

SAFEGUARDING NEWSLETTER



Preston Candover CE Primary School

Autumn Term 2024

DESIGNATED SAFEGUARDING LEADS

The designated safeguarding leads (DSLs) for our school are:

Mrs Simrit Otway (DSL)

Mrs Heather Hulme (DDSL)

Mrs Dominique Meier (DDSL)

*Safeguarding is everyone's
responsibility!*

*Please speak to a member of our
safeguarding team if you are worried
about a child. Our safeguarding team
liaise with children's social care and
other external agencies to support
families.*

*Our safeguarding team are here to listen,
help and support your family.*

*They can be contacted via the school office
or by telephone: 01256 389278*

For a copy of our school's Child Protection and Safeguarding 2024 policies, please visit the 'policies' page on our [school website](#).

Are all your child's contact details up to date?

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

Safeguarding at Preston Candover CE Primary School

Welcome to the Autumn Term edition of our school Safeguarding Newsletter. As a school, we remain committed to supporting families, safeguarding and promoting the welfare of all our pupils. We work hard to ensure we meet all statutory requirements and create a culture where children can develop and thrive within a happy, safe environment.

In this newsletter, we aim to share how we safeguard your pupils in our school as well as provide you with relevant, up-to-date information, resources and links so that we can work together to keep our children safe.

How we continue to safeguard children in our school

- All staff are subjected to stringent checks before employment and the school follows safer recruitment procedures
- All staff have annual safeguarding training with refreshers throughout the year. Safeguarding is discussed weekly in staff meetings. All staff know how to refer a child for support if they have concerns
- All staff use CPOMs – a software programme devised to monitor child protection, safeguarding and pastoral welfare
- DSLs meet regularly and liaise with outside agencies as appropriate
- We ensure that all children have a voice and are listened to by staff and have access to their school council and peer mentors
- We attend transition events for pre-schools and secondary schools
- We have a positive approach to behaviour and relationships and protect children from bullying, harassment, discrimination and racist behaviour.
- We have 'Prevent' training annually
- We provide the children with immediate first aid as required and meet with parents, plan and monitor, meeting the needs of children with medical conditions
- We ensure the school is a safe place and that all visitors adhere to our safeguarding policies, including acceptable use of mobile phones
- We risk assess and run safe educational visits
- All staff wear identification lanyards

How parents/carers can help safeguard our children in school:

- During school hours, entrance to the school site can only be obtained by buzzing the school office. It is incredibly important that we know who is on the school site at all times. Please help us to keep our site secure by closing the gate securely behind you and do not allow anyone to follow you into the site if they have not buzzed the school office first to be granted access. Thank you for your support in this.
- When coming into school at any time of day, please report directly to the office and sign in if necessary. Never go to a classroom or wander the school grounds, please report to the office.
- If there is a change of adult meeting your child after school, please write it in the red home/school communication book or contact the office before 2 o'clock so that the information can be shared with class staff. We need confirmation from the child's parent/carer before any child can be released to someone different. This includes changes in adults picking children up from school and after school clubs.
- We have children in school with severe reactions to food allergies. Please help us to safeguard these children by checking lunch boxes and snacks brought in do not contain nuts or peanuts. We are a NUT FREE school.

Help us to promote an ethos of "feeling safe" amongst all our children and a robust safeguarding culture in our school and community.

Safeguarding Updates

It is that time of the year where summer and the light evenings are soon becoming a distant memory. This first edition focuses on safety tips for the darker evenings together with support and advice for online safety. The winter months usually mean more screen time, so do take the time to read about how you can keep your child safe online.

Dark Evening Safety Tips



Keeping children safe in the dark is particularly important during the winter months. The following simple steps can be taken to help avoid additional risks of accidents that the dark evenings can bring.

VISIBILITY IS KEY

- Children need to be seen, not just by other motorists and cyclists but by other pedestrians. It is vital to teach your children good road safety basics from an early age.
- Think about what your child is wearing. Some school uniforms are dark. They are safe if they are visible - you can easily add high-visibility strips on their clothing, school bags or bike helmets.

Online Safety: Parental Controls Roblox

The Guardian has published a news story on the introduction of new measures on Roblox aiming to improve protection for children on the online gaming platform. Updates include greater parental controls allowing parents to monitor their children's activity on the platform; adjustments to built-in limits around how children under 13-years-old can communicate with others; and changes to content warning labels.

Read the news story: [Roblox to give parents more control over children's activity after warnings over grooming](#)

Use of Smartphones

The BBC has released a new Panorama episode focusing on children's use of smartphones. The episode follows two families and looks at the impact when their smartphones are removed for a week. The documentary discusses online harms and how content pushed to children's feeds affects them.

