

# COLÁISTE ABBAIN

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Dear Parent(s)/Guardian(s),

Colaiste Abbain is committed to promoting the safe and responsible use of the internet and as such we feel it is our responsibility to raise this particular issue as a growing concern, due to the increase in inappropriate use of social media **outside school hours**.

Although we cannot govern matters occurring out of school hours, which is a parental responsibility, we will take action if a problem comes to our attention that involves the **safety or wellbeing** of any of our pupils. This includes reporting to TUSLA, Child and Family Agency, if there are Child Protection concerns.

Primarily, these occurrences and reported incidents of misuse of social media sites happen at home, after school hours when children have access to web sites that are blocked in school. With this in mind, and in response to concerned parents who have asked for advice regarding internet safety, we feel it important to point out to parents the risks of **unregulated use** of such sites, so you can make informed decisions as to whether to allow your child to use these applications and **when and how to monitor their use, particularly at night time**. We strongly advise a device free bedroom policy after bedtime to allow for uninterrupted sleep and rest.

Through lessons provided at school, assemblies, guest speakers, and SPHE lessons, we do our best to provide our children with the awareness and knowledge they need in order to recognise and avoid dangerous, destructive, or unlawful behaviour and to respond appropriately. However, it is only through a **collaborative effort** between parents and teachers that we will succeed in creating responsible and safe cyber citizens.

In October, we organised a Guest Speaker, Mr Peadar Maxwell, to talk to parents on a broader level about Understanding and Responding to Anxiety In Adolescence. We would like to inform parents / guardians about another upcoming talk in Creagh College, Gorey by Enda Murphy, CBT Therapist, on the 29th November at 7.30pm. The title of the talk is **Supporting Ourselves and our Children's Emotional Wellness** and he will talk in particular about the amount of time that teenagers spend on screens and electronic devices.

Yours sincerely,

John Nolan,  
Principal.