

SAFEGUARDING NEWSLETTER

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**SEE SOMETHING
HEAR SOMETHING
SAY SOMETHING**

These are difficult times and families are under huge amounts of pressure - we are here to help

If you hear something or see something that makes you feel worried about a child living nearby, please let us know



0344 800 8020



In an emergency call **999**

Help us to keep Norfolk's children safe

As we enter the first phase of lifting covid restrictions, children returning to school are able to confide in their professional trusted adults. However, children are still unable to visit relatives and friends, or go to their usual clubs and activities. This means that opportunities children have to share their feelings and worries are still limited. As such, children are still dependent on their communities to help keep them safe. If you hear or see something that concerns you about the welfare of a child, please use the contact numbers on the above poster.

Financial Support

YOU MAYBE CONCERNED ABOUT THE FINANCIAL IMPACT OF COVID 19 ON YOU AND YOUR FAMILY. PLEASE REFER TO SOME OF THE RESOURCES BELOW. IF YOU ARE STILL IN NEED OF SUPPORT PLEASE CONTACT SCHOOL AND WE WILL DO OUR BEST TO SIGN POST YOU.

Support for households in Norfolk

FREE household meals kit this winter



The kit provides the ingredients for four meals for a household to cook and enjoy together plus other essential household items.

Order yours today via our website
www.pinkorange.co.uk

Need assistance? Call or Text 07553 894233

"Covid 19 continues to be a challenging time, placing financial burden on families. We maybe able to signpost you to other support services "

Norfolk county council and the Norfolk community foundation are able to offer food and activity packs for families. families can contact pink orange directly by email www.pinkorange.co.uk or by text 07553894233.



Workingfamilies.org.uk have useful advice on financial support, benefits and flexible working.



<https://workingfamilies.org.uk/articles/coronavirus-support/>



Citizens advice are working hard to support people.

<https://www.citizensadvice.org.uk/>

There is lots of information on the website and it is still possible to speak to someone.

They are not holding face to face appointments however, they are working hard to provide telephone conversations.

**citizens
advice**



Mental wellbeing whilst staying at home

TAKING CARE OF YOURSELF DURING THE PANDEMIC IS REALLY IMPORTANT. YOU MAY BE EXPERIENCING FEELINGS OF ANXIETY AND FEAR, DESPERATION OR LONELINESS. DO NOT SUFFER ALONE AND REACH OUT WHERE YOU CAN. REMEMBER EVERY FEELING IS OK TO HAVE ITS HOW WE RESPOND TO THEM WHICH IS IMPORTANT.

Useful Websites

Mental health tips at the NHS Every mind matters page.



Every Mind Matters | One You

Feeling stressed, anxious, low or struggling to sleep? Every Mind Matters and One You can help with expert advice and practical tips. Start the fightback to a...

Mind for better mental health: 5 ways to wellbeing



Home

We're Mind, the mental health charity. We're here to make sure no one has to face a mental health problem alone.

Meditation.

Headspace have some free meditations that they are offering during lockdown.



Sometimes it's okay not to be okay.
Sometimes it's okay to be vulnerable.
Sometimes it's okay to fall down.
Sometimes it's okay to be clueless.
Sometimes it's okay to have breakdown
Sometimes it's okay to feel discontented.
Sometimes it's okay to be cold hearted.
Sometimes it's okay to be lethargic.
Sometimes it's okay to be futile.

But it is not okay to GIVE UP, everytime!!

— Alfaaze-hayat

Be kind to you

During this difficult time it may feel like you have to manage everything and manage it perfectly. Having too many goals each day often leads to a sense of failure when things go uncompleted or have not worked out the way we envisaged.

- Set three achievable goals each day.
- Take regular breaks (useful moments to practise a 5 way to wellbeing activity).
- Eat regular healthy meals to stabilise sugar levels.
- Keep hydrated. Water is a brilliant energy boost and can help reduce feelings of anxiety.
- Try to avoid watching the news too often
- Reach out to others, it may help them too.

If you need support in any way, please get in touch and we will support you.

Online Safety



CHILDREN ARE ACCESSING THE INTERNET MORE OFTEN THAN NORMAL. WHILST OUR CHILDREN ARE ACCESSING THE INTERNET FOR SCHOOL PURPOSES, WE STILL NEED TO BE MINDFUL AND ASKING THE QUESTION:
"IS MY CHILD SAFE ONLINE?"

Useful Website.

NSPCC tips and advice for talking to your child about online safety.



Useful Website.

A great resource for online safety with activities for parents to do with their children.



<https://www.thinkuknow.co.uk/>

Whilst we fear the worst of the internet, let's remember the positives of accessing information at any time is so helpful in our modern day society.

It is widely used for information, connecting, art design, to name a few uses of modern technology. Computers are the modern worlds way of working and we need our children to learn how to use them to benefit their own personal futures.

Despite concerns that parents have about children's increased screen time as a result of lockdown it is worth considering the use of the internet that a child is accessing.

A child accessing the internet for 30 minutes to support their learning for a topic in school is worthwhile.

