ST ALBAN'S CATHOLIC PRIMARY SCHOOL
Mona Place, Cardiff

ALBAN SANT YSGOL GYNRADD GATHOLIG
Plas Mona, Caerdydd

Every day, we learn, love and pray, following in the footsteps of Jesus

13th November 2026

Online Safety: Why Parents Should Regularly Check Their Child's Phone

In today's digital world, smartphones provide young people with excellent opportunities to learn, communicate and enjoy entertainment. However, they also give access to content, apps and online communities that may not be suitable for children. As part of our commitment to safeguarding and promoting online safety, we encourage parents and carers to take an active interest in their child's online activity.

Check Your Child's Phone Regularly

Regular conversations and occasional checks of your child's phone can help ensure they are using technology safely and responsibly. Consider discussing and reviewing:

- The apps and games they have downloaded.
- Privacy settings on social media accounts.
- Contact lists and messaging apps.
- Photos and videos stored on their device.
- Screen time and online habits.
- Any unfamiliar apps designed to hide content or communications.

Checking a phone should not be about invading privacy but about ensuring children are safe and supported online. Open and honest discussions are often the most effective way to build trust while keeping children protected.

Helpful Questions to Ask Your Child. Try asking:

- What games are you currently playing?
- Who are you talking to online?
- Have you seen anything online that made you feel uncomfortable?
- Do you know how to report or block someone?
- What would you do if someone asked for personal information?

Regular conversations can help children feel comfortable seeking support if they encounter problems online.

Need More Information? Useful resources for parents include:

- Internet Matters: www.internetmatters.org
- NSPCC Online Safety Hub: www.nspcc.org.uk. Childnet: www.childnet.com



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WARNING!

Mona Place parking restrictions are enforced by the Council. Fines are issued between **8.10am - 9.10am and 2.30pm - 3.15pm.**

Unfortunately the School cannot cancel or assist with appeal.

Big Bocs Bwyd for Everyone:

Our **Big Bocs Bwyd** continues to be available for all members of our local community. The initiative is here to support families by providing access to food and household essentials and can be used by anyone who may benefit from it. We kindly ask everyone to show courtesy and consideration when using the Big Bocs Bwyd. Please take only what you need so that supplies can be shared fairly and remain available for others. Together, by being respectful and thoughtful, we can ensure that this valuable resource continues to support everyone in our school community. Thank you.

Dates for the Term

Every Tues and Wed starting on the 15th Sept: 3 - 3.30pm Reading Cafe for pupils from Y1 - Y6. An opportunity for the children to read a variety of books in our library with staff and friends.



Mon 16th Nov: ODD SOCKS DAY Support our Anti-bullying Campaign by wearing odd socks to school.

Mon 16th - Fri 20th Anti Bullying Week UNCRC Article 12 - I have the right to be heard!

Fri 20th Nov: World Children's Day

Sun 22nd Nov: The Feast of Christ the King

Sun 29th Nov: 1st Sunday of Advent school Mass at St Alban's Church 10am



Thurs 10th Dec: Christmas Jumper Day.

Thurs 10th Dec: Christmas Afternoon in school hall

Fri 11th Dec: Reception and Year 1 Nativity Play in school hall 2pm

Tues 15th Dec: Year 2 Perform Christmas Songs accompanied by hot chocolate and festive treats in the school hall. 2pm

Wed 16th Dec: Year 5/6 Carol Service in St Alban's Church. 1.30pm



Thurs 17th Dec: Year 3/4 Christmas Play 1.45pm

Fri 18th Dec: Last Day of Term. Whole School Mass at St Alban's Church 9.30am