



SHOBNALL PRIMARY & NURSERY SCHOOL NEWSLETTER

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12th May 2023

"Say something positive, and you'll see something positive."

Dear Parents/Carers,

With how the weather has been this week, you wouldn't believe that it's nearly summer! The rain certainly hasn't dampened our mood though and the children have been as enthusiastic as ever with all they have been doing!

We hope that you enjoyed His Majesty The King's Coronation last weekend and the additional bank holiday that was brought in with it! Our 'Coronation Corridor' is now beginning to take shape in school, showcasing all the fabulous work our pupils have undertaken to commemorate this special event! Look out for its unveiling imminently on Twitter!



Our year 2 and year 6 pupils have been undertaking their SATs and the considerable effort and resilience that all the children have put into the challenges they have faced has been incredible – we are incredibly proud of them! We have all been impressed with their attitude and the positivity they have displayed throughout the week and whatever the outcome, it certainly won't be because of a lack of effort. I would like to thank all the staff involved in ensuring that the tests have run smoothly and in turn, the many parents who have supported their children during this period. I hope that everyone involved has a very relaxing time over the weekend! All our other year groups have been just as busy though, and I hope you enjoy reading about what they have been up to in this week's 'Shobnall Showcase' further on in the newsletter.

This week, we say goodbye to Mrs Frend, who is beginning her Maternity Leave. As much as I am looking forward to teaching year 6 on a Friday, we will really miss her. She is looking forward to the birth of her first child at the end of the month, and we as a school can't wait to meet Baby Frend when he or she arrives! We will keep you posted with Mrs Frend's news, as and when we receive it, but I'm sure you will join us in wishing her and her husband all the very best as they enter this new and exciting chapter in their lives.



Whatever it is that you are doing this weekend, whether it be going away or settling down to watch the Eurovision Song Contest, we hope that you have a great and relaxing one and look forward to seeing you again on Monday! Enjoy!



Mental Health Awareness Week – 15 to 21 May 2023

On the theme of 'anxiety', this year's Mental Health Awareness Week is from 15 to 21 May.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, the Mental Health Foundation have pledged to keep up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

The [Mental Health Foundation](https://www.mentalhealth.org.uk) have provided a series of resources to promote this theme if you are interested in exploring further.

15 to 21 May 2023

Mental Health Awareness Week



#ToHelpMyAnxiety



INSET Days

As we begin to put together the calendar for the next academic year, we wanted to give you advance notice of our scheduled INSET days for 2023-2024:

- Monday 4 September 2023
- Monday 6 November 2023
- Monday 8 April 2024
- Friday 24 May 2024
- Friday 5 July 2024
- Monday 22 July 2024



As always, please keep an eye out at the end of the newsletter for key dates, as those for the autumn term will start appearing imminently.

Parent Questionnaire

At Shobnall Primary & Nursery School, we prioritise reading.

*"The more that you read, the more things you will know.
The more you learn, the more places you'll go." — Dr. Seuss*

We are aware of the importance of giving children the time to read for pleasure during the school day and would like to hear your opinions on reading for pleasure. Could you please spare a minute to complete this questionnaire? Click on the link below or use the QR code here to take you to the survey. Thank you to all those parents who have already participated, we appreciate hearing your views.



Thank you for your time and commitment to your child's reading in school. If you would like any further information or support, please do not hesitate to contact your child's teacher.

https://forms.office.com/Pages/ResponsePage.aspx?id=o9n4cUczDUCoUtlXzz1ITrls0Yxe8-hBsIGg_P1BK1BUN09ZSk9TSUE5UTAyMk4wTFZCMlpPVFNSUS4u



Nursery Places Available for September!

We do still have a few places left in our Nursery setting for September, so please enquire if you or someone else you know within the community, would like a place in our outstanding school. Further information can be found on our school website [Admissions](#) page on how to apply for a place.

School Uniform Expectations

School uniform plays a key role in promoting pride, self-confidence, and a feeling of belonging. These factors contribute to students' wellbeing, removing the additional pressures of deciding what to wear and added stress of meeting the expectations of their peers.

