

# SAFEGUARDING NEWSLETTER



Preston Candover CE Primary School

Spring Term 2025

## 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*

*Our school Safeguarding Governor is Penny Parkinson.*

Welcome to the latest edition of the Newsletter from the Preston Candover CE Primary School Safeguarding Team. Through these termly newsletters, we aim to share information, resources and links with you so that we can continue to work together to keep our children safe. 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 will focus particularly on the topics of Internet Safety, Children's Mental Health, Road Safety and ensuring a good start to the morning.



## Internet Safety

With Safer Internet Day taking place on the 11<sup>th</sup> February, we have been having many discussions with pupils in school this term about how to stay safe online. There are so many positive benefits to using both technology and the internet, however it has never been more important to take the necessary steps to teach our children about how to keep safe online.

The theme of the Safer Internet day this year was 'Too good to be true? Protecting yourself and others from scams online' and pupils completed a range of activities, to include: creating posters, vlogs and TV advertisements.

The National Online Safety Team, a multi-award winning digital training provider, have put together some top tips with regards to keeping children safe online and we have attached some of their really useful parent guide posters to this newsletter.

Parents and carers can also find lots of tips, advice, guides and resources to help keep children safe online at the following website: [Parents and Carers - UK Safer Internet Centre](#)

As a general guide to keeping children safe online at home, the following should be considered:

**Tablets, Gaming Consoles, Smartphones and even some watches** can all be used to go online so when considering which devices to allow your children to use, it is important to think ahead about how much access to the internet you wish your child to have. It is also worth considering what safety features are available on these devices. The UK Internet Safety Centre have some very useful checklists with things to consider when choosing different devices.

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

**Tip:** The Safer Internet Centre has some excellent advice in their Parents' guide to Technology and includes device-specific settings for different models:

[www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology](http://www.saferinternet.org.uk/advice-centre/parents-and-carers/parents-guide-technology)

**Setting up Parental Controls** on the home internet connection may seem a little daunting but the highly regarded Internet Matters website has some really useful guidance from major broadband providers about setting up online filters.

**Tip:** Use the **Interactive Guide** on the website at: [www.internetmatters.org/parental-controls/interactive-guide](http://www.internetmatters.org/parental-controls/interactive-guide)

**Agreeing some Behaviours and Expectations** before children receive and use devices can prevent some difficult conversations later. Childnet have a hand Family Agreement which can be useful, especially for younger children – see [www.childnet.com/blog/family-agreement](http://www.childnet.com/blog/family-agreement)

**Tip:** Good agreements work both ways so if family-time involves no tech, this applies to adults too!

**Apps.** Not sure about which apps and games are safe for children to use? The variety of **Apps** and **Social Media** tools can seem bewildering at first but the very highly recommended NetAware resource from O2 and the NSPCC is an excellent way to find out more about the different apps and games your child may use – see: [www.netaware.org.uk](http://www.netaware.org.uk)

**Tip:** NetAware also has an app for your Smartphone to stay in touch with the latest updates.

**Games** can be over-looked when it comes to considering how to stay safe online but most modern consoles connect online and often have in-built web browsers. Ensuring **appropriate gaming content** is also important so check the PEGI-rating for different games, including the descriptions such as Sex, Violence or Bad Language – see: [www.pegi.info](http://www.pegi.info)

**Tip:** Some games offer in-game purchases for additional content. If so, **use vouchers** rather than credit cards to help save you from unexpected bills later.

Other useful information to help children stay safe online:

- Always set a password
- Keep phone numbers and devices private
- Pay attention to age ratings
- Have a conversation about money online
- Explain secure Wifi Networks
- Discourage Device dependency
- Limit screen time- balance is key!
- Only pair with known bluetooth devices
- Turn location settings off
- Stay aware of the surroundings
- Be there if they need to talk.

## Minimum Ages for Popular Apps



**Facebook (minimum age 13)** – lets users create their own profiles, share status updates, pictures, videos and chat with other users and also has a messenger app.



**Instagram (minimum age 13)** – allows users to alter photos, upload them and share to other social networking sites. Photos and videos can be sent directly to specific users.



**YouTube (minimum age 13)** – allows users to watch, create and comment on videos. The dislike button can create insecurities with content posted even if comments are turned off for the video.