Watch the documentary: [Can we live without our phones?](#)
Visit the website: [Panorama](#)

Reddit

Most exchanges on Reddit are interesting and entertaining discussions of technology, sport, health, or pop culture. Unfortunately, the site has attracted some controversy and criticism, for communities sharing depictions of violence against women, leaked, or stolen explicit images (including those of minors) and online hate (particularly racism). Due to its popularity, links to Reddit frequently turn up among search engine results – so young people may be exposed to the site's content even without purposely looking for it. The relative lack of moderation – especially given the aforementioned subject matter – is just one of the potential issues.

Please visit the following website for more guidance about Reddit: [Free Online Safety Guide | Reddit](#)

Youtube

We are aware that a number of our pupils enjoy watching, sharing and even creating content for their own videos for Youtube at home. In light of this, please find attached a poster with top tips for parents about how to keep your children safe whilst they are using YouTube.

Social Media and Mental Health

As we know, there is a link between the use of social media and the negative implications on mental health. Please see the attached poster for hints and tips about the steps that you can take as parents to support your child if they are a social media user. Please do be aware of the age restrictions that exist for the different social media platforms.

Useful websites for further information about Safeguarding, Keeping Safe Online and Mental Health:



The Shout website, which is a 24/7, confidential and free texting service to talk to someone if you are feeling low, anxious or struggling to cope.

Support for parents on children's use of social media at night, also from the Shout website.

<https://giveusashout.org/latest/support-for-parents-childrens-use-of-social-media-at-night/>



If you are worried about online abuse, you can make a report to one of CEOP's child protection advisors here:

<https://www.ceop.police.uk/Safety-Centre/>



Advice can be found on over forty topics including:

Understanding sibling rivalry

My child is lying, what does it mean, what should I do?

My child has trouble going to sleep

My child says, 'I hate you!'

Cultural identity: who am I?

The Parenting Smart website can be found here:

<https://parentingsmart.place2be.org.uk/>



A Digital Mental Wellbeing website that has various support for young people, parents and carers, employers and employees and faith and belief communities.

You will find help on topics such as sleep, anxiety low mood and stress. There are podcasts, apps, workbooks, and guides together with self-assessments that you can take. Click link below for more information.

[Parents and carers | Good Thinking](#)



National Online Safety – safety guides on ALL aspects of internet use

<https://nationalonlinesafety.com/>



Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>



The online safety guide in the link below highlights the pros and cons of using parent apps to monitor a child's online activity and limit potential encounters with inappropriate harmful content.

[Parental Control Apps – Online Safety Review - Ineqe Safeguarding Group](#)

12 Top Tips for Children and Young People to Enjoy a TECH-FREE CHRISTMAS

The Christmas holidays are tailor made for families to enjoy relaxed quality time in each other's company – but with distractions like pinging phone notifications, the lure of games consoles and online Boxing Day sales, that can be more difficult than it sounds. Staying off our phones, laptops and tablets, however, can really help us to appreciate the things that genuinely matter at this special time of year. Follow our 12 top tips for a tech-free festive season ... Yule be glad you did! Merry Christmas!

CHRISTMAS CRAFTING

Get out the paper, glue and scissors and have a go at hand-making cards or gift tags. You could also create your own decorations to add a uniquely personal touch to the Christmas tree.

NATURE QUEST

Try a scavenger hunt in the garden or your local park. Challenge yourself and your family to find natural treasures that are symbolic of this time of year – like holly or pinecones, say.

CAROL KARAOKE

Sing your hearts out with a Christmas carol karaoke night. Pick out your favourite tunes and enjoy a musical celebration with family and friends.

WANDER DOWN MEMORY LANE

How about making a scrapbook filled with your favourite memories from Christmases gone by? Unleash your creativity while you enjoy reliving those magical holiday moments.

TRY REFLECTIVE JOURNALLING

Jot down your thoughts, feelings and reflections on the holiday in a notebook or diary – you could also list some of your main goals for the new year.

WRAP IT UP

Take time to get inventive with some luxurious gift wrapping. Break out the wrapping paper, ribbons and bows to make parcelling up those presents into a creative adventure.

WALK IN A WINTER WONDERLAND

Delight in the great outdoors with some gentle walks over the holiday. The family can all wrap up warm as you add to your step count and savour the crisp winter air together.

BE A SEASONAL CHEF

Get the whole family working together in the kitchen for some Christmas cooking. Choose a recipe and whip up a festive feast that all of you can enjoy.