Please could we remind parents of the requirement to send children to school in the correct school uniform each day, as listed on our dedicated school website page [here](#). This includes our PE kit, which can currently be worn on PE days.

We know that the children are very proud of their uniform, and recently the School Council composed a letter to parents which you can read [here](#).

Remember, we do have FREE uniform that is available for anyone who needs it, via our donation service. There is a box situated outside the school office for any parents who have old items that they wish to donate. Please could we ask that these are cleaned and in good condition before placing in the box! Amy Roobottom continues sorting, collating and distributing this. If you wish to contact Amy to ask what is available that you might be in need of, please contact her via amyroobottom@outlook.com. We are very grateful to her for continued support in organising this on behalf of the school.

We would like to thank all of our parents and carers for fully supporting the children with this policy.



Bee-Friendly Plants

Are you taking part in [#NoMowMayStaffs](#) this month and leaving your grass to grow to help pollinators and biodiversity?

If you are unable to, or don't have grass to cut, you can introduce some bee-friendly plants to your outdoor space, such as lavender, sunflowers, cornflowers, salvia, bee balm and wildflowers.

Take a step back and let nature do its thing this May while you enjoy the beauty of a thriving bee-friendly garden.

Selected libraries in Staffordshire are giving free signs to stick in your garden - [find a library near you](#).





Online Safety Tips

With more than 700 million users worldwide, Telegram is a popular alternative to the likes of WhatsApp and Facebook Messenger; indeed, in some countries, it's overtaken that pair to become the most-used instant messaging app. Telegram's no stranger to controversy, however, and has occasionally been made unavailable for download in some nations (including the UK).

There are various reasons for these suspensions, but the primary trigger for the authorities' concern has been that Telegram's robust encryption, sadly, all too often encourages the app's use as a conduit for extremist political material and illegal sexual content. Our #WakeUpWednesday guide this week brings trusted adults the lowdown on Telegram.

In the guide you'll find tips on a number of potential risks including a lack of age verification, inappropriate content and cyber-bullying.

Hot Lunch Options – 15 to 19 May 2023

WEEK 3	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN DISH	Cheese & Tomato Pizza Naan with Baked Potato Wedges	All Day Breakfast	Roast chicken with creamy mash potato & gravy	5 LPI Chicken & tomato pasta bake	Crispy battered fish & chunky chips
VEGETARIAN MAIN DISH	Vegetable Quiche & Baked Potato Wedges	Vegetarian All Day Breakfast	Quorn fillet with roast potatoes & gravy	5 LPI Vegetable & bean chilli with 50/50 rice	Pb Quorn™ nuggets with chunky chips
ACCOMPANIMENTS 5 LPI	Peas & broccoli Salad bar	Roasted vegetables Salad bar	Green beans & cabbage Salad bar	Corn on the cob & carrots Salad bar	Peas & baked beans Salad bar
DESSERTS	Oaty jam squares	5 LPI Apple pie with custard	Lemon cake	Sticky toffee pudding with custard	Fresh Fruit & Whip
FRESH FRUIT OR YOGHURT	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt	Fresh fruit or Yoghurt
JACKET POTATO AND SANDWICH SELECTION	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection	Jacket potato and sandwich selection

SHOBNALL SHOWCASE!

Let's have a sneaky peek as to what has been going on in our classrooms this week...

Nursery

This week in nursery, the children have been fascinated by their new theme of minibeasts. They have listened to many stories based on the artist Henri Matisse and have created minibeast pictures using his technique of 'painting with scissors'. The minibeasts are all certainly happy with their patterns and colours! The children's growing independence on the creative table is a delight to watch! The children have also loved reading our class story 'Walter's Wonderful Web' and have had a lovely time making a web just like Walter the Spider. They then have been applying their learning about 2D shapes which we



have been focussing on in our maths this week and have been superstars at identifying which shapes they can see in their web! It has indeed been another fantastic week of learning!

