

17 September 2026

Dear Parents and Carers

Online Safety

As we start a new academic year, I am writing to you with reminders about how we can work together to help our students navigate the online world safely and responsibly. As adults we are all aware of the many benefits of technology in our lives. However, there is mounting evidence of the negative impact of social media on young people, particularly girls. Last week Mr Goulbourne shared with you our updated mobile phone protocol and I would like to thank you all for your positive engagement with this.

In this letter I would like to draw your attention to some key considerations and some practical things you can do at home.

As a school we work hard to teach our students how to use technology responsibly. Although we strongly discourage the use of social media under the age of 16, we recognise that many of our students are already active online. We regularly remind students about responsible online behaviour and the potential harms, including those arising from unkind messages or the sharing of content that escalates conflicts.

Furthermore, while we understand that students are curious about their teachers' lives, they should not request to follow them on social media or use any images of them. Likewise, no current or ex staff member should communicate with students via social media platforms. Our Code of Conduct makes clear that staff shouldn't communicate with any students via any social media platform until they reach the age of 21. Students may communicate with their teachers through their Google Classrooms or Waldegrave email addresses if they are in the Sixth Form.

How Parents and Carers support online safety

We encourage you to:

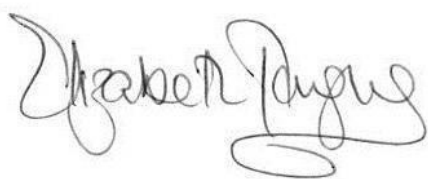
- Have open, ongoing conversations with your child about their online life
- Set and maintain clear boundaries for device and app use, including setting age-appropriate boundaries for social media use
- Actively monitor your child's social media activity, including reviewing privacy settings and follower/friend lists together
- Keep devices out of bedrooms overnight to encourage healthy sleep habits
- Encourage your child to report upsetting or concerning content
- Remind your child that their online behaviour can have real-world consequences
- Regularly review and update parental controls on devices and apps. Be aware that children may attempt to bypass controls using alternative accounts, accessing social

media on other devices, using VPNs to hide their activity and registering accounts with incorrect dates of birth.

We will continue to deliver education about digital responsibility and online safety at school. However, we know that a strong partnership between home and school is vital for keeping our young people safe and well. If you are interested in attending an online safety parent workshop please register your interest [here](#). Meanwhile, we have also attached a parental guide to online safety for your reference.

Thank you for your ongoing support as we work together to foster a safe, respectful, and positive online environment for all our students.

Yours sincerely



Ms E Tongue
Headteacher

Helpful Online Safety Resources for Parents -UK based Support and Advice:

- **NSPCC – Online Safety & AI Guidance**
<https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- **ThinkUKnow (CEOP) – Safety advice for parents and children**
<https://www.ceopeducation.co.uk/>
- **Childnet – Online Safety Advice for Families**
<https://www.childnet.com/>
- **UK Safer Internet Centre – Resources, guidance & reporting tools**
<https://saferinternet.org.uk/>
- **Internet Matters – A Parent’s Guide to AI**
(Referenced in school safeguarding guidance.)