



SAMARÈS SCHOOL
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Head Teacher: Mrs Jenny Posner

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Dear Parents,

At Samarès School we are committed to working with parents and the wider community to support every child in our school. The safeguarding and welfare of all children at Samarès School is of paramount importance and it is vital that school and parents work together. As you may be aware, each month, we will send a short update around a specific welfare issue with resources to support you as parents. For this month, our theme is supporting healthy gaming habits for children.

Many parents worry about how to support their children when it comes to gaming and the impact that gaming can have on their child.

The following website provides some helpful advice to parents in this area with a short video to explain.

<https://parentingsmart.place2be.org.uk/article/supporting-healthy-gaming-habits-for-children>

There are 5 main areas of advice are:

1. **Learn the facts and set parental controls.** This includes understanding the content and age rating of the games your child is playing and being aware of what this exposes them to. This website can provide you with support with this <https://www.internetmatters.org/parental-controls/gaming-consoles/>
2. **Play together** -Take an interest in the games your child wants to play so that you understand what the game is and why your child wants to play them. When you show an interest in things they enjoy they are more likely to feel understood and will be more willing to follow your rules. You can also be a good role model in terms of how to enjoy gaming and giving yourself time limits.
3. **Watch out for risks** – Being aware of online bullying, safety features to limit chat functions, costs and hidden downloads, and interacting with strangers. Some parents find it helpful to have games consoles in busy parts of the house so it is easier to keep an eye on things.
4. **Encourage a healthy balance** – Ensure gaming is balanced with other activities to avoid the feeling that your child is 'addicted' to gaming. Spend time outdoors, engaging in a variety of activity.
5. **Agree Boundaries** – Setting rules is important and children understanding that breaking the rules has a consequence is too. Having agreements on content, time, etc are all important.

Please do get in touch if you would like further advice or support or would like to report a safeguarding concern to us.

Safeguarding Team at Samarès School –

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Many thanks,

Mr Lumley
Deputy Headteacher