

Be Internet Legends.



Dear teacher,

It's been a tricky few months for schools, to say the least – but we're so inspired by the creativity and dedication of our **Be Internet Legends community**.

Through live online assemblies, virtual teacher workshops, interactive parent sessions, social media, emails and more, we've heard how hard you're working to **support pupils' online safety**.

As the situation continues to change, we want to make life a little easier for you and your colleagues.

Some of your pupils may be **returning to school**. Staff might have to find different ways of delivering learning, both on site and off. And given how much we've all relied on tech, many of you have told us how concerned your school community is about **digital wellbeing**.

We've put together this new '**Legendary Learner Wellbeing Kit**' that you can email directly to parents and carers – or share with pupils to take home. It includes:

- A new **letter for parents and carers**, explaining what they can do to help their child look after their digital wellbeing during lockdown and beyond.
- A series of **activities for families** based on the Be Internet Brave pillar, which encourage them to reflect on their tech use and find the right balance together.
- **Guidance from Google about Family Link** – a free app designed to help families create healthy digital habits and set ground rules as they learn, play and explore online.

We hope this makes your life a bit easier. If you have any questions or concerns in the meantime, don't hesitate to contact us on legends@parentzone.org.uk. We're always happy to help!

Best wishes,

The Be Internet Legends Team