



Our Ref: LSM/JMC/15

02 April 2015

To: All Parents

Re: E-Safety Bulletin

Dear Parents,

Welcome to the end of term bulletin from the e-safety team at Upton Hall. The short clip below is called 'Trusting myself - trusting my selfie' It contains really useful advice for parents and how to deal with the issue of 'the selfie'.

<https://www.youtube.com/watch?v=A3mmlsPgqg0>

The other advice we would like to offer concerns the negative effects that electronic devices can have on sleep patterns. More and more research in this area is demonstrating that young people are experiencing sleep deprivation on a regular basis and that this is having a negative impact on many aspects of their life. Bedrooms should be a place of calm and rest. Having electronic devices - mobiles, iPads, laptops - in their bedroom when they are trying to sleep is not a good idea. Does your daughter get a good night's sleep?

Have a safe and happy Easter!

With best wishes

Mrs L Smith
Head of ICT and CEOP Ambassador
Upton Hall School FCJ

Upton Hall School FCJ
Upton, Wirral, Merseyside CH49 6LJ
Telephone: 0151 677 7696 Fax: 0151 677 6868 email: uhs@uptonhall.org
www.uptonhallschool.co.uk
Headmistress: Mrs Patricia Young BA (Hons)