Limiting screen time is a good idea, so long as it doesn't hinder the use of the time spent on the computer. That said, if a child is working actively for hours on end, this is not healthy either.

Deciding on the amount of screen time will reflect on the need for the screen time and the amount of physical time that is not detrimental to our overall health.

Talk with your children about their needs. Ask them questions about the topic they are covering and what it is they need to research. This will generate open conversations that will lead to honest communication that builds trust and assurance that if your child needs your help because they have found themselves in a difficult situation, they will ask you for help.

Remember: We can apply the 5 ways to wellbeing to online safety



Be mindful: who is your child communicating with online?

Give to others: Is someone else in need of our help to keep them safe?

Get Creative: The internet has great links to boost creativity skills

Connect: whilst we are staying at home, connect with others through video calls

Active: Be active in responsible screen time. Ensure to mix in relaxation, exercise and family time

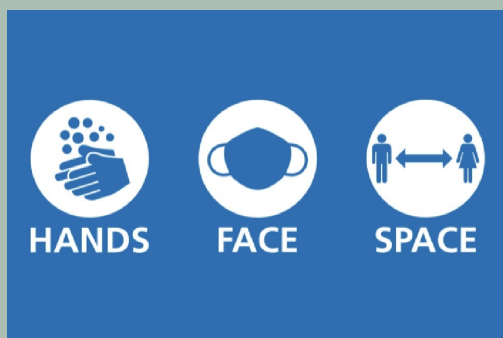
Be safe online. Never give out personal information.

Make stranger danger awareness online as well as in real life.

Communicate with your child about their activity online,

Show an interest in their interests and this will lead to trusting conversations.

General covid information



The main symptoms of coronavirus (COVID-19) are a high temperature, a new, continuous cough and a loss or change to your sense of smell or taste.

The main symptoms of coronavirus (COVID-19) are: a high temperature - this means you feel hot to touch on your chest or back (you do not need to measure your temperature) a new, continuous cough - this means coughing a lot for more than an hour, or 3 or more coughing episodes in 24 hours (if you usually have a cough, it may be worse than usual) a loss or change to your sense of smell or taste - this means you've noticed you cannot smell or taste anything, or things smell or taste different to normal

If you have any of these symptoms, get a test to check if you have coronavirus and stay at home until you get your result.

FOR PARENTS

A SPECIAL COVID MESSAGE

When your child is ill or injured it is very difficult to decide if/when to call your child's GP, NHS 111 or go the Accident and Emergency Department (A&E). During the current situation and while the government is asking everyone to stay at home, it can be confusing to know what to do. Here is some guidance:



FOR ADVICE ON COVID-19 AND CHILDHOOD ILLNESSES/INJURIES VISIT WWW.NHS.UK

Designed by primary and secondary care clinicians from Barts Health & North-East London STP

YOU SHOULD GO TO A&E AND/OR CALL 999 IMMEDIATELY IF

APPEARANCE

- Pale/mottled/ashen/blue colour
- Collapsed/unresponsive/loss of consciousness
- No obvious pulse or heartbeat
- Severe allergic reaction

BEHAVIOUR

- Extreme irritability/pain/sleepiness (can be woken but falls asleep immediately)
- Seizure/jerking movements/fit

BREATHING

- Sucking in and out between ribs
- Flaring nostrils
- Extremely fast breathing
- Noisy breathing

OTHER

- Bleeding from an injury, that doesn't stop after 10 minutes of pressure

YOU SHOULD GO TO A&E IF

APPEARANCE

- Dizziness/feeling faint
- Rash that does not fade when you press it

BEHAVIOUR

- Severe constant tummy pain

OTHER

- Burn
- Possible broken bone

OTHER

- Swallowed foreign objects (especially magnets/batteries)
- Temperature higher than 38°C in a baby younger than three months old
- Your child has special health care needs and you have a plan that tells you to go to A&E
- Feels abnormally cold to touch
- Expressing suicidal/significant selfharm thoughts

YOU SHOULD CALL YOUR GP IF

APPEARANCE

- Mild/mod allergic reaction (known or suspected)
- New rash that fades when you press on it

BEHAVIOUR

- Mild irritability/sleepier than normal
- Severe tummy pain that comes and goes
- Vomiting and diarrhoea
- Not passed urine for more than 12 hours

BREATHING

- Wheezing/fast breathing

OTHER

- Temperature >39°C (age 3-12 months)
- Temperature over 38°C for more than 7 days
- Accidental overdose of medication or other substance
- Ear pain for more than 2 days
- Emotional distress, that can't be reassured

YOU SHOULD CHECK WITH 111 OR YOUR COMMUNITY PHARMACIST IF

APPEARANCE

- Pink eyes/red eyes

BEHAVIOUR

- Ear pain for less than 2 days
- Mild tummy pain that comes and goes

BREATHING

- Cough
- Runny nose

OTHER

- Temperature over 38°C for less than 7 days



If you would like any further information about the content of this newsletter please get in touch and we will be happy to help.