



## SMART Tech Policy and Recommendations – updated March 2023

At Sacks Morasha JPS we encourage the positive use of technology for learning and development and introduce technology into the classroom from Reception.

We also consider our pupils' psychological health as of paramount importance and are aware of the negative effects that excessive and inappropriate usage can have on pupils' well-being.

This document is designed to help and support all stakeholders – pupils, parents and staff – to engage positively and responsibly with technology.

### SMART TECH POLICIES

#### 1. **Acceptable usage during school hours**

- Please see [Mobile Phones Policy 2023](#).
- Mobile phones or any other personal devices are strictly forbidden during the school day – whether on site or during school trips. Children are only permitted to bring a mobile phone onto school premises if they are travelling to/from school using public transport.
- Any pupils who come into school with a phone must switch off the device before entering the school gates and hand it into the school office on entry.
- Parents will sign an agreement with the school, including a waiver for loss or damage prior to their child being allowed to bring a device on site.

If a mobile phone is seen onsite:

- 1<sup>st</sup> occurrence – your child will be sent to the office to store their phone as previously instructed.
- 2<sup>nd</sup> occurrence – parents will be called to a meeting at school to review further phone usage.

#### 2. **Online bullying**

We believe it is our duty to protect our pupils from incidents of bullying whether during the school day or online out of school hours. This is discussed further in our E-Safety Policy, to be found on the school website.

Online bullying can be constant and beyond the school day;  
It is easier for others to get involved quickly;  
It remains permanently in cyberspace so closure is more difficult;  
Online bullying is much rarer but felt more intensely.

<http://www.slideshare.net/uKnowKids/10-essential-things-parents-need-to-know-about-cyberbullying>

- **Incidents of cyberbullying will be dealt with according to our E-Safety policy**  
[https://sacksmorasha.org.uk/wp-content/uploads/2021/05/sacks\\_morasha\\_esafety-2021.pdf](https://sacksmorasha.org.uk/wp-content/uploads/2021/05/sacks_morasha_esafety-2021.pdf)

### SMART TECH GUIDELINES AND RECOMMENDATIONS

The following guidelines refer to phone and tech usage outside of school hours. We understand each family creates their own boundaries and may have different attitudes and habits in terms of technology, however, by setting out recommendations we believe we have an opportunity to help parents navigate this challenging issue to the benefit of pupils' well-being.

**Social media:** We strongly advise parents that no pupils at Sacks Morasha should have social media accounts (this includes WhatsApp, Instagram, Snapchat, TikTok, Facebook). Parents should be aware of the legal minimum age restrictions for each app or platform that their child intends to use:

- Fortnite - suggested minimum age is 12 years old
- Twitter - 13 years old
- Instagram - 13 years old
- Facebook - 13 years old
- Snapchat - 13 years old
- Pinterest - 13 years old
- YouTube - 13 years old with parents' permission, 18 years old without
- WhatsApp - 16 years old
- Google Hangouts - 13 years old
- TikTok – 13+ years old to view videos, 18 years old to post videos.

**Communication:** We kindly request that children refrain from messaging their peers after 8.00pm -- whether from a personal or family device. We believe creating this school etiquette can help protect our pupils from experiencing anxiety and insomnia, associated with late-night usage of phones and other devices. (This is specifically relevant to children in older years and the timing should be adapted if this is relevant to children lower down the school).

**Surfing online:** It is strongly recommended that parents apply parental safety controls either to the devices their children use or to their home server -- and that children do not have access to search engines or YouTube without these age appropriate restrictions in place.

The various online tools below are the most popular but not exclusively the ones your child might visit. Each associated website will offer tips on setting filters and staying safe.

- Facebook: <https://www.facebook.com/safety>; <https://www.facebook.com/help>
- Google: <http://www.google.co.uk/preferences>
- Instagram/Snapchat: <http://www.connectsafely.org/guides-2/>
- Pinterest: <https://help.pinterest.com/en> (see most popular articles)
- Twitter: <https://support.twitter.com/groups/57-safety-security>
- YouTube: <https://support.google.com/youtube/answer/2802272>  
<https://support.google.com/youtube/topic/2946312>
- TikTok: <https://www.tiktok.com/safety/en/guardians-guide/>

**Implementation:** To help children develop a healthy and balanced relationship with technology we highly recommend creating a family contract to outline the boundaries and expectations of tech usage. Agree it together and consider the implementation together to avoid conflicts. <http://www.irules.co/> is an excellent resource to help you create your bespoke contract. Every family is different so it is important to create one that suits you.

Elements you may wish to include:

- Acceptable use of mobile devices when travelling to and from school.

- Time limits on screen usage
- Parent modelling
- Allowed devices
- Night time switch-off times
- Creation of digital free zones (like dinner table and bedrooms)

For more information on helping your family and children develop a healthy relationship with technology please use such sites as: Childnet. Parentzone. Our Pact. Thinkuknow.

**Sources:**

<https://www.independent.co.uk/life-style/health-and-families/depression-loneliness-mobile-phone-use-10pm-instagram-twitter-mood-disorder-a8353851.html>

<https://www.sciencenewsforstudents.org/article/trading-smartphone-time-sleep-your-loss>

<https://www.gov.uk/government/consultations/internet-safety-strategy-green-paper>

<https://www.childrenscommissioner.gov.uk/our-work/digital/>

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/664855/Transforming\\_children\\_and\\_young\\_people\\_s\\_mental\\_health\\_provision.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/664855/Transforming_children_and_young_people_s_mental_health_provision.pdf)