Reception

Reception have had another bugtastic week! They have had fun learning more about their chosen minibeast each

day. The caterpillar and the spider were enjoyed by most. The children have completed some fantastic sentence writing this week and I have been very impressed with their use of their phonics knowledge and letter formation. On Wednesday, the children learnt about the artist Alma Thomas and created some fabulous artwork inspired by her painting 'Springtime in Washington.' The snails are certainly happy with their bright, colourful shells! On Thursday it was time for another exciting Forest School session and the children have relished the independence of exploring the woodland searching for bugs. They found lots of creatures including spiders, woodlice and wriggly worms. There was much excitement joining in with activities which included making wood cookie spiders! The children also enjoyed a sing song too whilst drinking a cup of hot chocolate and eating a biscuit!

Year 1

Year 1 have had a busy week! They have been sharing and making equal groups in maths. They have been more confident with counting in 2, 5 and 10. In English they are preparing to write a journey story about an animal. In Art they have enjoyed our new topic, 'In the jungle' and have been sketching leaves and learning about the artist Henri Rousseau.



Year 2

All the staff couldn't be prouder of Year 2 this week! Every single child was a SATs SUPERSTAR, turned their brain to full power and SMASHED their tests. They tackled every paper with a smile on their face, a pep in their step and their brains switched on. Every single child in Year 2 should be SO proud of themselves. As a reward, on Friday afternoon, Year 2 had a SATs party, full of tasty treats, Miss Martin-Mills as the in-house DJ, and of course lots of dancing!

TADPOLE UPDATE: Having housed the tadpoles in class for 9 weeks, they have turned into froglets and as a result have been released to Forest School to continue their growth. Year 2 were happy to wave the froglets goodbye but were also sad to see them go! Watching their life cycle has been so intriguing and I know that all of the children have loved having our amphibian friends as class pets....it might be time for Miss Martin-Mills to start looking for a more permanent class pet!

Year 3



Year 3 have been very busy this week by starting to draft their explanation text about magnets. All the children are extremely knowledgeable about the use of magnets and where magnets are used. In maths, the children have been learning to add and subtract fraction. The children have excelled in their learning and Miss Barker is extremely proud of them. In science this week the children have been learning about all the bones in a human skeleton. The children loved being able to create their own skeleton. All in all, a super week - well done Year 3.

Year 4

Year 4 have had another brilliant week this week. In English, the children have been looking at a formal letter and identifying the features of it. They have also taken part in their Level 1 Bikeability – I have been so impressed with the resilience of all the children, especially those who are not as comfortable on a bike. This experience will set them up fantastically in year 5 when they take part in their Level 2. In Geography, the children have created bar models to represent the highest speaking languages, and this sparked a brilliant discussion to explain why particular languages are so popular around the world. Furthermore, in RE, the children have been identifying the most crucial aspects of the noble 8-fold and how they could be applied to their own lives. Another great week Year 4. Keep it up!

Year 5

Braving the wet weather, year 5 have still managed to enjoy Forest School and their Bikeability sessions this week.

On Tuesday, the children enjoyed a muddy forest school where they have been building dens and having fun. The children were creating crowns for King Charles and building rafts which floated in the puddles!

In Maths, the children have continued to strengthen their understanding of fractions, decimals and percentages. They have been using pictorial representations and applying their understanding in word-based problems.



Our English new writing topic has seen the children recalling facts about the water cycle. They have learnt all about the Haiku, a Japanese poetic form that consists of three lines, with five syllables in the first line, seven in the second, and five in the third. The children have had fun exploring the syllables in the new vocabulary words such as evaporation and condensation (silent clapping was in order to help say the sounds/syllables to check for each word).

In our History lesson, the children discussed their learning from their extended projects on the Early Islamic Civilisation, and linked this to our lesson on Baghdad. The children played 'bingo' with key words and phrases to help develop their knowledge of the history, key features and life in early Baghdad. We explored the world map to see where Baghdad is in the world and then compared it to Europe in 1000 AD.

Year 5 have worked really hard this week and are showing greater confidence and maturity in approaching tasks that may not be familiar to them!

