



A Thuismitheoir/A Chaomhnóir- Dear Parent/Guardian,
We are asking for your help.... Cuidigh linn cuidiú le do pháiste:

Help us help your children.

If parents stick together and exercise their parent power, anxiety in children can be greatly reduced by keeping to recommended social media/gaming guidelines.

CHILDREN ONLY HAVE ONE CHILDHOOD- LET THEM BE CHILDREN!

How old do you have to be to use Snapchat?

According to the [terms of service](#), **users must be 16**. You have to enter your birth date to set up an account, but there's no age verification, so it's easy for kids under 16 to sign up.

Common Sense Media rates Snapchat OK for teens 16 and up, mainly because of the exposure to age-inappropriate content and the marketing ploys, such as quizzes, that collect data.

Five things every parent need to know *if you let your child use Snapchat- We protect them in every other way- why not online?*

1. **Help your child set up her/his security on snapchat.** There are two options in the Settings for “Contact Me” and “View My Story.” It is highly recommended that both should be set to My Friends and not Everyone so that way only their friends can interact and view their stories. This will keep the strangers at bay since users have to manually add each other (remember, no discovery within Snapchat)
2. **Have a conversation about screengrabs.** Even though snaps posted to stories disappear after 24 hours, that won't stop someone from taking a screenshot of the snap. The screenshots save to the user's camera roll.
3. **Encourage comments to be PG.** Screen grabs are not just images but conversations as well. Same thing goes for private communication, screenshots are possible even if the snaps delete after viewing; this is a good way to encourage appropriate conversations and “keeping it PG”.
4. **It is ok to monitor your child's Snapchat activities.** Monitoring activities includes account passwords, private messages, memories, and posts to stories.
5. **Even SnapChat needs a tech time out.** This one is a little tougher, you can encourage your children to have fun with Snapchat, but do not let it take over their lives. **Set some personal “offline” boundaries with it. For example, do not allow smartphone usage during family time, or when eating together.** Keep the distractions to a minimum.



Tá scoileanna ar fud na tíre ag tabhairt faoi deara go bhfuil méadú mór i gcásanna inní i measc páistí óga, ag baint le bheith ar suíomhanna sóisialta, nó ag feiceáil níos mó gníomhartha ionsaithe ag éirí as barraíocht ama caite ar chluichí arlíne cosúil le Fortnite.

Is scoil dhigíteach Scoil Fhionáin agus tá meas mór againn ar bhuntaistí na teicneolaíochta, ach táimid ag iarraidh ár bpáistí a chosaint ar na gnéithe den teicneolaíocht nach bhfuil ina gcuidiú daofa.

Le do thoil, coimeád do phaiste ar-líne agus bí faicheallach.

Schools everywhere are noticing a rise in anxiety among young children and teenagers, directly linked to their increasing use of social media sites. Aggressive behaviour is thought to be linked increased time on games such as Fortnite.

We are a Digital School and we really value the advantages technology has brought us, but we are mindful of the dangers early access to social media platforms to our children.

So we ask you please to be mindful of your child's online activity.

Go raibh maith agat.

Children who own phones earlier do worse in tests - ESRI

Updated / Tuesday, 15 Jan 2019

By Emma O Kelly

Education Correspondent

Children who owned a mobile phone at age nine **performed less well in tests at age 13**, according to an ESRI study.

Using data from 8,500 children involved in an ongoing longitudinal study called 'Growing up in Ireland', researchers found that those children scored 4% less on average in standardised reading and maths tests carried out at the age of 13.

The research found that **40% of children owned a mobile phone by the age of nine.**

Children **attending more socially disadvantaged schools were more likely to have mobile phones.**

Children with parents who had higher incomes and higher levels of education were less likely to own their own mobile phones at age nine.

The association observed between mobile phone ownership and test scores remained, regardless of other factors that typically influence test scores, such as socioeconomic class.

The ESRI said the results may help schools in making decisions on whether and when to restrict access to personal devices, such as phones, particularly during the primary school years.

[The study – ‘Later is better: Mobile phone ownership and child academic development’](#) - was funded by the Department of Communications, Climate Action and Environment and the Commission on Communications Regulation, ComReg.

Selina McCoy, Associate Research Professor at the ESRI, said this was the first time the ESRI had looked at the impact of mobile phone ownership on children's academic development.

NÓTA ar Shábháilteacht Páistí ar Scoil agus ag Fágáil na Scoile/
Note about Children's Safety on leaving or being dropped at
School Grounds:

- Le do thoil, bí cúramach ag piocadh suas do pháiste nó ag teacht go dtí an scoil i gcarr. Please be careful of other vehicles when dropping off or picking up your child.

- Pairceáil go sábháilte agus siúil go dtí an geata le do thoil. Even though this can be very inconvenient, children are safer collected at school gate after you have parked your car safely.
- Supervision in morning begins at 9.10am, bell is rung for classes at 9.20am.

Circle Time , F.R.I.E.N.D.S. programme and Social Personal and Health Ed:

Not only now do schools have to teach core subjects like Gaeilge, Béarla & Mata, increasing time is now given to subjects such as SPHE (Social, Personal and Health Ed.)

In all classes work is regularly carried out in teaching children to manage their friendships, resolve conflict and be a better friend. This is reinforced in Circle Time and THE F.R.I.E.N.D.S programme in senior classes, where children are taught how to be resilient, how to get around challenges etc.

This is all part of growing up. In life there will be challenges and we all have to help our children rise to those challenges: Accepting responsibility for actions and being able to meet someone half way, as well as building self-confidence.

Our latest assembly was on the importance of getting moving and keeping active, and the whole school demonstrated the exercises from Busy Breaks, from the Irish Heart Foundation.

Also mentioned were hand hygiene and treating others with respect, avoiding name calling.

We had a great day on Thursday with Helen and Michael from Pickleball Ireland- a great sport enjoyed by all ages. We hope to purchase a full set for the school.

Go raibh maith agat as do chomhoibriú agus tacaíocht/ Thanks for your cooperation and support.

