



# INTERNET SAFETY

## Newsletter

DECEMBER 2024

### Screen time!

With the Christmas holidays around the corner, we know that children and young people will be spending more time online. The internet is accessible everywhere, from phones, laptops and tablets to game consoles, smart speakers and even smart TVs!

The internet can be a great resource for young people, it offers a wealth of information and helps build knowledge and understanding.

Playing games can support young people's learning skills, problem solving and creativity.

Screen time allows young people to connect with friends and maintain a social connection.

Homework is often online based, so it's important that young people are confident in navigating it and have the skills to access information.



The NSPCC has information and advice about talking to children and young people about online safety.

### Staying safe online

- It's important to understand what young people are doing online.
- Agree rules and boundaries, be clear on what your child can and can't do online.
- Agree times that they can go online during the week.
- Stay involved, start a conversation by asking them about the sites, apps and games they use regularly. It helps you to identify any potential risks.
- Encourage your child to use their device in a communal area to allow you to keep an eye on what they are accessing.
- Set parental controls to filter, restrict, monitor and report.



*internetmatters.org has lots of guidance and advice for keeping children safe online here*

internet  
matters.org

# Social Media

- Children and young people use lots of different social media apps. The most popular being TikTok, Snapchat and Instagram. There are lots of benefits to social networking. It helps to keep young people connected to friends and family. They can also learn things from making slime, learning dance routines and gaming tips. However, there are risks associated with social media use that you should be aware of to ensure your child is safe whilst using it.
- Oversharing; children and young people can sometimes feel pressure to overshare online.
- Sharing their location.
- Talking to people they don't know.
- Sending or receiving inappropriate content.
- Unrealistic sense of body image or reality.
- Obsessive focus on likes and comments.
- Cyber bullying.

 UK Safer Internet Centre

has lots of advice and guidance about staying safe on social media platforms [here](#)

source: NSPCC

# WhatsApp



WhatsApp is a hugely popular app which offers a quick, easy and free way to connect with friends and family and allows the user to share photos, videos or memes. The age requirement for the app is 13 but many users are younger. Children and young people might be in group chats of various sizes, this could be with family members, close friends or even whole classes or year groups.

Similar to social media, there are risks associated with using WhatsApp and Internetmatters.org have created a safety guide

for parents, find out more [here](#)

# Winter Wellbeing

**TIPS FOR YOUR WINTER Wellbeing**

**WALKING IN A WINTER WONDERLAND**  
Staying active in winter is an important part of your mental health. Walking outdoors can boost your mood and help you feel more energised. Try to walk for at least 30 minutes each day. You can also try walking with a friend or family member to make it more enjoyable.

**SILENT NIGHT**  
Winter can be a time when you feel more isolated. Try to stay connected with friends and family. You can do this by sending them a message or making a video call. You can also try to spend more time outdoors, even if it's just for a short walk.

**SPARK JOY**  
The Christmas period can be a time when you feel more stressed. Try to take some time for yourself. You can do this by doing something that you enjoy, such as reading a book or watching a TV show. You can also try to spend more time outdoors, even if it's just for a short walk.

**EAT THE RAINBOW**  
A healthy, nutritious diet is important for your mental health. Try to eat a variety of fruits and vegetables. You can also try to eat more whole grains and lean proteins. You can also try to drink more water.

**STAY CONNECTED**  
Staying connected with friends and family is important for your mental health. Try to spend more time with them, even if it's just for a short walk. You can also try to spend more time outdoors, even if it's just for a short walk.

**LET'S STAY ACTIVE!**  
Simple ideas to stay physically active and have fun!

**Find joy in every step**  
Walking has many benefits for both your physical and mental health. A brisk walk can help boost your mood. Try to walk for at least 30 minutes each day. You can also try to walk with a friend or family member to make it more enjoyable.

**Ready, Set, Go!**  
Junior Parkrun is FREE, weekly, community events open to everyone! Find out more about Junior Parkrun [HERE](#). You can also try to walk with a friend or family member to make it more enjoyable.

**Let's Dance!**  
Dance is a fun and healthy way to stay active. You can do this by dancing to your favourite music. You can also try to dance with a friend or family member to make it more enjoyable.

**Parks & Adventure Playgrounds**  
Parks are the perfect place to be physically active, whilst having fun. Running, climbing, jumping, balancing, the possibilities are endless! Why not take a football, tennis or tennis rackets and set up a game with your friends or family?

**Active Travel**  
Walking, cycling or rickshaws to school is a great way to be physically active. It can help you stay active and healthy. You can also try to walk with a friend or family member to make it more enjoyable.

We've got lots of advice for your wellbeing this winter, alongside tips and advice to stay active. Click the images to find out more!

  
We wish you a Merry Christmas

LET'S GET SOCIAL!





Health | Well-being | School Sport | PE | Physical Activity  
Supporting South Leicestershire Schools to provide opportunities for all young people

# South Leicestershire Community Board

**NHS**

Leicester, Leicestershire and Rutland

*'What You Saying?'*

Watch the Young Voices on healthcare here

Find out what matters most to them, what's working and what needs improving.

**CHRISTMAS HAF SPECTACULAR**  
 JOIN US ON MONDAY, DECEMBER 23 AT MATTIOLI WOODS WELFORD ROAD FOR A FESTIVE DAY FULL OF FUN!  
 ENJOY GAMES, STALLS, SANTA'S GROTTO AND SO MUCH MORE!  
 FREE FOR CHILDREN AGED 4-11 WHO RECEIVE FREE SCHOOL MEALS (SUBJECT TO ELIGIBILITY CHECKS)  
 9AM-1PM | 1PM-5PM (CHILDREN WITH ADDITIONAL NEEDS ENCP NEEDED)

To sign up >> <https://forms.gle/RaencMjKWPqBzSzCA>

Click for info!

## PANTRY NOOK

Do you live in South Wigston, Wigston or Oadby?

Are you struggling to make ends meet? If so, please come down to our community food pantry and hygiene bank where we are here to help!

**Thursdays 11am-1pm**

Elliott Hall, Albion Street, South Wigston, LE18 4SA

To find out more information and if you are eligible go to [www.elliotthall.net](http://www.elliotthall.net)



**NHS**

Leicester, Leicestershire and Rutland

free walk-in vaccinations and blood pressure checks. Currently it is offering COVID, flu, MMR, pertussis (whooping cough) and RSV vaccinations.

Find your nearest healthcare unit here!

Find local support services in your area this winter here