Year 6

WOW! What a week! The Year 6 children have worked so hard in their SATs this week. We are incredibly proud of how hard they have worked. Managing to stay focused and on task for a long period of time is not easy and these children have proven how amazing they are. We ended the week with a SATs party to mark our efforts and achievements.

Reading Corner

This week's recommended read is for children aged 5+

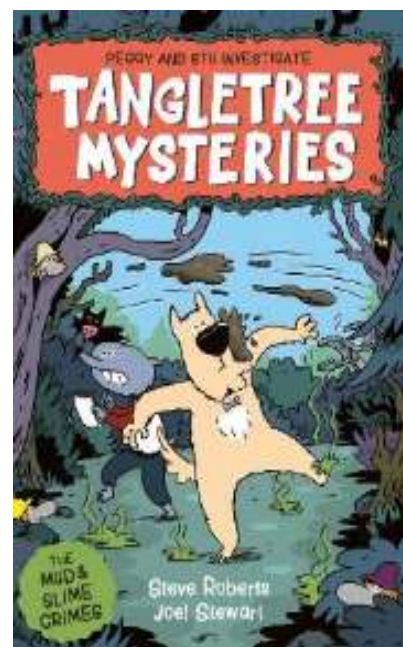
Tangletree Mysteries: The Mud & Slime Crimes!

Written by Steve Roberts

A comic/graphic novel series for 5-8s following the adventures of Peggy the dog, who - when she enters Tangletree Woods on her walk every day - takes up her position as investigator of mysteries.

The animals of Tangletree Woods are all getting ready for the spring dance. But Joan the squirrel has a problem. Her trumpet is completely out of tune and - even more mysteriously - it runs off into the woods of its own accord. Luckily Peggy and Stu the shrew are on hand to help.

Could it be down to Warrington: the grumpy wolf-cat who lives deep amongst the trees? Or is the Peskies who seem to cause no end of trouble? The race is on to solve the case and get back in time for the party.



Head Teacher's Awards

Reception	Miley M	Astrid R
Year 1	Ibrahim J	Saifullah M
Year 2	EVERYONE!	
Year 3	Keyarah B	Fatiha N-M
Year 4	Ellie W	Faryal S
Year 5	Zahra K	Lilly L
Year 6	EVERYONE!	

Lunchtime Star Awards

Reception	Mohammed H
Year 1	Zayn C
Year 2	Olivia K
Year 3	Fatima S
Year 4	Nell T
Year 5	Lilly L
Year 6	Lucy W

Attendance

This week's Attendance Champions are **Reception, Year 1, Year 2, Year 5, AND Year 6!** Well done! Here are the figures for this week...

Reception	100%	Target
Year 1	100%	96%
Year 2	100%	
Year 3	94.4%	
Year 4	97.7%	Overall (to date)
Year 5	100%	95.4%
Year 6	100%	
Overall	98.2%	

Team Points

Team Points	Claymills	Rosliston	Sinai	Trent
Points (Week Ending 12.05.23)	83	116	127	121
Position	4 th – 1 point	3 rd – 2 points	1 st – 4 points	2 nd – 3 points
Running Total	9	10	14	10

