

Spring Term Safeguarding Newsletter

Safeguarding, everyone's responsibility

Useful Contacts:

Designated Safeguarding Lead/Prevent Lead: Ms Walker b.walker@fulwoodacademy.co.uk
Safeguarding officer Miss Atkinson l.atkinson@fulwoodacademy.co.uk
Preston Safeguarding Hub: 0300 123 6720 or out of hours 0300 123 6722 (5pm - 8am)
Food banks: Salvation Army - 01772 555425, Luv Preston - 01772 298107 Noor Food Bank - 07921 887383 or 07764 432643

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Need more advice?

Parents and carers should have all the information they need to help keep kids safe online - but sometimes the specifics can be hard to find. The NSPCC website nspcc.org.uk has collated everything you need to know in their [online safety hub](#).

Worried about a child?

Contact the NSPCC Helpline on 0808 800 5000

Or email help@NSPCC.org.uk

If you would like any further support and / or advice regarding online safety **please contact the Designated Safeguarding Lead, Ms Walker, to discuss.**

Dear Parents/ Carers,

We hope you've all had a wonderful Christmas and new year and that you and your children enjoyed the festive break.

Our Spring Term 1 newsletter looks at some of the main issues currently affecting our pupils here at Fulwood Academy and contains advice and guidance on how best to support children at home.

1. Online Safety

If a new electronic device was on your child's Christmas list – whether that be a smart phone, watch or tablet; laptop or computer; a virtual assistant like Alexa or Siri; virtual reality (VR) headsets or other online games, then we want to help you to make sure they enjoy their new devices safely. Please refer to our guides throughout this newsletter, which also look at the benefits and risks to pupils.

2. Sleep

Over the holidays, many of our students routines will have been disrupted, meaning later nights / sleeping in for longer / day time naps etc....this all has a knock on effect on sleep when returning to school. Healthy sleep patterns are vital in the development of our children and lack of sleep has a huge knock-on effect on the ability of our students to learn effectively as well as mood, energy levels and behaviour. Inside we offer advice and guidance to promote healthy sleeping.

Advice for keeping your child safe online:

Talk to your children:

Take an active interest in your child's online life and engage in the digital world with them.

- Let your children teach you about their online world and how they use technology, playing new games and exploring websites together can often open opportunities to discuss safe behaviour online.
- Make sure your children know that you are safe and approachable; remind them that they can tell you if something happens online that makes them feel scared, worried or uncomfortable, without being told off or punished.

You can find more advice about talking to you child about online safety from CEOP:

www.thinkuknow.co.uk/parents/articles/having-a-conversation-with-your-child/

Mobiles or tablets

Benefits: There are many benefits of having a mobile or tablet. It can give your child access to endless opportunities to learn through educational sites and connect, like keeping in touch with friends and family.

Risks : There are many features including easy access to web browser and lots of different apps where your child could see [inappropriate content](#). Having their own device also means they're able to chat or message independently, and people they don't know will be able to contact them.

What can you do? Explore the device with your child and get to know the [apps](#) and [games](#) they're downloading and how they're using the different features. This will help you to set up [parental controls](#) which are appropriate for your child. Talk to them about recognising threats, [bullying](#) and inappropriate behaviour, and how they can use [reporting tools](#) to help them deal with this.

Game consoles (Playstation, X Box etc.)

Benefits: As well as being fun to play, using games consoles could help your child to connect with friends online and can also help them learn key technical and social skills.

Risks: There's a risk of them seeing something [inappropriate](#). The game might not be suitable for your child's age and ability, they might be worried by a comment or message from another user. Your child may also be talking to people while playing – this could be someone they don't know.

What can you do? Before you buy a game for your child, or allow them to play, check the [age rating](#) for the game. Remember this is a guideline and you should still think about whether this game is suitable for your child. Set up [parental controls](#) on the console that your child is using. Think about who they might be talking to or messaging while gaming. [Talk to your child](#) and let them know that if they ever feel uncomfortable, they can talk to you or an adult they trust. They may be using a different app to [connect and talk](#) to people whilst playing games, like Discord, so it's important to understand how that works too.

