



ST GEORGE'S SCHOOL

Safeguarding Newsletter for Parents and Carers

Spring Term 1 (2024)

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 Lead: Mrs Hayley Shears
Deputy Designated Safeguarding Lead: Mrs Kelly McCall



Children's Mental Health Week 5-11 February

Launched in 2015 Children's Mental Health Week exists to empower, equip and give a voice to every child in the UK and this year's theme is 'My Voice Matters.'



1 in 6 children now have a diagnosable mental health condition. By taking part in Children's Mental Health Week we can help ensure that children and young people across the UK feel listened to and know that they're not alone.

Look out for news in the newsletters about what St George's School will be getting up to during this week and how you can support your child/ren's mental health at home.



Did you know?

In the average primary school class, at least two children have suffered abuse or neglect which is why the NSPCC have developed the 'Speak out. Stay safe' programme which empowers staff to tackle difficult topics with their pupils and helps children understand:

- Abuse in all its forms and the signs of abuse
- Abuse is never a child's fault
- Sources of help available to them, including Childline

During the week the whole school will take part in an assembly and workshops by the NSPCC to reinforce and explore some of the themes in more detail.

As a result, the children will be able to identify safe adults they can speak to if they are worried about themselves or a friend. They understand that by speaking up, they can get the help they need and are aware of the NSPCC ChildLine phone number as an extra source of support.

For more information about the programme and how you can reinforce these messages at home, please visit:

<https://www.nspcc.org.uk/keeping-children-safe/our-services/working-with-schools/>

Prevent is a government strategy designed to stop people becoming terrorists or supporting terrorist or extremist causes.

The **Prevent Strategy** covers all types of terrorism and extremism, including the extreme far-right wing and extreme Islamist groups.



From July 2015 all schools have a duty to safeguard children from radicalisation and extremism. This means we have a responsibility to protect children from extremism and violent views the same way we protect them from drugs or gang violence.

The Prevent strategy is not just about discussing extremism itself, which may not be appropriate for younger children. It is also about teaching children the British Values: the *Rule of Law, Democracy, Individual Liberty, Tolerance and Mutual respect.*

We do many age appropriate things in school to help students become positive, happy members of society, which also contributes to the Prevent Strategy. For more information visit the safeguarding page on our website.

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CiN: Child in Need

CEOP: Child Exploitation and On-Line Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism

CAMHS: Child and Adolescent Mental Health Services

SEND: Special Educational Needs & Disabilities



Shout If you need someone to anonymously talk to, Shout can be there for you. You can text 'Shout' for free to 85257 at any time of the day or night for support. Your messages are confidential and can be a great source of support during challenging times, especially in the middle of the night. In support of the Shout service and other mental health charities, footballer Harry Kane is helping to normalise conversations around mental health, promote positive habits that support mental wellbeing and tackle the stigma surrounding the subject. Harry will use his position to encourage others to look after their mental health, be their best and know that it is ok to ask for help.



Online Safety For Parents & Carers

Provided by a specialist from Education Child Protection Ltd.

What is covered in the session?



What children are taught about online safety (specific to their age)



Latest trends of what children are doing online



Details of the current 'apps' & games that children are using & playing



The issues & dangers children face online



How we can make children safer online



Details of what support is available for you & your family

Don't forget to also download the free National Online Safety App which can help you keep up-to-date with new developments in keeping your child/ren safe.




In February we hold our Safer Internet Day in school. With children using more and more technology this is a really useful way for us to raise the profile of how amazing the internet is but also teaching the children how to use it safely and responsibly. The resources above and below are useful links for parents and carers.

'What Parents need to know'



The National Online Safety Website publishes excellent guides for parents about all aspects of online safety. Some of these are shared here under various categories.

On each page there is a list of the relevant guides for that section with the National Online Safety website's summary to help you find what you need. The actual PDFs are then towards the bottom of the page.

Keep checking back for more!

Contact Details

Are your contact details up to date?
Do we have more than one emergency contact?

If you change your home phone, address, email, or mobile number, please let the school know, so that we have the most up-to-date contact details.

Safeguarding concerns can present themselves when we are unable to get hold of a parent or carer, especially during an emergency.

