

### Getting the best from learning online

The focus of this week's edition is the internet which can be a great source of learning for children. However parents need to be aware of internet safety, as well as general well being, when using IT for prolonged periods of time. Below are some tips and some useful websites you can access by clicking on the links.

#### Internet Safety

[www.thinkuknow.co.uk](http://www.thinkuknow.co.uk) is the national online safety education programme.

[www.childnet.com](http://www.childnet.com) has information and advice on supporting children online.



#### Parental Controls

Make use of the parental controls available on your home broadband and any internet enabled device. You can find out more about how to use parental controls by visiting your broadband provider's website or you can visit:

[www.internetmatters.org.uk/parental-controls/interactive-guide/](http://www.internetmatters.org.uk/parental-controls/interactive-guide/)

# Luton Adult Learning

## Explore together!

Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site and app. In turn you can introduce some new ideas to do online.

## Literacy and Numeracy websites

[www.topmarks.co.uk](http://www.topmarks.co.uk)

[www.oxfordowl.co.uk](http://www.oxfordowl.co.uk)

[www.phonicsplay.co.uk](http://www.phonicsplay.co.uk)

[www.bbc.co.uk/bitesize](http://www.bbc.co.uk/bitesize)

[www.theschoolrun.com](http://www.theschoolrun.com)



## Other fun family activities

[www.bbc.co.uk/cbbc/quizzes](http://www.bbc.co.uk/cbbc/quizzes)

You can subscribe for free to do P.E lessons with Joe Wicks on his [YouTube channel](#).

[wowscience.co.uk/](http://wowscience.co.uk/) has lots of easy experiments that can be done at home.

## Have some device free time

Talk together as a family about how you can strike a balance between screen time and other activities. Try setting some device free times or rooms at home. At mealtimes and before bed can be a good place to start. **Make a family agreement.**

If you need some more support or have any suggestions of how we can help you, email us a line at [info@lutonacl.ac.uk](mailto:info@lutonacl.ac.uk) and we will try to support you or signpost you to suitable alternative support.

Our next issue will be out on Friday 24 April

[www.lutonacl.ac.uk](http://www.lutonacl.ac.uk)