

# Norwich Road Academy

Norwich Road T 01842 753279  
Thetford E [office@nor.eastern-mat.co.uk](mailto:office@nor.eastern-mat.co.uk)  
IP24 2HT W [www.norwichroadacademy.co.uk](http://www.norwichroadacademy.co.uk)

**Principal: Mrs Julia Miles, BA Hons (QTS) NPQH**

**Deputy Principal: Mrs Emma Kato, BA Hons (QTS) NPQH**



Dear Parents and Carers,

## Online Safety

As we return to our new way of learning following the Easter break it is useful to remind ourselves of different ways that we can support your children whilst they are using screens in and around the home for different purposes.

### Netflix

Did you know that Netflix have launched an update to their parental controls? Netflix have updated these settings to help families around the world get the most from their viewing experience, as well as allowing them to make decisions about what content is right for their family. This includes PIN protected profiles

#### PIN protected profiles

When you log into your Netflix account on a computer, tablet or TV you come to a screen which asks you to select your profile. Each profile has its own name, profile picture and content which is age appropriate to the viewer – this is great if you have children of different ages.

#### BBC Own It APP <https://www.bbc.com/ownit>

The BBC have released an update to their 'Own It App' so that it can now recognise Covid 19 related chat, triggering a supportive response that can help with fears and emotions.

The BBC Own It App provides a helping hand to young people who are starting to use social media and the internet more widely. Helpfully, the app runs in the background to give them instant, on-screen advice and support the moment they need it.

### Managing Online lives

This link will take you to a bank of resources including games and quizzes which may help you to work with your child to understand and learn new ways of managing their online lives.

<https://www.childnet.com/resources/online-safety-activities-you-can-do-from-home/for-7-11-year-olds->

### Further places you can go for help and support

**For young people** - depending on the age of your child there are a range of places they can go for help, for younger children they can call **Childline** free on 0800 1111 or going to <https://www.childline.org.uk/> for help and support, and for older children **The Mix** offer free and practical advice. The Mix is useful if you have teenagers or young adults in your household.

**For parents and carers - The NSPCC helpline** on 0808 800 5000 can help you with any questions or concerns you may have about keeping your child safe online, they can provide you with advice and help to troubleshoot any problems your family may be facing. You can also take a look at their collection of resources that you can use from home.

As always we are here to help. You can contact your class teacher via Class Dojo and there is always a member of our Safeguarding Team in school during school hours. If you are at all worried about your own child or someone else's please call us.

*'Building our love of learning together'*