



ST GEORGE'S SCHOOL

Safeguarding Newsletter for Parents and Carers

Autumn term 2 (2022)

St George's Safeguarding Team

Our Safeguarding Team is available to any student, parent or school staff member to discuss and report any safeguarding concerns.

Designated Safeguarding Lead: Mrs Jill Farndale
Deputy Designated Safeguarding Leads: Mr Tom Abbott



Our new Safeguarding Governor at St George's School is Harry Phillips.

The safeguarding governor's responsibilities include:

- Behaviour and recruitment of both staff and volunteers
- Ensuring the school is following safe recruitment procedures
- Reviewing all activity and policy relating to the physical and emotional well-being of all children
- Seeking improvement to ensure the school follows best practice in creating a productive and safe environment for all.

Harry can be contacted via the school office: office@bourton.dorset.sch.uk

Anti-Bullying Week

This week is Anti-Bullying Week. We started the week with Odd Socks Day to celebrate differences and to stand together to show we do not tolerate Bullying. In recent years' we've witnessed the positive power that society can have when we come together to tackle a common challenge. Anti-Bullying Week is no different.

Bullying has a long-lasting effect on those who experience and witness it. But by channelling our collective power, through shared efforts and shared ambitions, we can reduce bullying together. From parents and carers to teachers and politicians, to children and young people, we all have a part to play in coming together to make a difference. We must all work together to be 'United Against Bullying'.

All classes have carried out themed activities during the week, so please make sure you ask your child about what they have learnt and discuss the importance of working together to reduce bullying.

Find out more: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/bullying-and-cyberbullying>

Bullying is the main focus of this term's Safeguarding News.



Anxiety Worries in Children

Anxiety can affect anyone of any age, background or social group and many anxiety disorders begin in childhood and adolescence. Research suggests that as many as one in six young people experience anxiety at some point.

Next week on Wednesday 23rd November at 2:15pm in the school hall Rebecca Rose our Mental Health in Schools Practitioner will be hosting an Anxiety workshop for parents. If you have concerns about your child's anxiety or worries, please come along to the session.

In school we have lots of different resources available to help children with anxiety and worries, for example: ELSA (Emotional Literacy Support Assistant) our PHSE curriculum and worry jars as well as books and activities.

Bullying: What is it?

Occasionally children say 'they're bullying me' or 'I'm being bullied' when children are playing rough or when a child has hurt another child on a one off. It is really important that the term bullying is used correctly. Bullying is when a child is hurting or targeting the same child on purpose over and over and over again.

DfE Guidance (2012) defines bullying as "behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally" Bullying can be direct (either physical or verbal) or indirect (for example, being ignored or not spoken to). It results in pain and distress to the victim. Bullying is the systematic and persistent use of aggression with the intention of hurting another person. Bullying can take place in many forms:

Physical Bullying Physical bullying occurs when children use physical actions to gain power and control over their peers. Examples of physical bullying include kicking, hitting, punching, slapping, shoving, and other physical attacks. Verbal Bullying Perpetrators of verbal bullying use words, statements, and name-calling to gain power and control over their peers. Typically, verbal bullies will use relentless insults to belittle, demean, and hurt another person.

Homophobic Bullying Homophobic bullying is when people behave or speak in a way which makes someone feel bullied because of their actual or perceived sexuality.



Racist Bullying This refers to a range of hurtful behaviour, both physical and psychological, that make the person feel unwelcome marginalised and excluded, powerless or worthless because of their colour, ethnicity culture, faith community, national origin or national status.

Cyber Bullying Cyber bullying uses digital technologies such as computers and smartphones, and software such as social media, texts, websites and other online platforms. Cyber bullying can happen at any time. It can be in public or in private.

Bullying Vs Falling Out

There is a difference between bullying and the 'falling out' that children can experience in school. Often issues can be very easily resolved, and with adult intervention, friendships can be restored. Falling out with peers and one-off incidents between children are inevitable in all schools. Such issues will not be regarded as 'bullying' by school and are dealt with using a problem solving and restorative approach so that they can be quickly resolved.

It is vital that both children and parents can identify the difference between bullying and common issues that can occur between children in school. Before concluding that your child is being bullied, it is important to establish the full facts by speaking to your child's teacher or a member of the senior leadership team.

Useful Websites

www.anti-bullyingalliance.org.uk/

www.bullying.co.uk/

www.kidscape.org.uk/

www.nationalbullyinghelpline.co.uk/

Top Internet Manners

internet
matters.org

As the online world becomes a bigger part of our daily lives, it's important to make sure we all, especially our children learn the difference between good and bad behaviour online.

To get started see our top internet manners to encourage us all to make the online world a kinder place to be.



1. Treat others as you would like to be treated



2. If you wouldn't say it to someone in person, don't say it online



3. People can't see your facial expressions or hear the tone of your voice online so don't over-use icons and punctuation to convey meaning

4. Don't make a situation worse by provoking people even more



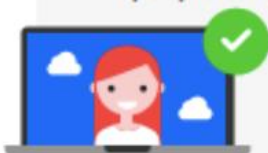
5. Don't start rumours or spread gossip about someone online



6. Don't make fun of someone in an online chat



7. Post things that will inspire and motivate people in a positive way



8. Make sure you don't create a negative environment in an online world or game through name calling



9. Include people in online games and social forums, and don't intentionally leave people out



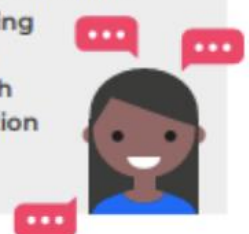
10. You can't retrieve material once it's sent or posted online so if it might embarrass you or someone, don't put it online



11. Respect other people's privacy



12. Respect other people's time and bandwidth by avoiding posting too much information



PANTS

Talk PANTS is a programme that helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

We teach the children about PANTS and consent in school but we encourage all parents to continue these conversations at home.

The NSPCC website is full of useful information to support parents in having these conversations. Please follow the link below:

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/pants-underwear-rule/>



Managing social media

Over the past few years, our lives have been disrupted greatly and usual routines have changed for most of us. Whilst social media can be an effective tool for staying connected to friends and family, it can also be a place where negative language and imagery is regularly shared which can have a negative impact on mental health and wellbeing.

Anna Freud have created a booklet that aims to highlight some key social media issues and offers advice and guidance on how to minimise the impact of social media on mental health.

Click here to access the booklet:

<https://www.annafreud.org/on-my-mind/managing-social-media/>

Fortnite Is your child playing Fortnite? It is rated PEGI 12 for frequent mild violence which means it is not suitable for persons under 12 years of age.

What is Fortnite? There are different versions of Fortnite, including a free-to-play Battle Royale game (although money can be spent within the game) where up to 100 players compete against each other.

What do I need to be aware of?

- Chatting to strangers and inappropriate language: Fortnite contains voice and text chat. Due to the nature of the game, your child may be chatting to strangers and may hear inappropriate language. Ensure your child knows how to report players for any inappropriate behaviour.
- In app purchases: All users can purchase V-Bucks directly through the game. This currency can be used to purchase items in the Fortnite store so make sure you don't store your payment details within the game/device and restrict purchases.

Parental Controls Fortnite includes several parental controls to help you make it a safer environment for your child including disabling voice chat, filtering language and setting privacy settings.

Find out more about parental controls here: <https://www.epicgames.com/fortnite/en-US/parental-controls>. Also, remember to set up age-appropriate parental controls on the device your child is playing on as well.

Further information <https://www.internetmatters.org/parental-controls/gamingconsoles/fortnite-chapter-2-battle-royale-parental-controls-guide/>