

**Coláiste Pobail na Mainistreach**  
Bóthar na Mainistreach, An Port Mór, Portláirge, X91 PC91  
**Priomhoide:** Michelle Ni Sheafraidh  
**Leas-Phriomhoide:** Colm de Ris  
**Leas-Phriomhoide:** Helen Ni Chonchubhair  
**Leas-Phriomhoide:** Laura Ni Ghiolla Phádraig

**Abbey Community College**  
Abbey Road, Ferrybank, Waterford, X91 PC91  
**Principal:** Michelle Jefford  
**Deputy Principal:** Colm Rice  
**Deputy Principal:** Helen O'Connor  
**Deputy Principal:** Laura Fitzpatrick



**Tel:** 051 832 930  
info@abbeycommunitycollege.com  
www.abbeycommunitycollege.com

7<sup>th</sup> February 2023

### Safer Internet Day 2023

A chara,

*Safer Internet Day* takes place today, 7<sup>th</sup> February 2023. As parents/guardians, it is vital to have good, open communication with your child about their internet lives. This means not just talking to our children about what they do online but also listening. It is important that we talk openly and regularly about our concerns and agree boundaries around internet use in our homes.

While the internet undoubtedly presents fantastic opportunities for children, it is equally clear that there are valid concerns about children spending too much time online, accessing inappropriate content, and communicating with people with intent to harm or exploit them.

As parents our natural desire is to keep our children safe. The best online safety strategy, regardless of age, is to talk with your child and to engage with them about what they are doing and who they are doing it with.

[Webwise.ie](https://www.webwise.ie) is an excellent online resource where you will find information and advice addressing a range of internet safety issues and concerns. Advice and support is available for young people, parents and educators. More information can be found on our school website [here](#) or by clicking the links below:

Online Safety  
Webinar for  
Parents

Talking Points

Apps  
Explained

Yours sincerely,

*Michelle Jefford*

Michelle Jefford  
Principal



In Partnership with the Religious  
of the Sacred Heart of Mary

*Together Towards Excellence*



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