



For Schools

Welcome to the Autumn edition of the Scomis Online Safety Essentials Newsletter

We hope you have had a good summer break and kept safe online!

From the 25th May 2018 the European general Data Protection Regulation (GDPR) will become Law in the UK.

At the end of last term we reminded you of the need to ensure:

- Your school's data is being backed up
- Your school's data can be restored
- Your school's software and operating systems are up to date
- Your school's anti-malware solution is up to date

With the increase in cyber-attacks on organisations (NHS, TalkTalk etc) the new requirements make it even more important that your school takes steps to protect sensitive, personal data.

There has been a 40% increase of reported incidents in the education sector

(Information Commissioner's Office)

Read the National Education Network's advice:

<http://www.nen.gov.uk/advice/e-security-managing-and-maintaining-e-security-cyber-security-in-schools>

Recent advice to staff from Devon County Council's Information Governance Team includes:

Make sure your WiFi connection is secured with a **strong password**. *Remember open WiFi (public) networks are more susceptible to attacks.*

Do not share passwords with other people and try to avoid having a single password for all your online activities. *Having a single password may mean you are more vulnerable if this password is exposed.*

Dispose of paperwork containing your personal data or the personal data of others securely.

Shred sensitive documentation.

If you are concerned that you (or someone you know) have been the victim of identity theft, report immediately to Action Fraud via:

<http://www.actionfraud.police.uk/ID>

Do iPads and Tablet PCs before bedtime cause sleep disruption?

Mobile device screens emit Blue Light which has a very short wavelength and is detectable by the human eye.

Recommendations published on the website Verywell include:

- Reducing blue light exposure by keeping digital devices out of the bedroom
- Reducing internet browsing in the evening

Find out more: <https://www.verywell.com/blue-light-exposure-3421985>

How much sleep should children have?

The Millpond Children's Sleep Clinic provides a guide to the approximate hours of sleep to aim for:

Age	Night time
5yrs	11hrs
7yrs	10.5hrs
9yrs	10hrs
11yrs	9.5hrs
14yrs	9hrs

Read more about how the lack of sleep can affect children at:

<http://www.nhs.uk/Livewell/Childrensleep/Pages/howmuchsleep.aspx>



Theme for SAFER INTERNET DAY 2018 announced!

Next year's Safer Internet Day (SID) celebrations will take place on **Tuesday, 6 February 2018**. The 2018 theme, **"Create, connect and share respect: A better internet starts with you"**

The campaign will pick up pace during the autumn and winter terms. Keep a look out:

<https://www.saferinternetday.org/>

The UK Safer Internet Centre has produced new online safety guides for key professionals working with children including:

- Governors and Trustees
- Topics covered include:
- Roles and responsibilities
 - Managing Online safeguarding incidents
 - Understanding the latest trends and technologies
 - Professional reputation

Find out more and review the guides at:

<https://www.saferinternet.org.uk/advice-centre>

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