AN APP WITH THEM, IT MIGHT HIGHLIGHT SOMETHING THAT THEY DON'T NECESSARILY THINK IS A DANGER TO THEM. IF THEY ACT LIKE THEY DON'T WANT TO SHARE THEIR ACTIVITIES WITH YOU, QUESTION WHY.

**Do you have any
online friends?**

CHILDREN CAN FORM POSITIVE RELATIONSHIPS WITH PEOPLE ONLINE, AND THIS HAS BECOME MORE COMMON THANKS TO ONLINE MULTI-PLAYER OPTIONS, BUT THEY MAY NOT FULLY UNDERSTAND THE DIFFERENCE BETWEEN A FRIEND AND A STRANGER. YOU COULD MAKE THE QUESTION MORE SPECIFIC TO YOUR CHILD, FOR EXAMPLE: "HAVE YOU MET ANYONE ONLINE THAT YOU LIKE TO PLAY GAMES WITH?" THEY MAY NOT WANT TO SHARE THIS INFORMATION WITH YOU, SO ENSURE YOU TEACH THEM ABOUT HEALTHY RELATIONSHIPS.



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Do you know where to go for help?

ALTHOUGH YOU MAY BE THE ADULT THEY TRUST THE MOST, SOME CHILDREN STRUGGLE TO TALK ABOUT WHAT HAPPENS ONLINE DUE TO CONFUSION OR EMBARRASSMENT, BECAUSE OF THIS THEY MAY STRUGGLE TO APPROACH THE NORMAL PEOPLE WHO WOULD HELP, SUCH AS YOURSELF OR A TEACHER. HAVE A CHAT TO YOUR CHILD ABOUT EXACTLY WHERE THEY CAN GO FOR HELP, AND HOW THEY CAN REPORT ANY ACTIVITY THAT THEY BELIEVE IS INAPPROPRIATE ONLINE.

**Do you know what your
personal information is?**

YOUR CHILD MAY ALREADY KNOW WHAT THEIR PERSONAL INFORMATION IS BUT THEY MIGHT NOT THINK ABOUT HOW IT CAN BE SHARED. HAVE A CONVERSATION ABOUT WHAT PERSONAL INFORMATION IS AND HOW THIS CAN AFFECT THEM IF IT IS SHARED BEYOND THE INTENDED RECIPIENT. IT IS IMPORTANT THAT YOUR CHILD UNDERSTANDS THE DANGERS OF SHARING CONTACT DETAILS OR PHOTOS, AS INFORMATION SUCH AS THIS CAN SPREAD QUICKLY ONLINE.



6

7

Do you know your limits?

CHILDREN MAY NOT UNDERSTAND THE NEGATIVE IMPACTS OF DEVICE OR GAME ADDICTION. TALK TO THEM OPENLY ABOUT HEALTHY HABITS AND ASK WHETHER OR NOT THEM SPENDING TIME ONLINE OR PLAYING A GAME IS AFFECTING THEIR SLEEP, PERFORMANCE AT SCHOOL OR IF THEY ARE GENERALLY LOSING INTEREST IN OTHER ACTIVITIES. YOU MAY LEAD ON TO ENCOURAGING ALTERNATIVE ACTIVITIES AND DISCUSSING THE INTRODUCTION OF TIME LIMITS WHEN AT HOME.



www.nationalonlinesafety.com

Twitter - @natonlinesafety

Facebook - /nationalonlinesafety

Phone - 0800 368 8061

Cost of living

<https://www.ruralactionderbyshire.org.uk/Handlers/Download.ashx?IDMF=c716a1c3-536b-4be9-bf0a-89fb4af44d87>



DERBYSHIRE
County Council

Healthy, Warm and Well in Derbyshire

Your guide to council, health, voluntary and community services in Derbyshire 2024/2025



Get your Flu jab this winter!

Get Cost of Living support.



HELPING YOU WITH
THE COST OF LIVING

<https://www.derbyshire.gov.uk/community/cost-of-living/cost-of-living.aspx>

Foodbank Support

<https://claycross.foodbank.org.uk/get-help/how-to-get-help/>

Clay Cross Foodbank

Helping local people in crisis

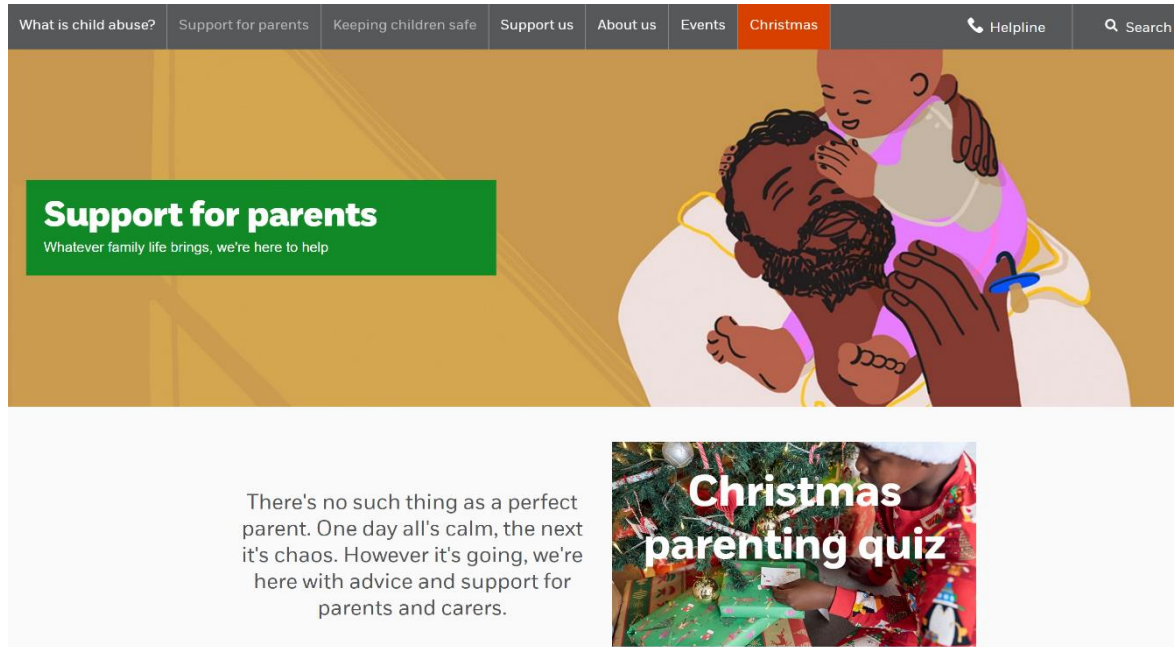
Learn more



<https://southnormantonarea.foodbank.org.uk/>

 South Normanton Area
Foodbank
Together with Trussell

Parent Support/ Wellbeing



The screenshot shows the NSPCC website's navigation bar with links: 'What is child abuse?', 'Support for parents', 'Keeping children safe', 'Support us', 'About us', 'Events', 'Christmas' (highlighted), 'Helpline', and 'Search'. Below the navigation bar is a large banner for 'Support for parents' with the tagline 'Whatever family life brings, we're here to help'. To the right of the banner is an illustration of a man holding a baby. Below the banner is a section titled 'Christmas parenting quiz' with a photo of a child and the text: 'There's no such thing as a perfect parent. One day all's calm, the next it's chaos. However it's going, we're here with advice and support for parents and carers.'

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>



Derby & Derbyshire
Emotional Health & Wellbeing
Transforming Health and Wellbeing for Everyone

<https://derbyandderbyshireemotionalhealthandwellbeing.uk/>