Gooseberry Alert 02
Personal Wellbeing Online

Welcome to your **'Gooseberry Alert'**. Please feel free to **share the 'Gooseberry Planet Tips/Thoughts of the Week'**. Helping to keep you and your whole school community **Safer Online.**

Gooseberry Planet Student 'Tip' of the Week

Having trouble resting at night? **The internet is always awake but you are programmed to sleep**.

To help get a restful night's sleep, set a night time mode on your device. Better still, turn off your device completely before you go to bed. **The internet will still be there in the morning.**

Gooseberry Planet Staff 'Tip' of the Week

Digital climate Part 2: Further explore your student's online habits. Find out how they use their devices, where they use them, how long they spend on them and when they turn them off. Collate the results and use them as a basis for a Maths activity and **highlight potential barriers to learning.**

Gooseberry Planet Parent 'Tip' of the Week

Concerned that your child is online too much? Establish clear boundaries with your child to ensure that they spend a sensible amount of time online each day. Insist that devices are switched off and consider removing them at night time. **Sleep and rest are non-negotiable**.

Alert of the week – Online Gaming 'Five Nights at Freddy's 4'

Our Guru team have been exploring an online game **'Five Nights at Freddy's 4'.** This horror game is the latest in a series, designed to scare players with the 'jump factor'. The game is designed for ages 12+ but those with a sensitive nature should be aware. **This is not a game suitable for young gamers**. The game's atmospheric setting is designed to terrify and uses sound, graphics and suspense to create unease and intensity. Set in darkness, players need to keep themselves alive by hiding from demonically possessed toys that stalk them from

inside wardrobes and under the bed. This game should be played with caution as the psychological effects alone can be enough to disturb sleep and play on young minds.

WORTH A LOOK… WORTH A LOOK… WORTH A LOOK…

Log on to the Gooseberry Teacher Resource area for our current Parent Handouts on **Sexting**, **Pokémon Go**, **musical.ly** and more. Find useful information about apps and practical hints and tips for parents and children. **Coming soon… WhatsApp**