Summer Term Diary Dates

Event	Date/Time
Ugly Bug Ball Creative Afternoon for Reception Parents	Tuesday 23 rd May 2023
Year 1/2 Multi-Skills Festival, JTHS	Tuesday 23 rd May 2023
Reception Ugly Bug Ball	Thursday 25 th May 2023
School Closes for Half Term	Friday 26 th May 2023
School Reopens for Pupils	Monday 5 th June 2023
Year 4 Multiplication Tables Check	Monday 5 th June 2023 – Friday 23 rd June 2023
New Parents Meeting for Nursery & Reception Parents	Thursday 8 th June 2023
Year 5 Class Assembly	Thursday 8 th June 2023
Year 1 Phonics Screening	Monday 12 th June 2023 – Friday 16 th June 2023
Father's Day Lunches – Reception	Monday 12 th June 2023
Father's Day Lunches – Year 1	Tuesday 13 th June 2023
Father's Day Lunches – Year 2	Wednesday 14 th June 2023
Father's Day Lunches – Year 3	Thursday 15 th June 2023
Reception Class Assembly	Thursday 15 th June 2023
Father's Day Lunches – Year 4	Friday 16 th June 2023
Year 1 Trip to Ash End Farm	Friday 16 th June 2023
Sports Day – EYFS/KS1 AM & KS2 PM	Monday 19 th June 2023
Father's Day Lunches – Year 5	Monday 19 th June 2023
Father's Day Lunches – Year 6	Tuesday 20 th June 2023
Reserve Sports Day – EYFS/KS1 AM & KS2 PM	Wednesday 21 st June 2023
Year 3 Class Assembly	Thursday 22 nd June 2023
Year 4 Class Assembly	Thursday 29 th June 2023
Year 1 Class Assembly	Thursday 6 th July 2023
Year 3/4 Trip to Twycross Zoo	Thursday 6 th July 2023
JTMAT INSET Day – School Closed	Friday 7 th July 2023
Year 4, 5 & 6 Brewhouse Performance – Peter Pan	Tuesday 18 th July 2023
Nursery Graduation	Wednesday 19 th July 2023
Year 6 Leavers' Assembly	Thursday 20 th July 2023
School Closes for Summer	Friday 21 st July 2023
INSET Day	Monday 24 th July 2023
INSET Day	Tuesday 25 th July 2023

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OPEN DAY

**Free
Entry**

What's on!

Proud to be
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**The
Fire Fighters
Charity**

- Face painting
- Bouncy Castle
- Slide
- BBQ
- Pizza
- Demo's
- Fun Fair Rides
- Penalty Shoot Out
- Raffle Prizes
- Stalls
- Games
- Police Dog

Meet Welephant



**PLUS
MUCH
MORE!**



Burton Fire Station 17 June 2023
11am-4pm



www.staffordshirefire.gov.uk



Staffordshire
Fire and Rescue Service
preventing • protecting • responding

What Parents & Carers Need to Know about

TELEGRAM

AGE RESTRICTION
17+

WHAT ARE THE RISKS?

LACK OF AGE RESTRICTION

Telegram has a 16+ age restriction on using the service, while someone is required to be over 17 to actually download the app. Once that's accomplished, however, there's no need to provide further identification. That means there's no guarantee that under 17s aren't using the app – and no way to confidently verify that any other user actually is who they say they are.

POSSIBLE CYBERBULLYING

If your child uses Telegram, they could well be in a group with friends and peers on the app. These groups are managed by admins who can remove the option to post replies – possibly leading to instances of cyberbullying in which the victim has no ability to respond. Messages can be forwarded from groups, too, which potentially opens up images and text being seen by people they weren't intended for.

UNMODERATED CONTENT

Because Telegram relies on users' self-moderation, it can sporadically become a hotbed for illegal or inappropriate content. In the past, the circulation of this material has led to its temporary removal from the App Store. In fairness, the same can be said of several messaging platforms, but Telegram's features (Secret Chats, for instance) certainly present more issues than the likes of WhatsApp.

Telegram isn't new, but it's grown significantly in popularity over recent years, thanks to its secure nature and speedier performance than many of its competitors – including WhatsApp. While Telegram is an excellent app in terms of actual performance, like any messaging platform it brings its own challenges for parents when it comes to feeling confident about children being able to handle their own messaging conversations and contact with the outside world in general. Here's everything that trusted adults need to know about using Telegram safely.

PREMIUM COSTS

Telegram is free to use, but it also offers a premium membership (£4.99 per month or £35.99 a year) which increases download speeds, adds translation features, and increases channel and account limits. If your child has access to your Apple ID or Google Pay details, they may be able to sign up for the premium package without your knowledge.

UNAUTHORISED ACCESS

One of Telegram's major selling points is that it's accessible across multiple platforms. Once the app's been downloaded, users can log in from a phone, tablet or computer. This multi-device availability means increased opportunities for someone else to gain unauthorised access (if your child leaves a computer or tablet at school logged into their Telegram account, for instance).

