



**RMS**  
FOR GIRLS  
DIGITAL

# NEWSLETTER

ISSUE 1  
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## HEADLINES

### Welcome to our newsletter!

I'm excited to share the first edition of our **RMS Digital** newsletter which aims to give regular updates to keep you informed about what's going on in the world of digital learning and AI and to share tips and advice about how you can support your child in their digital lives. If you have any feedback or if there is anything you would like to be included please get in touch with me - Mrs Roberts - at [hroberts@rmsforgirls.com](mailto:hroberts@rmsforgirls.com)



### Silver Quality Award from the Good Future Foundation!

We are delighted to announce that RMS has been officially awarded the Silver AI Quality Mark by the Good Future Foundation. The GFF assessor praised our clear strategy, noting that at RMS, technical tools never overshadow the fundamental need for human thinking. While we are incredibly proud of this Silver award, we view it as a solid base for further growth and we look forward to continuing this journey with our students, staff, and parents! For more details click [here](#)

### AI use at RMS

As a Google school we have access to Google for Education's AI tools which provide additional safeguards for pupil use of AI. Notebook LM and Gemini are now fully available to pupils in Year 9 and above and all have had assemblies on safe ethical use of these tools to enhance learning. If you would like to know more, have a read of Google's [Family guide to Google AI](#) (also accessible via this QR code)



### New 'Student Use of AI' Policy

Following updates to JCQ regulations we have created a new 'Student Use of AI' Policy which outlines expectations of student use and clear guidance for those completing NEA or public qualification-related work. We have been through this policy with all pupils in Year 9 and above - it is important that all pupils using AI are aware of the guidance and consequences of misuse. It is available on MSP for your reference.

## SCHOOL MODE FOR SMARTWATCHES

Smartwatches and notifications can be a real distraction during times pupils need to focus on their learning. School modes block games and distractions during set hours (e.g., 08:20–16:00) but crucial safety features like location tracking and emergency calls remain active.

### Apple Watch (Family Setup)

1. Open **Watch** app on parent's iPhone.
2. Tap **All Watches** > Select child's watch.
3. Tap **Done** > **Schooltime**.
4. Toggle **ON** & Edit Schedule.

### Samsung Galaxy (via Google Family Link)


1. Open **Family Link** app.
2. Select child > **Settings**.
3. Tap **Content Restrictions** > **School time**.
4. Follow on-screen instructions.

### Garmin (Bounce or Vivofit Jr.)

1. Open **Garmin Jr. App**.
2. Select Profile > **Settings**.
3. Tap **Parental Controls**.
4. Select **School Mode** to set times.

### Fitbit (Ace LTE)

1. Open **Fitbit Ace App**.
2. Go to child's card > **Settings**.
3. Tap **School Time**.
4. Toggle **Weekly Schedule**.

 **Pro Tip for other devices:** If a specific "School Mode" isn't available, help your child set a daily "Do Not Disturb" schedule to automate silence during class hours.

# AI CONVERSATION STARTERS FOR THE FAMILY DINNER TABLE

If you find yourself struggling to open a conversation with your child about AI, some of these conversation starters might be helpful:

## The Ice Breaker

"If you could design an AI robot to do just one of your chores or homework subjects forever, which one would you pick and why?"

**Why ask?** It reveals what your child might find difficult or boring (and where they might be tempted to use tech shortcuts!).

## The Reality Check

"I learned a new term today: 'AI Hallucinations.' Have you ever caught ChatGPT or Snapchat's AI lying to you?"

**Why ask?** It empowers your child to be the expert and reinforces skepticism without you lecturing.

## The Ethics Debate

"Do you think an AI will ever be able to write a better song than Taylor Swift or write a better book than Harry Potter?"

**Why ask?** It opens a conversation about the value of human soul and emotion in creativity.

## The Co-Pilot Check

"How do you actually use AI? Do you ask it for ideas, or do you treat it more like a search engine?"

**Why ask?** It opens the door to discussing using AI as a "co-pilot" rather than a replacement for work.

## The Safety Net

"When you're scrolling TikTok or Instagram, how can you tell if a video is real or if it's been made by AI?"

