

Bratton Primary School

Safeguarding Update – Spring Term 2023

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

SAY SOMETHING IF YOU SEE SOMETHING

The following members of staff are Designated Safeguarding Leads for Bratton Primary School:

- Mrs Williams (DSL)
- Mrs Callaway (DDSL)

They can be contacted via the school office

admin@bratton.wilts.sch.uk or by telephone on 01380 830511.

For a copy of our school's Child Protection and Safeguarding 2022 Policy, please visit the 'Policies' page on our school website

<https://www.bratton.wilts.sch.uk/policies/>

Dear Parents and Carers,

Welcome to our Spring Term Safeguarding Newsletter. In this letter you will find some useful information about keeping children safe online to support the Parent Workshop held on Monday this week, along with some suggested children's books to help teach your children about online safety at home.

Also included are some helpful resources to support children's mental health and wellbeing following on from Children's Mental Health week last term and some information about how to help your child keep themselves safe using the PANTS rule.

We hope this information is helpful and informative.

Kind regards
Emma Williams



How Safe is Your Child Online?

For a lot of children, going online is an everyday event. Whether it's making new friends and keeping in touch with them over apps, playing the latest game, getting a new phone or spending more time online doing school work, it is important that children understand how to stay safe.

A really useful resource that we would recommend to all parents is the NSPCC Keeping Children Safe Online Website <https://www.nspcc.org.uk/keeping-children-safe/online-safety/> which offers lots of useful tips, advice and information.

For further information and guidance, the <https://www.thinkuknow.co.uk/> website is also highly recommended with short videos to help you support your children with online safety.



Child Friendly Search Engine



Child friendly search engines help us to ensure that children are using the internet in a safe way. Kiddle.co is a visual search engine for children powered by Google which offers a safe web, image and video search. You can access it here www.kiddle.co

We need to be aware that those who wish children harm will find their way round the safeguards included in these search engines, so while these search engines may make searching safer for children they are not a replacement for online safety filters.

UK Safer Internet Centre provides excellent independent advice on setting up internet filters at home. <https://www.saferinternet.org.uk/>

#Goldilocks: A Hashtag Cautionary Tale

Instagram, Facebook, Snapchat, YouTube, Twitch... the sheer number of social websites in today's world can feel endless. So, perhaps it's not too surprising that 48% of children have been exposed to social media by age seven.

But before you despair, let's take stock of all the positive outcomes these platforms can have – rallying real change, bridging distances, building communities. The problem is not social media itself. It's how it's used.

That's why it is important for parents to have conversations with their children early on about how to build a healthy relationship with social media. #Goldilocks is a modern twist on the classic fairy tale that offers a fun and accessible way for you to discuss all things social media related with your younger children. Co-branded by Vodafone UK and Andersen Press, award winning author Jeanne Willis created the light-hearted story alongside illustrator Tony Ross.

The book is designed to help educate children about the potential consequences of being unkind, getting carried away with selfies, or oversharing images, as we see Goldilocks getting into trouble with the three bears over her pursuit of likes on social media....

This superb book can be found on the school website under the online safety section of the safeguarding page along with a fun activity sheet.

[Click here.](#)

Please spend some time sharing this book with your child and discussing the important lessons that can be learnt from it.



Mental Health and Wellbeing

Following on from Children's Mental Health week last term this website may be helpful to support you as parents with your child's wellbeing at home.

Parenting Smart is a free online resource featuring practical advice and tried and-tested tips from child mental health experts. It includes practical tips to support children's wellbeing and managing behaviour. There are a full range of topics to select each with videos or short reads.

Topics include:

- Supporting healthy gaming habits
- Our mealtimes are turning into a battleground
- Positive gender identity development
- Routines and rituals
- My child thinks they need to be perfect
- Help your child manage separations and goodbyes
- My child just says no to everything
- Safe social media for primary aged children
- Talking to my child about race and discrimination
- My child has meltdowns
- Helping your child develop a positive body image
- My child pushes my buttons
- My child has trouble going to sleep

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

Some more recommended reads for online safety



What are the PANTS rules?



Talk PANTS with the help of a friendly dinosaur Pantosaurus.

Talk PANTS is a simple conversation to help keep your child safe from sexual abuse. Talk PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

Privates are private

Always remember your body belongs to you

No means no

Talk about secrets that upset you

Speak up, someone can help

Follow the link below to find out more along with all the resources.

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



RSE Parent Information Workshop

Look out for information about our Relationships and Sex Education workshop for parents. This will be happening at the beginning of term 5 and we will send out more information later in the term.



In the meantime, you can find out about our PSHE and RSE scheme of work on the website. The 'Relationships' and 'Changing Me' progression grids map out what is covered under RSE in each year group. Our PSHE and RSE policy can also be found here.

<https://www.bratton.wilts.sch.uk/learning/pshe-se-2/>

If you suspect a child is being abused or is in any danger of being abused please contact a Designated Safeguarding Lead or any member of staff. You can also contact the Multi Agency Safeguarding Hub (MASH) on: 0300 456 0108

If a child is in immediate danger, call the Police immediately on 999.



Parenthood..

The most rewarding job in the world

And also the toughest

Need some advice about your child's behaviour?

Contact YoungMinds Parents Helpline
0808 802 5544
www.youngminds.org.uk/parents

YOUNGMINDS

We know parenting is not always easy. Although it is often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work.

Young Minds has lots of practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. No matter what you and your child are going through, things can get better.

The Parents Helpline can provide advice and support if you're worried about a child or young person.

