



## **Polasaí Fón Cliste Scoil na bhForbacha /Smartphone Policy Scoil na bhForbacha**

Cúlra: Ag eascairt as beartais an Roinn Oideachais 'An Óige a Choinneáil Saor ón bhFón Cliste', rinneadh suirbhé ar thuismitheoirí na scoile chun a dtuairimí a fháil maidir le comhaontú gan fóin chliste a cheannach dá bpáistí sna blianta atá siad sa mbunscoil. D'fhreagair 89% go rabhadar sásta comhaontú a shíniú le thuismitheoirí eile.

Tugadh cuireadh do Bhrendan Smith labhairt le thuismitheoirí na scoile ó Naíonán Bheaga go Rang 6 maidir le sábháilteacht ar líne agus cibearbhualáíocht. Tá Brendan Smith ag cur seisiúin faoi Shábháilteacht ar Líne agus Feascht Cibearbhulanaíochta ar fáil do ghasúir bunscoile, do dhéagóirí, do mhúinteoirí agus do thuismitheoirí fud fad na tíre ó 2005.

Bhain ábhar a sheisiún le gach aoisghrúpa, agus rinneadh plé ar ghnéithe lena n-áirítear na meáin agus na cluichí ar líne is mó tóir orthu, cén chaoi le dul i ngleic leis an gcibearbhulanaíocht, ábhar fuath ar líne agus fuath ban, an bhréagnuacht, andúil sna fóin agus na hiarmhairtí a bhaineann le heaspa codlata.

Feidhmíodh coiste thuismitheoirí, i gcuideachta an phríomhoide agus chasadar le chéile ar an 31ú Márta, 2025 chun an suirbhé a phlé agus chun plean gnímh a leagan amach.

Mar thoradh ar an bplé seo socraíodh go seolfaí conradh chuig thuismitheoirí/caomhnóirí, ina n-aontódh siad nach mbeadh **fón cliste** in úsáid ag a gcuid gasúr i rith a n-ama ag freastal ar an mbunscoil seachas iad siúd atá ag brath ar an bhfón de bharr cúrsaí leighis. Aontófar freisin nach mbeidh an gasúr ar na meáin shóisialta ná ar chomhráití grúpa agus iad ag freastal ar an mbunscoil. Tugtar tús áite i gcónaí do leas agus riachtanais mheabhairshláinte

na ngasúr. Tá beannacht tugtha ag Bord Bainistíochta na scoile don bheartas seo.

Ní bheidh aon obair baile ag na gasúir, ar an 9ú Aibreán agus ba mhaith linn go dtapófaí an deis an t-am sin a thógáil labhairt le bhur gcuid gasúir faoin tábhacht a bhaineann le Sábháilteacht ar Líne. Seolfar an Conradh seo chuig tuismitheoirí na scoile i Ranganna Naíonáin Bheaga- Rang a 6 go bliantúil as seo amach. Beidh Scoil na bhForbacha agus Coiste na dTuismitheoirí tiománta comhoibriú lena chéile chun a chinntiú go gcuirfear eolas ar fáil dár bpobal scoile iomlán chun cabhrú lenár bpáistí a bheith ullmhaithe chun an teicneolaíocht a úsáid ar bhealach sláintiúil.

Iarrtar ar thusmitheoirí/ caomhnóirí an conradh a shíniú agus a sheoladh ar ais roimh/ ar an 10ú Aibreán, 2025.

*Aine Ní Thuatháil*

*Muirlis Scudáin*

Príomhoide

Cathaoirleach

Dáta: 4/4/2025

## Athbhreithniú 2026

Tabharfar cuireadh do gach rang an conradh a shíniú in 2026.

### Ár bpobal scoile a threallmhú le faisnéis:

Tabharfar cuireadh do thuismitheoirí agus do bhaill foirne páirt a ghlacadh sa gclár PATI, cúrsa ar líne ar feadh 4 seachtaine le Dr. Richard Hogan.