ENJOY A CHRISTMAS STORY

Christmas is a perfect time for sparkling stories. Get cosy and lose yourself in a brilliant book, from Dickens to Dr Seuss or a more modern favourite by Chris van Allsburg or Tom Fletcher.

SNOWY SCULPTURES

If we're fortunate enough to get a white Christmas this year, make the most of the opportunity by having a family snowman-building competition!

GAMES NIGHT GALA

Dive into some old-school fun with a tech-free games night. Classic board games and card games have stood the test of time for a reason!

GOODWILL TO ALL

You and your family could spend a day volunteering – perhaps at a food bank or helping a local charity. After all, kindness and thinking of others are part of what Christmas is all about.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



The National College



National Online Safety

#WakeUpWednesday

What Parents & Carers Need to Know about SOCIAL MEDIA & MENTAL HEALTH

An estimated one-third of children have a social media account, so it's important that trusted adults know what content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down 'rabbit holes' that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted – sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness; recognising when something isn't OK... and knowing what to do about content that upsets them.

1. UNDERSTAND THE ALGORITHM

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Algorithms rank content by user interest: someone who regularly interacts with sports news, say, will see the latest results at the top of their feed. Likewise, if a user browses content that can cause harm, that's what will be recommended to them in future. Someone who's had a bad day and looks for posts which reflect their mood will find similar content being suggested to them more and more.

2. AVOID THE MAIN FEEDS

Avoiding the default feeds on social media platforms limits the amount of recommended content that's shown. Users can opt to only scroll through the accounts they follow, use restricted modes, or highlight posts that they don't want to see more of. Explore the platform safety settings to see how you can take control of what your child's phone shows them when they open the app.

3. DISCUSS WHAT THEY'VE SEEN

Chatting about what your child's seen online keeps you aware of the content they're interacting with. Don't assume that platforms are screening out inappropriate material, or even that your child would recognise content as being harmful. Discuss who they follow, what posts they like and what comes up in their feeds; if alarm bells ring, it could be time for a more in-depth talk or to seek support.

4. LEARN HOW TO HIDE CONTENT

If your child stumbles across unsuitable content on social media, there's the option to hide that post as well as indicating you'd prefer any similar material not to be suggested in future. On some platforms, you might also be able to block posts that contain specific words, which is an excellent way to start taking control of what your child sees online.

5. SET DAILY LIMITS

Phones and most apps can tell you how much they're being used. Spending too long online can mean a child misses out on other activities that are important to all-round wellbeing. You could set some family rules – for everyone to follow – around device use, such as screen time limits and tech-free spaces; involving your child in creating this agreement makes them more likely to stick to it.

6. MONITOR THEIR ACTIVITY

Keeping a discreet eye on how your child is using social media can help ensure they're not entering potentially dangerous situations. As they grow up, of course, children need space to exercise their independence – but you can still occasionally ask to see what they're looking at. Be transparent about your own social media use and try not to sound judgemental about your child's.

7. TURN OFF PUSH NOTIFICATIONS

Even for adults, it's tempting to check an email or message as soon as the alert sound pings. Push notifications encourage people to open their apps and spend time on their device, so turning them off will help your child to practise mindful use of tech. Most of us have other things that we need to focus on as a priority – and those notifications will still be there later, when we have more time.

8. USE DEVICES TOGETHER

Giving children internet-enabled devices and complete freedom to explore platforms on their own can result in exposure to hugely damaging content. You could consider making a particular area at home a designated space to use phones, tablets and so on – making it much easier to monitor what content your child is viewing and (if necessary) steer them away from any potentially harmful paths.

9. ENCOURAGE OTHER ACTIVITIES

Mental health professionals often highlight the importance of exercise, quality time with loved ones, a balanced diet and restful sleep for our mental wellbeing. Spending hours on social media can cause us to sacrifice other activities that our brains need to feel well – so encouraging your child to put down their phone and enjoy something that doesn't involve a screen can be immensely beneficial.

10. TALK ABOUT PEER PRESSURE

Most platforms default children's accounts to private, so only people they've accepted as friends can see their posts. This reduces the risk of bullying or unkind comments, but – just like off line life – the digital world can still make children feel as if they need to act or look a certain way to fit in. Talk to your child about peer pressure, and listen to any concerns so you can provide the support they need.

Meet Our Expert

Shazia Sarwar-Azmi is executive headteacher at a specialist primary school and, as an emotional therapy coach, works with school leaders to focus on the SEND, mental health and wellbeing agenda. A passionate advocate for vulnerable learners, Shazia is a Fellow of the Chartered College of Teaching and the author of *The Rainbow Within*, a book which supports children with SEMH needs.