SECRET CHATS

Telegram offers a feature called Secret Chats, which allows for messages which self-delete after a specified period of time. There are instances where this can be useful (journalists often use Telegram to protect their sources, for example), but for young people it can make it extremely difficult to prove that someone has been abusive or inappropriate towards them on the app.

Advice for Parents & Carers

PRIVACY CONTROLS

If your child wants to use Telegram, we'd strongly suggest using the app's built-in privacy settings to restrict who can see when they were last online, their profile photo, and their phone number. This can be set to 'everybody', 'my contacts' or 'nobody': we'd recommend either the second or third options, depending on how locked down you want the platform to be.

DISCUSS SECURITY

It's important that your child understands the merits of strong passwords and logging out of devices when they're finished – and the benefits of protecting their personal data in general. This could range from relaxed chats and simple tips like "don't send your bank details" to how to set up passcodes for Telegram so your child's chats stay secure when they step away from their screen.

REPORT UNSAFE CONTENT

If your child receives private messages which include content that could be considered illegal, unsafe or upsetting, they can of course block the account responsible within the app itself. Be aware, however, that Telegram won't necessarily take any further action unless this offensive content involved a user-created channel, bot or sticker.

USE THE BLOCK FUNCTION

Users can block spam, abusive, or imposter accounts within the app. Blocking stops that account from messaging your child, or viewing their profile and activity. If the user in question is one of your child's peers or friendship circle, it may be worth bringing it to the attention of their school. Also bear in mind that your child can also voluntarily leave a Telegram group at any point if they wish.

PROTECT PAYMENT METHODS

Apple and Google's storefronts offer family sharing options, but it's also worth double-checking your settings to ensure that a password or two-factor authentication option is set up to prevent any unexpected purchases. If your child does pay for a premium Telegram subscription without your consent, Apple and Google have been known to issue refunds in some cases.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GGRecon and has worked in the gaming media for around four years. A regular visitor to the App Store to try out new tools, he's also a parent who understands the value of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including IGN and TechRadar.



PREMIUM ACCESS



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Source: <https://www.telegram.org/> | <https://www.engadget.com/telegram-explained-2022-163035068.html>



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Dance Timetable

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
See: _____ ★dance f Star Dance	4:00-4:45 Kids Dance Get bodies moving through beginner's contemporary and street dance moves. <i>Ages 5-11</i>	4:00-4:45 Kids Dance Get bodies moving through beginner's contemporary and street dance moves. <i>Ages 5-11</i>	4:00-4:45 Kids Dance Get bodies moving through beginner's contemporary and street dance moves. <i>Ages 5-11</i>	See: _____ ★dance f Star Dance	See: _____ ★dance f Star Dance	See: _____ ★dance f Star Dance
	5:00-5:45 Jazz/Modern Learn technique in this beginner's class. <i>All ages</i>	5:00-5:45 Lyrical/contemporary Learn expressive movement in this beginner's class. <i>All ages</i>	5:00-5:45 Street/Commercial Learn the latest moves movement in this beginner's class. <i>All ages</i>			
	6:00-6:45 Street/Commercial Improvers class for those who already have some experience. <i>Age 12+</i>	6:00-6:45 Street/Commercial Improvers class for those who already have some experience. <i>Age 12+</i>	6:00-7:00 Breakdance Learn from the amazing Trinity Warriors. <i>All ages beginners</i>			
	7:00+ See: _____ ★dance f Star Dance	7:00+ See: _____ ★dance f Star Dance	7:00-8:00 Breakdance Learn from the amazing Trinity Warriors. <i>All ages, Improvers</i>			

Timetable subject to change. Please check **facebook** 'Star Dance' for any changes and new classes.



