

25 October 2022

Dear parents

Welcome to the last stretch of 2022

The term ahead is packed with activity - Grade Five, Six and Seven write examinations, there are interhouse sporting events to conclude, our Bellavista Stars talent show, the General Knowledge Quiz and a whole lot of learning and therapy to pursue. Please make every effort for your child to achieve full attendance in the weeks ahead.

Cyber Safety and Digital Citizenship

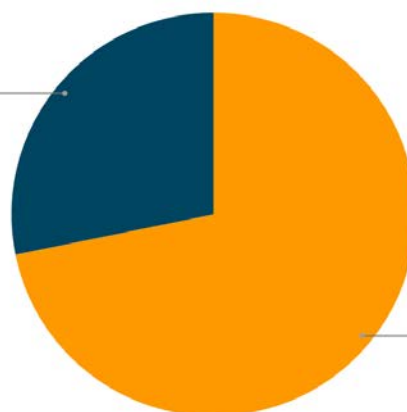
It is increasingly challenging to build a culture of responsibility with parents in terms of the access to the internet and social media platforms that they offer to children. Please heed the call to be involved - raising children has never been easy. Raising children in a tech world is perilous.

YOU need to be **informed** and very **proactive**.

Our data shows that of those who signed up for an excellent cyber education programme on our recommendation (Klikd), only 28,2% of parents and children are actively involved outside of our school based sessions. We mediate the content at school. You need to hold the conversations at home. Klikd keeps you in the know so that you can do it.

Paid up and using Klikd

Active and Involved
28.2%



Absent parents
71.8%

What are schools, including ours, seeing as trends?



Bullying
Absenteeism
Suicide
Suicidal thoughts
Self harm
Depression
Anxiety
Gaming addiction

Predatory risk
Irresponsible social behaviour
Impulsivity
Inattention/ poor concentration
Sexting
Conflict at home
Identity crisis
Insomnia



Muscle tone
Creativity
Physical wellness

Social skills
Family dinner time
Play

We must urge you to **limit devices**:

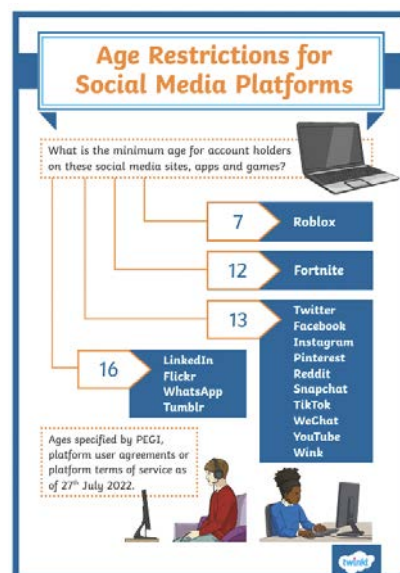
- iPads locked via parental access time per day and/ or for schoolwork only.
- **No phones are allowed at school. Ever. They serve no purpose but mischief.**
- Smart TVs are the new bypass - make sure your controls are in place. Young children are accessing shows like Dahmer unsupervised.

Smartphone addiction, sometimes colloquially known as “nomophobia” (fear of being without a mobile phone), is **often fueled by an Internet overuse problem or Internet addiction disorder**. See [Smartphone Addiction - HelpGuide.org](https://www.helpguide.org/articles/mental-health/smartphone-addiction-helpguide.org)

We urge you to **monitor social media**

- Roblox may be from age 7, but that leaves a very wide scope for his/her interaction with anyone older than seven. Are you comfortable with that?
- Whatsapp is not nebulous...
- Snapchat and TikTok are prolific
- “just watches Youtube” is a huge red flag
- In-game chats offer unfettered opportunities for foul language and inappropriate interactions between peers and with complete strangers

You do need to get involved. If your child fights you, blame me.



Lightning

Please note that with the rains comes lightning and related alerts. Our protocols remain tight in the interest of everyone's safety. When the school is under lightning alert, you will be advised by SMS.

Enjoy the week!