New devices

If your child has a new device, have you set up parental controls?



Consoles

All consoles offer parental controls such as limiting the time spent on the device or restricting who your child can communicate with. Find out the specific settings below:

- **PlayStation:** <https://www.playstation.com/en-gb/support/account/psn-safety-parents-guide/>

- **Xbox:** <https://www.xbox.com/en-GB/family-hub>

- **Nintendo Switch:**

<https://www.nintendo.co.uk/Hardware/Nintendo-Switch-Parental-Controls/Nintendo-Switch-Parental-Controls-1183145.html>



Mobiles/Tablets

You can set up parental controls and restrictions on most mobile devices, which can limit what your child can access. Additionally, make sure appropriate settings are applied on the apps your child is using.

- Apple devices: <https://www.apple.com/uk/families/>
- Android devices: <https://families.google/familylink/>

Further information

Internet Matters provide a checklist here:

<https://www.internetmatters.org/resources/e-safety-checklist-getting-your-kids-tech-devices-set-up-safe>

ONLINE SAFETY FOR UNDER 5s

10 Top Tips for Parents and Carers

According to Ofcom's most recent research, a significant proportion of children are already online by the time they start school, with 17% of 5-year-olds owning their own mobile phone and 50% using messaging platforms. As becoming familiar with technology is generally encouraged in younger children – and has been essential for education during the pandemic – it is crucial that trusted adults recognise both the benefits and the risks of infants and toddlers using digital devices. We've compiled our top tips to help the under-5s start their online safety journey.

1 USE DEVICES TOGETHER

This lets you monitor and control what your child is using the device for. It also provides the interaction that supports children's understanding of what they're seeing – allowing them to ask you questions, and so on.

PARENT CODE:

6 BLOCK IN-APP PURCHASES

If your child uses a device that's linked to a payment method (such as a bank card), use the parental controls to block buys from app stores, as well as in-app purchases. That will prevent your child from accidentally spending money while on your device.

2 ACTIVATE PARENTAL CONTROLS

Most digital devices have built-in parental controls that can limit the type of content children have access to. If your little one uses any device (even borrowing yours), it's a good idea to explore what controls the device has and enable them whenever they have access to it.

7 CHOOSE SAFE APPS AND SITES

There are some fantastic apps and platforms that are specifically designed to be safer for children. Always check the PEGI age rating before downloading an app, and test it yourself before allowing your child to use it.

3 MANAGE SCREEN TIME

This can be tricky, especially if your child is interested in a certain video, app or game. Try to agree on some ground rules and get your child into a routine which includes certain times of the day when they go without devices.

8 INVOLVE THE FAMILY

If your toddler has older siblings, it's likely that their rules for device use will be different – and that they'll access content that isn't appropriate for younger ones (a particular worry if they share devices). Encourage the whole family to be good role models and help little ones stay safe online.

4 TALK ABOUT BEING SAFE ONLINE

Just like we teach children about being safe in the real world, we need to educate them about how to stay safe online. Use age-appropriate language to help them understand, and plenty of hand gestures can reinforce what you're telling them.

9 IF IN DOUBT, ASK

The easiest way to find out what your child is doing online is usually just to talk about it with them. Developing an open dialogue at an early age helps them grow up feeling able to talk to you about their digital life – providing opportunities to intervene if you're concerned.

5 SET A GOOD EXAMPLE

Children often learn by watching and copying those around them, and using digital devices is no exception. When you're around your child, try to follow the same rules that you've set for them. Let them see you balancing your time online with interacting with people in real life, too.

10 SUPPORT CREATIVE & ACTIVE PLAY

Physical and creative activities are important for a child's wellbeing, and there are plenty of ways to incorporate technology into that. For example, you could encourage games that require physical movement; dance and sing along to songs your child loves; and follow step-by-step crafting videos.

Meet Our Expert

Konstantina Moustaka is a professional development and EYFS coordinator at an 'outstanding' nursery school in London. She has been working as a nursery and early years practitioner, both in the UK and internationally, for the past 18 years.



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#WakeUpWednesday

Source: <https://www.ofcom.gov.uk/consult/condocs/children/children-made-use-and-attitude-report-2022.pdf>