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<https://www.nationalonlinesafety.com/resources/this-national-online-safety-week>



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What Parents & Educators Need to Know about

YOUTUBE

Almost anyone with an internet connection knows YouTube. The Google-owned site lets anyone upload videos to be shared around the world, and as a result, it's an incredible resource with instant free access to material covering every conceivable topic. But with over 500 hours of video uploaded every minute, not all of it will be appropriate for young eyes.

WHAT ARE THE RISKS?

INAPPROPRIATE CONTENT

YouTube is free and can be accessed via numerous devices, even without creating a YouTube account. Some content is flagged as 'age-restricted' (requiring the user to be logged into an account with a verified age of 18), but children can still view some mildly inappropriate content. This can include profanity and violence, which some young users may find upsetting.

CONNECT WITH STRANGERS

YouTube recommends videos related to what the user has previously watched on their account, aiming to provide content that will interest them. This is intended to be helpful but it can also lead to binge-watching and screen addiction – especially if 'auto-play' is active. Users without an account are shown popular videos from the last 24 hours, which might not always be suitable for children.

RADICALISATION

YouTube's algorithm tends to promote content that's getting the most traffic – a lot of which can be quite extreme. This can be fine for harmless topics, but YouTube isn't regulated like television, and that means that conspiracy theories, fake news and hateful ideologies can occasionally surface to warp impressionable minds all too easily. Remember – the more they watch, the more they'll be recommended.

CONNECTING WITH STRANGERS

YouTube is a social media platform which allows people to interact with other (usually unknown) users. Account holders can leave comments on any video they have access to, as well as message other users directly. Connecting with strangers online can potentially lead to children being exposed to adult language, cyberbullying and – in the worst cases – online predators. If a child is creating content themselves, this can increase the likelihood of them becoming a target.

TRENDS AND CHALLENGES

YouTube is teeming with trends and challenges, some of which are fun to watch and join in with. Children often find these immensely entertaining and might want to try them out. Most challenges tend to be safe, but many others may cause physical or emotional harm children who watch or copy them. The painful 'salt and ice challenge' – where people use these two ingredients to burn their skin – is just one of many examples.

SNEAKY SCAMMERS

The comments sections of popular content creators regularly have scammers posing as that influencer, attempting to lure users into clicking on their phishing links. Scammers impersonate YouTubers by adopting their names and profile images, and often offer cash gifts or 'get rich quick' schemes. Children may not realise that these users aren't who they claim to be.

Advice for Parents & Educators

APPLY RESTRICTED MODE

For older children, Restricted Mode is an optional setting that prevents YouTube from showing inappropriate material (such as drug and alcohol abuse, graphic violence, and sexual content) to underage viewers. To prevent children from changing across age-inappropriate content on the platform, we would recommend enabling Restricted Mode on each device that they use to access YouTube. It's worth also turning the auto-play feature off, to prevent YouTube's algorithm automatically recommending something inappropriate.

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CENSORED

TRY GOOGLE FAMILY

Creating a Google Family account allows parents and carers to monitor what their child is watching, uploading, and sharing with other users. It will also display their recently watched videos, searches, and recommended videos. In general, a Google Family account gives a parent or carer oversight of how their child uses sites like YouTube and helps to ensure that they are only accessing appropriate content.

MONITOR ENGAGEMENT

YouTube is the online viewing platform of choice for billions of people, many of them under 18. Younger children will watch different content to older ones, of course. You may want to keep an eye on how children interact with this material – and, if applicable, with content creators – to understand what they're interested in. Remember that creators often share content outside of YouTube, so don't ignore their web presence elsewhere!

CONSIDER YOUTUBE KIDS

It's possible to sidestep most inappropriate content completely via Google's own YouTube Kids app for Android handsets and iPhone. This lets you filter content by 'preschool' (4 and under), 'younger' (ages 5 to 9) and 'older' (ages 10 to 12). This isn't a perfect substitute for personal supervision, as the app's filtering system is automated, and Google can't manually review all videos.

CHECK PRIVACY SETTINGS

YouTube gives users the option of uploading videos as 'private' or 'unlisted' – so they could be shared exclusively with family and friends, for example. Comments on videos can also be disabled and channels that a child is subscribed to can be hidden. If the child is only uploading videos set as 'private', they are far less likely to receive direct messages from strangers.

LIMIT SPENDING

Although YouTube is free, it does offer some in-app purchases. For example, users can rent and buy TV shows and movies to watch. If you'd like to avoid children purchasing content online, limit their access to online payment methods. Many parents have discovered the hard way that a child happily consuming a paid-for series quickly leads to an unexpected bill!

Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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