

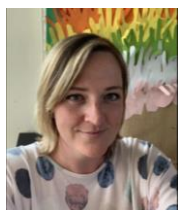
# Safeguarding Newsletter

October 2020



Welcome to our new safeguarding newsletter for parents. We hope to be able to use this platform to let you know how we keep your children and our community safe. If you have any concerns about your own child's welfare or the welfare of others, please contact one of our DSL's (designated safeguarding leads) and they will be happy to help.

Here are our DSL's, they work across both school and the Under 5's setting.



Mrs Aston



Miss Brooker



Mrs Board

Hevingham- 01603 754677 Marsham- 01263 732364

We will be sending our Safeguarding newsletter every term to keep you updated. It will be emailed to all parents but also added to our school website for future reference.

**Please remember if you think a child is in danger, call 999 immediately.**

## The five ways to wellbeing



<https://www.nhs.uk/conditions/stress-anxiety-depression/improve-mental-wellbeing/> model for mental health is an easily achievable set of activities that increase self esteem and boost wellbeing. By taking part in 1 or all of the 5 activities, endorphines and serotonin (our happy chemicals) in the brain increase, which in turn increase positive mental health.

**Be Active:** Gentle exercise every day for 30 minutes, increases serotonin and reduces other health risks such as heart disease.

**Taking notice:** Taking time to stop and appreciate our environment is beneficial as we take our minds away from the stresses of life. Take a moment to really enjoy the beauty of a flower, or the calmness of a river or stream.

**Giving:** Giving to others is a great opportunity to make someone else feel valued and cared for; but by doing something for others, it increases our own sense of worth, increasing our personal positive mood.

**Keep learning:** The human brain is like another muscle in our body that needs looking after. The more it is used the better and stronger it becomes. Teaching yourself a new skill such as knitting, drawing, swimming, creative writing will help the brain to keep 'busy' and you will feel good for learning a new skill.

**Connect:** As humans, we are social creatures and it is important to be with others. The pandemic has impacted our ability to do this effectively as we rely on computer technology to interact with our families and friends. Talking is a good way to share our problems and laughing is a great stress reliever.

**These activities can be done alone or with a family member, creating a mini support network.**

**Do not be afraid to seek support  
Contact Us:**

## **Keeping Children Safe off and Online**

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During lockdown, it has been clear that having access to the internet and computer technology has been a lifeline for many people to keep in touch, continue to learn and purchase essentials however for our children, with more time online the risks of the dangers of online use has increased as has the worry and concern for parents and carers. For many the experience of lockdown has been a time to enjoy being together with our families, perhaps learn new skills such as upcycling or gardening, and show appreciation and kindness towards others. For some however it has been a time of difficulty, worry and may have had a negative impact on mental health and wellbeing.

## Is Computer technology a good thing?

Computers are a great way to connect and learn for our children, but there is a responsibility to ensure that children are safe from harm by perpetrators. This does not mean we have to stop any online activity but share with our children and encourage an open conversation. Use the 5 ways to keeping safe online to help share your child's experiences online and actively teach them ways to keep safe. Advice and support can also be found at the Thinkuknow website. There are many resources aimed at different stages of development <https://www.thinkuknow.co.uk/parents/>

## Keeping children safe at home, the effects of the pandemic on our children

As previously mentioned, the pandemic has created positive experiences for our children. Many have been able to learn life skills with their families and have enjoyed spending the time together. For some families, the additional worries of financial security, isolation, reduced support and the fear of what Covid-19 may have led to more detrimental family circumstances. Relationships may be strained. Mental health of adults and children may have impacted considerably. Remaining at home and

keeping ourselves and our families safe  
may have created feelings of  
confinement and deep restrictions.

## Enjoy The Internet Safely:

**Connect:** Link up with your friends and family through video calls and texts

**Get Creative:** Enjoy computer technology to create music, art and writing.

**Be Mindful:** Be aware of what you are sharing online. Never give out personal information like names and addresses.

**Be active:** Use the internet as a way to learn, and share with others especially your adults at home

**Give to others:** If you see something you think is wrong share it with your adults who can help to report it.





**Are you worried or concerned about yourself or someone else?**

Are you worried about something that is happening to you or someone you know?

We all need help sometimes.

For emergencies: Call 999 and ask for the police.

For children's safety concerns: Call CADS 0344 8008020

Useful websites:

Childline: [www.childline.org.uk](http://www.childline.org.uk) (0800 1111)

Kooth: This is an app in Google Play and Apple Store

Nelsons Journey:

[www.nelsonsjourney.org.uk](http://www.nelsonsjourney.org.uk)

Thinkuknow: [www.thinkuknow.co.uk](http://www.thinkuknow.co.uk)

Young minds: <https://youngminds.org.uk/>