**Why ask?** It reinforces "source checking" habits without making your child feel monitored.



# JARGON BUSTER

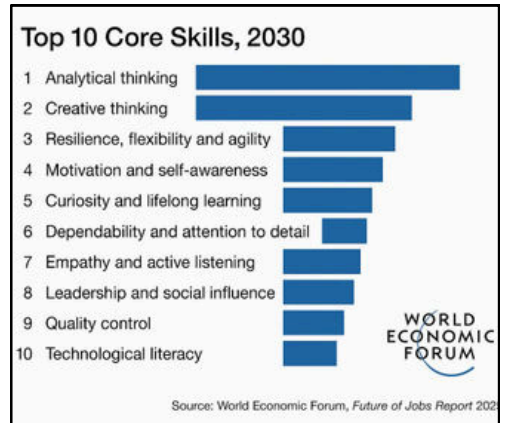
Worried you might not know the lingo? Here are a few common terms and definitions for AI-related language:

<b>Generative AI</b>	The broad umbrella for any AI that creates content
<b>Large Language Model (LLM)</b>	A specific type of Generative AI trained on huge amounts of text to understand, generate, and predict human language (e.g., Gemini, GPT-4)
<b>Machine Learning</b>	A subset of AI focused on building systems that learn from data to improve performance without being explicitly programmed for every task.
<b>Prompt</b>	The input or instruction you give to an AI to get a specific output.
<b>Hallucination</b>	When an AI sounds confident but is completely wrong. It might make up facts, quotes, or events that never happened. This is why we teach "source checking."
<b>Algorithm</b>	The rules social media apps (TikTok, Instagram) use to decide what your child sees. If they watch one video, the algorithm learns they like it and feeds them more of the same.
<b>Chatbot</b>	Simulates conversation. Used in schools as "digital librarians" or on social media as "virtual friends."
<b>Smart Glasses</b>	Look like sunglasses but have cameras/speakers. Can record video or ask AI about what the wearer sees.
<b>Bone Conduction</b>	Transmits sound through cheekbones. Allows students to hear audio/AI responses without visible headphones.
<b>VR (Virtual Reality)</b>	Headsets that block out the real world. We use them for virtual field trips to volcanoes or historical sites.

## AI & SKILLS OF THE FUTURE

Despite AI's rapid development, the World Economic Forum predicts the top workforce skills for 2030 will remain fundamentally human. In addition to digital literacy, our students should continue to focus on:

- **Critical Thinking & Problem-Solving:** Enabling them to evaluating and design technology.
- **Creativity, Adaptability & Emotional Intelligence:** Human traits necessary to apply AI ethically to real-world problems.
- **Curiosity & Lifelong Learning:** A vital mindset for navigating constant technological change.



## IMPACT OF AI ON EARLY CAREERS

Because AI excels at repetitive, rules-based tasks, many entry-level roles will disappear, evolve or require new skills. While the landscape will keep changing, human expertise remains irreplaceable, e.g.:

- **Copywriting & Translation:** AI can draft basic text, but humans provide authentic storytelling, branding, and cultural nuances.
- **Graphic Design:** AI generates quick visuals, but human designers interpret briefs and create original concepts.
- **Law:** AI can review documents, but legal professionals are essential for advocacy, negotiation, and ethical judgment.
- **Software Development:** AI writes code, but developers oversee overall system design and security.

## WEARABLE TECH

'Wearables' are electronic devices worn on the body that track, analyse and transmit data in real time. e.g. Meta glasses. They are becoming more available and more affordable in the mainstream market

### Common features:

- Track health data e.g. heart rate, glucose etc.
- Allow communication (Similar to Alexa, Siri assistants).
- Track location
- Take photos/ videos

### What to be aware of:

- **Location tracking:** some wearables can share location data
- **Data sharing:** wearables can share personal data with advertisers
- **Notifications:** constant use of tech can lead to overuse and over reliance

*Always check the small print and privacy settings to understand and control how data is used and shared*



## ALLOWING PHOTO ACCESS



Social media apps such as Instagram, Snapchat and Facebook will ask for photo permissions.

**What this means:** if granted full access these apps can access your entire photo gallery on your phone.

**Why is this can be a problem:** apps can use your data to target their ads and train AI. For example facebook has been caught tracking when adolescent girls delete selfies so they can push beauty ads to them.

**What can you do to mitigate the risk:** turn off full access.

1. Open Settings app on phone > Apps > Instagram > Photos > Limited access
2. Repeat for other social media apps- Facebook, Snapchat, TikTok, Whats app etc.

Using limited access means the app can only access the photos you choose to select and post.

**Further safety information:** <https://ineqe.com/2022/04/06/protecting-your-photos-on-social-media-a-safer-sharing-guide/>