Star Dance
Unit 7 Maltings industrial estate,
Derby road, DE14 1RN

Call Jane to enquire
07562 674 285

10 top tips for safely using SMARTWATCHES

Kids love gadgets, and smartwatches – available to buy from as little as £20 online – make a tempting gift. As with any type of mobile technology, though, smartwatches can pose risks to children unless they're used safely. Receiving unwanted calls, cyber-stalking and distracting a young person when they're crossing the road are all known risks associated with smartwatches. However, these devices can bring plenty of benefits for children and parents alike – so let's examine the pros and cons of smartwatches.

AVOID CHEAP OPTIONS

A quick search online yields a torrent of cheap smartwatches for kids, costing as little as £20. It's wise to avoid this bargain basement tech: it tends to deliver a poor experience with inferior battery life, and it's hard to have faith in the software's safety. There have been cases of smartwatches being hacked to track or contact children; stick to known brands who have a reputation to protect.

CONTROL CALLING

Many smartwatches have the facility to make or take calls. As with a phone, you may want to restrict who your child can call – or be called by. On Apple Watches, you can select trusted contacts who are allowed to ring your child, while other watches' controls vary hugely. Some need to connect to a linked phone for calls, so you may be able to block unknown contacts via that device instead.

BEWARE HIDDEN COSTS

For a smartwatch to allow calls independently (that is, without being connected to a phone via Bluetooth), it will need its own mobile data plan. This might take the form of a tiny SIM card that you slot into the watch – or an eSIM, where the physical card is replaced by software settings. Either way, this will incur an additional monthly cost that you'll need to factor into any buying decision.

ENABLE FAMILY SHARING

Apple Watches aren't cheap, but they do offer superb safety features – allowing parents to control calls, messages and emails on the device, as well as a location tracking system that can send alerts if kids wander beyond pre-set boundaries. Their SOS function enables children to contact emergency services instantly if they're in trouble, which simultaneously also alerts parents and carers.

MAKE THEM COOL FOR SCHOOL

Some schools have banned smartwatches, as pupils have been using them as substitute phones. If your child's school does permit them, some devices can be set to prevent distractions in class. For example, Apple's Schooltime feature turns their watches into ordinary time-keeping devices during school hours. The display changes in this mode, showing teachers that it isn't being used for other purposes.

BE MINDFUL OF BEDTIME

Many smartwatches offer sleep tracking, which some (usually older) children use to justify wearing them to bed. However, that also presents a temptation to message friends or check social media late at night, even if their phone is downstairs. Unless there's a valid reason not to, you could encourage your child to remove the watch in the evenings and ensure the charger stays in a different room.

TRACK ITS LOCATION

Both Apple and Android devices have apps which allow you to track a smartwatch's location. They can also initiate an audio alert – avoiding those cushion-hurling panics when a treasured device can't be found at home. If you're planning to track your child's location via their watch, make them aware of that in advance. You could even make it a condition of them getting the watch in the first place.

THINK 'SAFETY FIRST'

Smartwatches are often worth hundreds of pounds, which can make young people wearing one a target for thieves. Advise your child to keep the watch hidden in public (when possible) and not to resist if muggers demand their watch. If you manage to track a stolen device, pass that information to the police: location data isn't always accurate, so you could end up wrongly accusing someone.

STORE MEDICAL INFO

Devices including the Samsung Galaxy Watch and Apple Watch can store the owner's medical details (such as their blood group and any pre-existing medical conditions), potentially giving emergency services access to vital information in a crisis. These devices also have 'hard fall' detection, which sends a text message to selected contacts along with a map showing the wearer's location.

USE THEM AS MOTIVATION

If you're worried your child's spending too much time slumped on the sofa staring at screens, smartwatches are great fitness trackers and can be a powerful incentive to get moving. Some devices will alert the wearer if they've been inactive for a long time and encourage them to do some exercise. Many watches record the user's daily step count and measure other health metrics.

Meet Our Expert

Barry Collins has been a technology journalist and editor for more than 20 years, working for titles such as the Sunday Times, Which?, PC Pro and Computeractive. He's appeared regularly as a technology pundit on television and radio, including on BBC Newsnight, Radio 5 Live and the TV News at Ten. He has two children and writes regularly about internet safety issues.



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