**PARENTING THE TECH-SAVVY CHILD**  
www.parentingandtechnologyinstitute.com

**PROGRAMME**  
Module 1 Age of Technology  
Module 2 Boundaries  
Module 3 Gaming  
Module 4 Pornography  
Module 5 Bullying  
Module 6 Social Media and Anxiety  
Module 7 Technology and Devices  
Module 8 Thriving as a Family

Live Webinar Series (4 weeks)  
From Tues February 3<sup>rd</sup> at 7pm

**PARENTING AND TECHNOLOGY INSTITUTE**

**Dr Richard Hogan**  
Family Therapist

**Ranganna Sinsearacha:** Glacfaidh Ranganna 3 go 6 páirt i gceardlanna le Saineolai Cibearchoireachta Aoife Noone.

*Aine Ní Thuathail*

Príomhoide

*Muirtín Scudáin*

Cathaoirleach

Dáta: 7/05/2026



## Smart Phone Policy Scoil na bhForbacha

**Background:** Arising from the Department of Education's policies 'Keeping Childhood Smartphone Free', a survey was conducted of the school's parents to get their opinions regarding an agreement not to buy smartphones for their children in the years they attend primary school. 89% responded that they were willing to sign such an agreement with other parents.

Brendan Smith was invited to speak with parents of the school from Junior Infants to 6th Class regarding online safety and cyberbullying. Brendan Smith has been providing sessions on Online Safety and Cyberbullying Awareness for primary school children, teenagers, teachers and parents throughout the country since 2005.

The content of his sessions was relevant to all age groups and included discussion on aspects including the most popular online media and games, how to deal with cyberbullying, online hate content and misogyny, fake news, phone addiction and the consequences of sleep deprivation.

A parents' committee was formed, accompanied by the principal, and they met on March 31st, 2025, to discuss the survey and to lay out an action plan.

As a result of this discussion, it was decided that a contract would be sent to parents/guardians, in which they would agree that **smart phones** would not be used by their children during their time attending primary school, except for those who use the phone for medical reasons. It will also be agreed that the children will not be on social media or group chats while attending primary school.

The welfare and mental health needs of the children are always prioritised. The school's Board of Management has given its blessing to this policy.

The children will have no homework on Wednesday the 9<sup>th</sup> April and we would like you to take the opportunity to use that time to talk with your children

about the importance of Online Safety. This contract will be sent to parents of the school in Junior Infants - 6th Class annually from now on. Scoil na bhForbacha and the Parents' Committee will be committed to working collaboratively to ensure that information is provided to our whole school community to help our children be prepared to use technology in a healthy way.

Parents/guardians are asked to sign the contract and return it before/on Thursday, 10<sup>th</sup> April, 2025

*Aine Ní Thuathail*

*Muirlis Scudaine*

Príomhoide

Cathaoirleach

Dáta: 4/4/2025

## Review 2026

All classes will be invited to sign the contract in 2026.

Equipping our school community with information:

Parents and staff will be invited to participate in the PATI program, an online 4 week course with Dr. Richard Hogan.

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Senior classes: 3<sup>rd</sup> to 6<sup>th</sup> will participate in workshops with Cyber Expert Aoife Noone.

*Aine Ní Thuathail*

Príomhoide

*Muirlis Scully*

Cathaoirleach

Aibreán 2026



*Gearr amach an fón cliste  
's ní bheidh d'óige briste!*

## Conradh Fón Cliste Scoil na bhForbacha

Ainm an tuismitheora/caomhnóra (*Parent/Guardian*)

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**Aontaímse (*I agree*)**

**Ní Aontaímse (*I disagree*)**

- gan fón cliste a thabhairt do mo ghasúr agus é/í ag freastal ar an mbunscoil mura bhfuil riachtanais leighis leis. (*not to give my child a smartphone while attending primary school unless for medical purposes*).

**Aontaímse (*I agree*)**

**Ní Aontaímse (*I disagree*)**

- nach mbeidh mo ghasúr ar na meáin shóisialta ná ar chomhráití grúpa agus iad ag freastal ar an mbunscoil. (*that my child will not be on social media or involved in group chats while attending primary school*).

Ainm an ghasúir: \_\_\_\_\_

Rang: \_\_\_\_\_

Ainm ghasúr 2: \_\_\_\_\_

Rang: \_\_\_\_\_

Ainm ghasúr 3: \_\_\_\_\_

Rang: \_\_\_\_\_

Dáta: \_\_\_\_\_