

## Safer Schools Newsletter/Key Stage 2 Week 2

Welcome to our second Safer Schools weekly newsletter. We hope you find our information useful and enjoy some of the activities that we have set out for you. This week we have information about the importance of Passwords & Internet safety. AND there is even something for Parents!



### Keeping safe

This week we are going to focus on **PASSWORDS** and how you can keep yourself safe on the Internet whilst using a computer, tablet or mobile phone. You should all use passwords to keep your information safe and private so it is important to choose a good strong password and one that others will find hard to guess but easy for you to remember. (Check out the attachment for more helpful hints)



### Useful link for Parents & Carers

PARENTS & CARERS ...We are here to help you too, so please check out the link below for a range of information and guidance on keeping children safe on line.

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>



### COVID Corner!

We hope you are all keeping safe and well. There are lots of changes to cope with either in school or elsewhere and it can be hard to get used to the different rules. Some of you might be missing seeing your friends or family or you might feel worried about how things will be in the future.

YoungMinds has a great online set of tools if you feel a little worried about the Coronavirus. It can be found here:  
<https://youngminds.org.uk/blog/what-to-do-if-you-re-anxious-about-coronavirus/>

Now for a bit of fun!

We all enjoy having a good laugh but have you tried Yoga Laughter? We dare you to give it a go!!  
<https://www.youtube.com/playlist?list=PLxI5uEHXzLHKJh79f2cL1edgg4dAY8zx>

Think about someone who is very special to you – draw or paint a picture for them or put together a collection of photographs of your memories together.

Check out the emoji word search (attachment) – ENJOY.

Call: **101**

Textphone: **18001 101**

Visit: **www.cambs.police.uk**

Follow:      **CambsCops**

Subscribe: **@Cops.org.uk**

We would love to hear your feedback & comments. You can contact the team via our email [Schools&CYP@Cambs.pnn.police.uk](mailto:Schools&CYP@Cambs.pnn.police.uk)

# #safercambs

Next week

Video: Dangers surrounding online picture sharing!



Creating a safer  
**Cambridgeshire**



## How to choose a password:

- At least 8 characters (mixture of characters).
- Must not contain your name.
- No complete words.
- No relevant names i.e. pets or known nicknames.
- No numbers that reflect birthdays or house numbers.



- CREATE A PASSWORD THAT'S EASY FOR YOU TO REMEMBER BUT HARD FOR OTHERS TO GUESS
- NEVER SHARE YOUR PASSWORD WITH ANYONE, NOT EVEN YOUR BEST FRIEND..... **BUT** .....IT IS OK TO SHARE IT WITH YOUR PARENTS.

# Emoji Word Search

g x w z y s k g x g g g b h c  
w n x i c r s z s n n t q r a  
i h i a n z g u k i y l c n w  
l r r k x k r n l p z o r c u  
q e o s n p i i a e z g y k x  
d b l n r i m n s e i m i s h  
b q u i s s h b g l d b n p i  
d g s f k q y t x s g q g q u  
w e g n i h g u a l y f o o g  
d d i l y e o u w o r r i e d

angry  
crying  
dizzy  
goofy  
laughing  
scared  
sleeping  
smiling  
surprised  
thinking  
winking  
worried