Smart speakers

Benefits

Smart speakers let your child listen to music and podcasts, ask questions and get immediate answers to help with homework and find out information, create to-do lists and set reminders, all just by speaking to the device.

Risks

Your child can access [inappropriate content](#). If you have the device linked to payment features, they could make purchases without you knowing. Speakers are always listening to conversations, even when they're not being spoken to directly, so be mindful about what data's being collected.

What can you do?

Explore privacy settings around what the speaker is recording, and what data they share. You can also mute your speaker when you aren't using it. It's also important to check the content settings to help ensure that your child doesn't access inappropriate content. You know your child best. What settings you put in place for safety depend on the age and ability of your child.

What else can you do?

Make informed choices:

It is vital that we fully understand the capabilities and make informed decisions about new games, apps and devices, before giving them to children as a gift.

- Do your research; ask the shop about pre-installed apps or tools and check whether the device or game has an online component, which allows them to connect with others online.
- Familiarise yourself with the privacy, safety and security tools on new devices; ensure you are in a position to teach your child how to make their accounts private and how to block and report other people online.

Setting boundaries:

Parents need to set boundaries for children online; this provides them with a clear understanding of the limits, expectations and consequences of their behaviour.

- Discuss online boundaries too; if your child loves to socialise online, talk to them about what is and isn't appropriate to share with their friends online.

What are the benefits of sleep?

Sleep is essential for young people because it plays an important role in their physical and mental development. Most 11–16-year-olds should get between **8 and 10 hours** of sleep per night.

Sleep benefits the brain and promotes attention, memory, and analytical thought. It makes thinking sharper, recognising the most important information to consolidate learning.

Prolonged lack of sleep may negatively affect **emotional development** which seriously increases the risk of the following:

- Relationship conflicts with others
- Mood
- Anxiety
- Depression
- Suicidal thoughts/ behaviours
- Poor decision making leading to unwanted behaviours in school/

Additionally, lack of sleep can have negative effects on a young person's **physical wellbeing**. Healthy sleep improves the body's immune system, making them less susceptible to common illnesses and helps with hormone balance and muscle tissue recovery.

How to promote healthy sleep?

Set a routine:

Sticking to a set pattern each night will help your child to settle before bed and give them the time to calm down before sleeping.

Limit the use of Technology

The use of electronic devices close to bedtime can prevent your child from settling to sleep. This is because they produce light that is good at suppressing natural hormones in the brain that cause sleepiness. Ideally, these devices should not be used in the hours before bed and removed from your child's bedroom to create an environment that your child associates with sleep.

Exercise

Children may have difficulty in falling asleep if they have been inactive throughout the day. Encouraging your child, where possible, to undertake sports and to play outside can help to burn off energy and promote tiredness at the end of the day. Even going for a walk in the fresh air can be helpful. However, do not exercise too close to bedtime.

Food and drink

Limit the amount of caffeine and fizzy drinks / or sweets containing sugar, especial close to bedtime. Eating large meals before bedtime can prevent sleep. Ensure mealtimes are earlier enough to prevent this.

Other useful websites for parents/carers:

Online safety

- www.net-aware.org.uk- NSPCC guide to the most popular apps and websites available online.
- www.nspcc.org.uk/shareaware- NSPCC advice for parents to teach children about online sharing.
- www.parentport.org.uk- Report inappropriate content online.
- www.getsafeonline.org- Free up-to-date security and technical advice.

Sleep

- <https://www.gosh.nhs.uk/conditions-and-treatments/procedures-and-treatments/sleep-hygiene-children>
- <https://www.evelinalondon.nhs.uk/our-services/hospital/sleep-medicine-department/how-to-sleep-well-for-teenagers.aspx-advice> - sleep and young people advice and facts
- <https://teensleephub.org.uk/>- advice for teenagers
- <https://thesleepcharity.org.uk/information-support/children/>- sleep charity aimed at younger children but also teens.