



SAFEGUARDING NEWSLETTER – JULY 2022

Welcome to this edition of our Safeguarding newsletter, our last one of this academic year. We hope that you will find it useful and informative.

Safeguarding Leads.

Safeguarding is an integral part of school life and it is the responsibility of all involved in the lives of children to ensure that they are safe.

We have three Safeguarding Leads in school at this time – you can contact any one of them to discuss any safeguarding concerns or questions that you may have.

Name	Role	Safeguarding Role
Mr. B. McGregor	Head Teacher	Designated Safeguarding Lead
Mrs J. Davies	Deputy Head Teacher	Deputy Designated Safeguarding Lead
Mrs S Rushworth	SENCo	Deputy Designated Safeguarding Lead

Peer on Peer Abuse

From September “peer on peer abuse” will be known as “child on child abuse”. We will be sending out further information in relation to this in the new school year.

Safeguarding in our Curriculum

Over the past term, the children have been learning about different aspects of safeguarding and how to keep themselves safe.

This has included assemblies and visits from the NSPCC. Key stage 1 took part in the Pants – The Underwear rule. Key Stage 2 learnt about Speak out and Stay Safe, with Years 5 and 6 participating in a workshop with members of the NSPCC team.

The whole school took part in a successful Diversity week where the children explored the importance of equality, uniqueness and tolerance, whilst learning about different types of families, relationship and gender.

Years 2 have completed their work on understanding our bodies and emotions as part of their PSHE curriculum.

Year 5 have completed work around puberty and Year 6 have revisited their learning on puberty and started looking more closely at types of relationships and families.

Sun Safety

As temperatures soar, it is important that we ensure that children are protected from the sun.

Top tips for keeping children safe in the sun:

- Wear plenty of sun cream – keep re-applying this through the day
- Wear a sun hat – preferably wide brimmed
- Drink plenty of water
- Stay in the shade where possible

There are some more tips via the following link which is also really useful for the children to watch and on the attached poster.

<https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>



SUN SAFETY

We know children love spending time outdoors, whether in the garden, park or beach, however, their skin is more delicate than an adult's and can easily be damaged by the sun, even when it doesn't seem strong.

Use a sunscreen with a minimum SPF 50 and at least 4 stars for UVA protection.

Wear sunglasses, ideally with wrap around lenses or wide arms, which carry CE and British Standard marks.

Reapply every two hours or immediately after swimming or sweating.

No sunscreen offers 100% protection so cover up with loose close weave clothing (such as cotton) and a wide brimmed hat to protect the neck, ears and face.

Seek shade between 11am – 3pm when the sun is at its strongest. Always keep babies and toddlers in the shade if you can.

Generously apply sunscreen (5 teaspoons to cover the whole body) 15 to 20 minutes before going out.

By following these simple tips your child will be able to stay safe and enjoy the sun. Remember parents, set your child a good example by also following this advice, and the whole family can have a happy sun safe summer.

For more information about the British Skin Foundation see www.britishskinfoundation.org.uk

@BSFcharity

BRITISH SKIN FOUNDATION
LEADING THE FIGHT AGAINST SKIN CANCER

All National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Top Tips for Respect Online: A DIGITAL WORLD FOR EVERYONE

Even before lockdowns inflamed the situation, one in every five 10- to 15-year-olds was experiencing bullying online: abusive messages, having rumours spread about them or being excluded from group chats, for example. Through smartphones and tablets, we're used to being able to communicate from anywhere, at any time – but digital devices became commonplace so quickly that it caused a problem: as a society, we haven't properly adjusted to how different they've made life. Our tips can help you to build positive relationships online and avoid some of the potential issues.

WHAT IS NETIQUETTE?

Etiquette is a set of rules to help us interact with others: like a code of respect. People follow this code every day (mostly without even thinking about it) and it can help us decide how to act in certain situations. 'Netiquette' (etiquette on the net – we see what they did there!) is the same, except it's designed to help us interact with others online, which is sometimes a whole different ball game.

1 SEE THE OTHER SIDE

Usually when we're online, we can't see the other person's body language or tone of voice to give us clues about what we can say to them, or how to say it. Try to think what the situation might be like for them, how they're feeling and whether we'd say the same thing if they were actually there with us.

2 HIT THE PAUSE BUTTON

Without a person physically there in front of us, it's easy to send something quickly – before we've really thought about whether it's helpful or kind. Just because we can do things quickly doesn't mean we should; it's better to pause for a second and think it through, instead of simply reacting.

3 MIND YOUR LANGUAGE

People have invented loads of different ways to communicate online (emojis, abbreviations like LOL, TBH and so on). Some of these can be triggering to other people (such as USING CAPS SO IT LOOKS LIKE YOU'RE SHOUTING!), so it's important to stay aware of the style of language you're using.

4 BE SURE BEFORE YOU POST

On social networks like Instagram or Facebook, vast numbers of people might see what you've posted. So if that's something negative about a person, it can feel hugely painful for them. If you're ever tempted to post something like that, ask yourself "do I really need to go public with this?"

5 PROTECT YOURSELF

Always think very carefully before sharing any personal information with someone else or in a group. Once something's been put online, the sender loses any control over where it goes and who might see it. If you've got any uncertainty at all, it's a good idea to talk to a trusted adult about this first.

6 KINDNESS IS CATCHING

Negative communication can spread rapidly online, but so can being kind and helpful (this happened quite a lot during lockdowns, for instance). A friendly, positive message can make a big difference to someone as well as helping us feel good about ourselves – so share the love!

7 WAITING CAN BE HARD

When we've sent a message or posted something online, waiting for a reply or for someone to respond can make us anxious. It could be helpful to think whether you really have to message or post right now – or if you could wait until a better time when it will cause you less anxiety.

8 THE NET LOVES ATTENTION

Most apps, games and sites use sophisticated technology that's designed to keep us coming back for more. It's important to keep this in mind when you feel the need to reach for your phone, tablet or console – once we understand this fact, it becomes easier to control how we use our digital devices.

9 REPLY WISELY

Sometimes it's tempting to fire back an instant response to a post or message we don't like. How we respond is important, however – whether we reply privately to the person or on a platform where lots of people will see it, for example, makes a big difference to how whoever is receiving the message will deal with it.

10 FORGIVE AND FORGET

Even though we try to avoid them, mistakes can – and do – happen online. They can sometimes feel like a bigger deal than they actually are. It's important to remember that we're all only human, and sometimes we mess up. Learn to forgive others and – just as importantly – to forgive yourself.

Meet Our Expert

Dr Carole Francis-Smith is an experienced counselling psychologist who, through her research, specialises in promoting safe and ethical online communications. She consults with businesses and organisations to support positive and effective communication online, often by considering some of the more hidden aspects of the mediums.



Source: <https://www.nationalonlinesafety.com/parents-and-carers/online-safety-for-children-and-young-people/10-top-tips-for-respect-online-a-digital-world-for-everyone>

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