**WhatsApp (minimum age 13)** – a free-of-charge, real-time messaging service. Users can share images and videos, take part in 'group chats' and share locations. As it's based on knowing the user's phone number, you can only message users if you already have this information.



**Tumblr (minimum age 16)** – a social networking site where users can post blogs and follow other people's blogs. Some of the content on this site includes sexual and/or pornographic images.



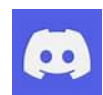
**X (minimum age 13)** – a social network that lets users send and read messages limited to 280 characters.



**TikTok (minimum age 13)** – TikTok users can make their own short videos on the mobile app and often like to have music accompany these. The users have creative control over the videos. Other TikTok users can 'react' to videos they see by filming their responses alongside the original video, or 'duet' by making a video alongside another video.



**Snapchat (minimum age 13)** – a photo-sharing app where users can send photos or videos to their friends. These will display on screen for up to ten seconds before being deleted, although it is possible to take screenshots of messages and download other apps designed to capture and save Snapchat content.



**Discord (minimum age 13)** - a platform for voice, video and text chat with friends, games and communities.

## Smartphone Free Childhood

There has been much debate recently surrounding the topic of a 'Smartphone Free Childhood'. If this is something you are interested in, the following website has lots of information, resources and top tips about creating a [Smartphone Free Childhood](#).



## Children's Mental Health

Looking after our mental health is so incredibly important. Mental health is about our feelings, our thinking, our emotions and our moods. We all have 'small' feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

Recent statistics indicate that 1 in 5 children now have a diagnosable mental health condition.

In school this term, we took part in Children's Mental Health Week: a mental health awareness week launched by children's mental health charity, Place2Be. Using the characters from Inside Out, pupils discussed and completed activities relating to developing a positive mental health.

In our school, we teach children about mental health through the subject of PSHE, our collective worships and additional assemblies and we link it to our Leader in Me habits. We aim to equip and empower pupils with the tools and strategies they need to look after themselves physically and mentally, make good 'healthy' choices, solve problems, develop resilience and be proactive in seeking help from appropriate places.

In school, we talk a lot about 'our circle of control', a great tool where pupils can identify those aspects that are within our control to change. We also use the analogy of an 'emotional piggy bank' to teach pupils about how to make 'healthy deposits' and avoid taking away from the emotional bank account of both themselves and others.

We have attached a 'top tips' for families' poster, created by the Place2Be charity and their website has lots of resources and activities for families to continue supporting mental health at home.

<https://www.childrensmentalhealthweek.org.uk/families/>

## Road Safety

This term, our junior road safety officers have been leading collective worships and running poster competitions for our

pupils in school. They are doing an excellent job at reinforcing key messages about keeping safe on the roads.

We are aware that school drop-offs and collections can be busy on the road outside of our school. Can we please take this opportunity to remind all parents about parking considerately and safely. **The school car park or the entrance to the car park should not be used by any parents for drop off or collection.** It is important to minimise road traffic on the school site when our pupils are crossing to enter and exit school.

Please also avoid parking in the designated bus spaces as these are used on a daily basis too.

## A Good Start to the Morning

There is significant difference in a pupil's readiness to learn in school when they have had a positive morning before school. Having a healthy breakfast, drink of water and a calm start to the day not only improves mental health but also sets children up for a full day of learning and activities. It is also important to ensure pupils have access to a water bottle, healthy snack (KS2 pupils), coat and pencil case so that their needs are met throughout the school day.

Whilst we do encourage our pupils to be proactive and organised, please do check that your child has all the equipment they need to have a positive day at school.

## Coming Up... Summer Term PSHE Topics

**Sparrows:** What helps us to grow and stay healthy?

How can we look after each other and the world?

**Woodpeckers:** How can we develop a healthy lifestyle?

How can we become a good global citizen?

**Robins:** How can our choices make a difference to others and the environment?

How can we manage risk in different places?

**Kingfishers:** What will change as we become more independent?

How do friendship change as we grow?

(N.B- This topic includes the statutory teaching of puberty to Years 5 and 6 and Sex Education lessons to Year 6 only)

**Please see our school website for the PSHE Long Term Plan, Curriculum Overview and Class Topic Cycle Overviews for more information about what your child will be learning in PSHE including the vocabulary. You can also find a copy of our RSHE Policy [Preston Candover CE Primary School - PSHE](#)**

As always, if you have any safeguarding queries or concerns, please come and talk to one of the safeguarding team.