



MERIDIAN PRIMARY SCHOOL

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Through Principal *hgv*

Dear Parents/Guardians,

Cyber Wellness Advice

1. At Meridian, our teachers regularly harness technology to deepen learning in the classrooms. This includes the use of learning portals such as MCOOnline, KooBits, and the recently introduced Singapore Student Learning Space. With appropriate use of technology, we hope to enrich our students' learning experience as they grow to become responsible digital learners.
2. In this age of constant online connectivity, our children may not be ready for the possible online dangers. It is essential for our students to develop and maintain good cyber wellness habits such as demonstrating online behaviour responsibly. Hence, in many social media platforms, there are legal age limit before one could create an account. For example, Facebook and Instagram require everyone to be at least 13 years old before they can do so. Creating an account with false information is a violation of their terms.
3. **We are concerned** that some of our students are having accounts with false information. Some of them are also misusing mobile message apps, such as WhatsApp – which raises the minimum age of use from 13 years old to 16 years old in European countries – in their daily interactions with their friends. They may not realise once they share any contents online, be it in text, photo or video format, they are leaving a permanent digital footprints in the cyber world.
4. We would like to encourage parents/guardians to establish guidelines on the use of technology for your child/ward. To support you in helping your child/ward on the appropriate use of the internet, you may refer to the cyber wellness pledge that is available in the Students Dairy (and in Annex A) in your conversation with them. In addition, you may also refer to parenting tips on cyber wellness in both MOE's and our school's websites as below.



*Cyber Wellness Tips
in MOE's ICT Connection*
<http://tinyurl.com/MOECW2018>



*Cyber Wellness Resources
in the School's Website*
<http://tinyurl.com/MPSCW2018>

5. If you need any clarification and/or assistance on Cyber Wellness matters, please email me at lee_huan_leng@moe.edu.sg or call 65832125 Ext. 159 during office hours. We look forward to your continued support in your child's/ward's education.

Thank you.

Huan Leng

Mr Lee Huan Leng
Head of Department
Information and Communications Technology

Annex A



Cyber Wellness Pledge

(As found in the Student Dairy 2018)

The Internet is where I can learn and play. I pledge to have good and healthy online habits and to make it safe for me and you:



I will be safe

School Value: Care

- I will keep my personal information (e.g. name, age, address, phone number, photograph) private.
- I will only chat online with people I know in real life and avoid meeting up with anyone I do not know in real life.



I will be responsible

School Value: Responsibility and Integrity

- I will obey the age requirements of all online accounts (e.g. social media, video, chat services).
- I will practise healthy online habits (e.g. limit my time online, take regular breaks from online activities, avoid Internet use before bedtime).



I will be respectful

School Value: Respect

- I will show respect when communicating online.
- I will seek permission to use other people's work online and give credit to other people's work that I use online.



I will be a positive influence

School Value: Teamwork and Passion

- I will make positive and healthy choices on the activities that I do online.
- I will report to a trusted adult if I see anything online that makes me or my friends feel angry, sad, or uncomfortable.