



12TH MARCH 2024

Safeguarding NEWSLETTER

SPRING TERM 2024

At **St Ann's Heath Junior School**, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. As part of that, we will be sending out a new half termly safeguarding newsletter to inform you of any recent safeguarding news as well as providing you with information and details of organisations that may be useful to you.

Safeguarding is the school's highest priority. We make every effort to provide an environment in which children and adults feel safe, secure, valued and respected, and feel confident to talk if they are worried, believing they will be effectively listened to.

**Keeping
children safe
is everyone's
responsibility**



Each school needs to have at least one Designated Safeguarding Lead. Key aspects of the 'Designated Safeguarding Lead' role within schools:

- Making sure all staff are aware how to raise safeguarding concerns
- Ensuring all staff understand the symptoms of child abuse and neglect
- Referring any concerns to social care
- Monitoring children who are the subject of child protection plans
- Maintaining accurate and secure child protection records
- Raising awareness of the school's safeguarding policies and procedures, and ensuring they are implemented and reviewed regularly



Designated Safeguarding Leads at St Ann's Heath



Mrs Jackie King and Mrs Pip O'Connor - Co-Head Teachers

Designated Deputy Safeguarding Leads at St Ann's Heath



Mrs Sian Savill - Pastoral Lead (Tues & Fri)



Ms Laura Allen - Attendance & Welfare/School Office (Mon - Thurs)

School Safeguarding Governor

Mrs Sophie Reisch

Useful Safeguarding Acronyms & Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CIN: Child in Need

CEOP: Child Exploitation and Online Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter Terrorism Strategy to stop people being drawn into extremism

CAMHs: Child and Adolescent Mental Health Services

SEND: Special Educational Needs & Disabilities

IN THE SPOTLIGHT



Did you know?

In the average primary school class, at least 2 children have suffered abuse or neglect which is why the NSPCC have developed the 'Speak Out. Stay Safe' programme which empowers adults to tackle difficult topics with children and help them understand:

- Abuse in all its forms and the signs of abuse
- Abuse is never a child's fault
- Sources of help available to them including, Childline



Children should be able to identify safe adults they can talk to if they are worried about themselves or a friend. They should understand that by speaking up, they can get the help they need and are aware of the NSPCC ChildLine phone number as an extra source of support

For more information about the programme and how you can reinforce these messages at home, please visit

<https://www.nspcc.org.uk/keeping-children-safe/our-services/working-with-schools/>



Managing Screen time from Internet Matters

Are you worried your child has too much screentime or would like more advice on how to support your child in managing their screen time? Internet Matters have a wealth of information on their website to help support you.

This first link discusses how to get the most out of screen time and how to talk to your child about screen time based on their age:
<https://www.internetmatters.org/issues/screen-time/protect-your-child/>

This second link provides advice on how to tackle too much screen time and what the signs of too much screen time might be:
<https://www.internetmatters.org/issues/screen-time/deal-with-it/>

This final link provides a guide on how to balance screen time:
https://www.internetmatters.org/digital-matters/lesson/introduction-to-balancing-screen-time/?user_type=parent

SCREENTIME

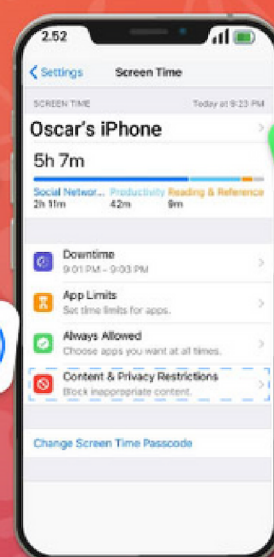
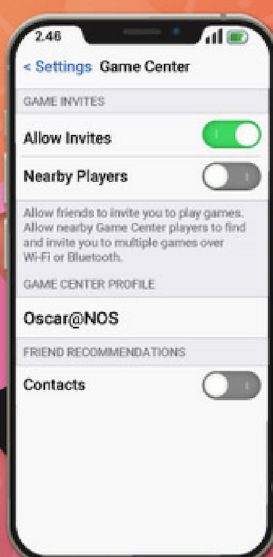
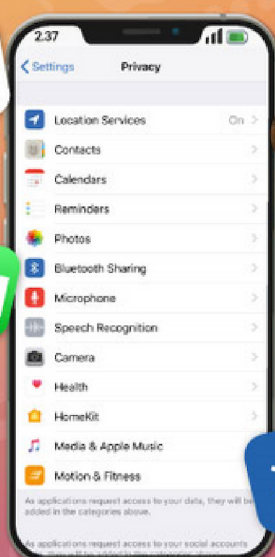


5 TOP TIPS TO SUPPORT CHILDREN & YOUNG PEOPLE WITH BALANCING THEIR SCREENTIME

- 1. Lead by example** - Just like anything, children copy their parents' actions and behaviour. If you set boundaries for your own screen, it will be easier for your kids to do the same.
- 2. Set boundaries WITH your children** - Get them involved in the process of setting age appropriate limits on how long they can spend online, at what times and on which platforms. Set up screen-free times or rooms where screens are out of sight and therefore more likely to be out of mind. Review these as they get older and give them the space to take greater responsibility for their screen use.
- 3. Ensure a healthy mix of screen activity** - Make sure they have a good balance of screen activities that encourage creativity, learning & education, connecting with family & friends, as well as using devices for passively engaging with content.
- 4. Avoid screen time as a reward** - This will elevate the status of screen time above other activities and like using food as a reward may encourage children to simply want more.
- 5. Physical activity and sleep are really important** - Make sure screens are not displacing these things by keeping screens out of bedrooms at bed time and that you are creating opportunities for your children to be active each day.

How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)

