



## Osborne School

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Dear Parents and Carers

### Internet and Social Media

We have recently had to investigate a number of incidents caused by pupil's use of the internet and social media.

Although these incidents take place out of school hours they can impact pupil's education not only from the point of view that we have to take pupils out of lessons to investigate but also in terms of the emotional wellbeing of the pupils following such incidents.

I cannot stress enough how important it is for parents and carers to monitor their young person's use of electronic devices which have access to the internet and social media.

I am sure you are aware that in order to learn well and be fully productive a good night's sleep is crucial. Can I therefore also ask that you monitor the time your young person is spending on electronic devices. Research shows that it does effect sleep patterns looking at electronic devices in the hour prior to going to sleep.

We shall in due course be putting on some workshops to provide further information to help you protect your young person but should you have any concerns or require further advice, please do not hesitate in contacting the school.

Thanking you for your support.

Yours sincerely

Sonia O'Donnell  
Headteacher