Year 4: Computing and Online Safety

Databases

A **database** is a computerised system that makes it easy to **search, select and store** information. Databases are used in many different places.

A school might use a database to store information about attendance, or to store pupils' and teachers' contact information. A database like this will probably be **protected with a password** to make sure that people's personal information is kept safe.

Every item you put into your database is called a '**record**'.

Each record will have its own **row** with all the information you want to store about it.

The **columns** of the table are called '**fields**'. For example, you might have columns for 'type of equipment', 'cost', 'size' and 'location'.

You can use the information in the fields to **search** your database.

Toy Database

Toy's name	Type of creature	Location	Colour
Burt	Panda	Toy shelf	Black and white
Hannah	Bear	Toy shelf	Brown
Tom	Monster	Toy shelf	Green
Bob	Polar Bear	Toy chest	White
Jenny	Giraffe	Under the bed	Orange
Lilly	Cat	Toy chest	Black

Health and Wellbeing

How many moments do you spend online during the day?

Whilst being online can be a lot of fun, it is important for us to **reflect** on the use or **overuse** of our devices and how this affects our **digital wellbeing**. Here are some of the signs that you have spent **excessive** amounts of time online:

- You have a headache and your **vision** begins to blur.
- The device feels very hot or runs out of **battery**.
- You look at the clock and realise lots of **time** has passed.
- You find it difficult to get to **sleep**.

SWITCH OFF!

Vocabulary

battery	A source of power.
column	The vertical section of a database.
computerised	Performed or produced by a computer.
data	Pieces of information.
database	A computerised system for searching, selecting and storing information.
device	A computerised piece of equipment, e.g., a phone, tablet or computer.
digital wellbeing	The impact of technology on your physical or mental health.
excessive	More than necessary or too much.
fields	The cells of the database that store information.
overuse	To use more than necessary or too much.
record	Every item you put in a database.
reflect	To consider or think something over.
row	The horizontal section of a database.
search	To look for something, e.g., a record.
select	To click or choose a record.
sleep	Sleep allows your body and mind to recharge.
store	To keep and save a record for future use.
switch off	Turn off your device and come offline.
titles	The heading given to your database; what your overall database is about.
vision	The state of being able to see.