



SAFEGUARDING NEWSLETTER

DECEMBER 2024

Respect Achieve Together
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ISSUE 3

This is what we do here!

SAFEGUARDING STATEMENT

As we approach the holiday season, we would like to take this opportunity to share some important updates and reminders about our ongoing commitment to safeguarding at Heath Primary School. Ensuring the safety and well-being of our students is our top priority, and we believe that a collaborative effort between the school and families is essential in creating a secure environment for our children. In this edition, we will provide you with valuable information on safeguarding practices, recent initiatives, and tips on how you can support your child's safety. Thank you for your continued partnership and support. Mrs Hill



Keeping children safe is everyone's responsibility



What is Safeguarding?

Safeguarding is the action taken to promote the welfare of children and protect them from harm. Safeguarding means:

- Protecting children from abuse and maltreatment.
- Preventing harm to children's health or development.
- Ensuring children grow up with the provision of safe and effective care.
- Acting to enable all children and young people to have the best outcomes.

It's important to remember that mental health is just as crucial as physical health. The festive period can be a challenging time for many, and it's vital to be kind to ourselves and each other.

Let's keep the spirit of support and kindness alive for everyone going through a tough time. Reach out to friends, family, and the resources available to ensure no one feels alone. If you or someone you know needs support, don't hesitate to contact one of the helplines provided in the above image. They are there to help you navigate difficult moments.

Safeguarding our children and ourselves means being vigilant about our emotional well-being. Encourage open conversations with your children about their feelings and let them know it's okay to ask for help. Model self-care and kindness, showing them the importance of mental health and community support.

Together, we can create a safe, supportive environment where everyone feels valued and cared for.

Let's make this season a time of compassion and connection, ensuring everyone has the opportunity to enjoy a peaceful and joyous holiday.



Beacon House have published a brilliant collection of resources specially designed by their therapists to support regulation, connection and rest during December. Take a look here:
<https://beaconhouse.org.uk/winter-resources/>

Online Safety

WHAT ARE THE RISKS?

When looking at options for supporting a child's mental health, the sheer volume can be overwhelming. There are many wellbeing apps available, but unfortunately not all are trustworthy. It's important to evaluate which resources are suitable, reliable and effective. This guide lets you know what to consider before installing such an app, to determine just how useful it's going to be.

QUALITY & RELIABILITY

Mental health apps can be useful for self-monitoring when looking for wellbeing advice and strategies and can be a useful resource for parents and educators. However, not all apps are created equal. Information on the quality of mental health apps can be hard to find. Apps can be developed by individuals or organisations who don't have the relevant qualifications, or they may be developed by people who have never worked with children and young people, but have their own ideas about what they need.

PLACE RESPONSIBILITY ON CHILDREN

Some apps and the media tend to blame adults for the use of social media. It's important to remember that parents and carers should take responsibility for their own behaviour and the way they interact with their children. It's important to remain involved in your child's life and to support them, but also to let them make their own decisions and to encourage them to take responsibility for their own actions.

DISREGARDING APPROPRIATE SUPPORT

Young people who feel anxious and have trouble sleeping may need more than just apps to help them. If they are not addressing the root of the problem, a child may feel like they are being told they are not good enough (or expected to) instead of speaking up and asking for help. It's important to remember that apps are not a substitute for professional support.

LACK OF PERSONALISATION

Most apps and wellbeing apps are suitable for the broad term 'wellbeing', helping users to manage their mental health and improve their mood. However, there are some apps that are not suitable for everyone. These apps may not be appropriate for certain groups of people, such as those with specific mental health conditions or disabilities. It's important to consider the needs of individual users when choosing an app, as some apps don't work well for everyone. For example, many apps don't work well for people with autism or other developmental disorders, as they may not understand the instructions or the language used.

DATA SECURITY

As with every other app – not just those for mental health and wellbeing – it's vital to check and understand the privacy terms. Many apps will share user data with third parties, which may include advertising companies and other organisations. It's important to remain involved in your child's life and to support them, but also to let them make their own decisions and to encourage them to take responsibility for their own actions.

IN-APP PURCHASES

Many apps will contain in-app purchases, such as virtual goods or premium features. It's important to understand what these costs are and whether they are worth it. Some apps may offer in-app purchases without clearly stating what they are or how much they cost.

Advice for Parents & Educators

CHECK THE CREDIBILITY OF THE APP

Before you download a mental health and wellbeing app, investigate the developer's credibility. Look for reviews from other users and check if the developer is a credible source. You can also check if the app is affiliated with any government or professional organisation, as these are often indicators of legitimacy. Developers can be in it for the money, so it's important to look for apps that are free or have a low price point. There are more good apps out there, but there are just as many that aren't.

SEEK PROFESSIONAL SUPPORT

Treated mental health and wellbeing apps designed by qualified, reputable organisations can be useful for personal support and support of family members. However, it's important to remember that apps are not a substitute for professional support. If you have concerns about a child's mental health, it's important to speak to a healthcare professional, such as a GP or a child and adolescent mental health specialist (CAMHS).

READ THE PRIVACY POLICY

Look into the app's terms of service – especially its privacy policy. You may be surprised to learn that the app will collect a lot of data. Make sure you understand what data is being collected and how it will be used. Use all of this information to make an informed decision on whether or not to download the particular app.

ENCOURAGE OPEN COMMUNICATION

Mental health and wellbeing apps can be useful for writing down feelings, tracking your mood and helping you to understand your own behaviour. They can also help to promote positive communication between you and your child – both in terms of sharing your own experiences – or if you're currently seeking professional support. Nonetheless, it's important to remember that apps are not a substitute for professional support.

#WakeUpWednesday

The National College

Meet Our Expert

Sue Quinn, former online safety consultant, education and researcher who has developed and implemented e-safety training and cyber safety policies for schools. She has written various guidance papers and reports on e-safety issues, including the impact of new technologies on the use and welfare of young people in the UK, USA and Australia.

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/mental-health-apps>

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IPHONE

If your child is lucky enough to get behind their own iPhone, then you'll need to set up parental controls. This includes the screen lockdown and unsuitable content filters, as well as the screen time. From here you can customise important settings, such as screen time limits, content restrictions and more. You can even lock the device, communication restrictions and more. You can also set up a separate account for your child, so they can pay each day, decide what age rating they are permitted to have, which apps they are allowed to use and more. They can even lock their charges behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your best bet. This app allows you to set up a separate account for your child, which you can then link to your own account. This means that you can control your child's device. Then, in Family Link on your own device, you can set up a separate account for your child. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can play PS4 on its own before it's even unboxed. At any point, though, you can create an account, then log in to the PlayStation Network Management or Family Management. Both of these allow you to set up a child's account, which you'll use to sign in. You can then set up a screen time rating of the games they can play once who they can play with. On PS4, you can also set up a screen time rating for games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a tablet, you'll need to set up a separate account for your child. This means that you can control your child's device, their usage and more. You can then set up a screen time rating of the games they can play once who they can play with. On iPad, you can also set up a screen time rating for games you think are acceptable despite their high age rating.

XBOX

The Xbox Family Settings app helps you manage which games your child can play. You can set up a separate account for your child, then log in to the console with your own account. You can then set up a screen time rating for your account's password protected, so you can't alter your child's device. You'll be walked through the steps of setup, but you can also reach them through the Xbox Settings > Accounts > Family Settings.

MEET OUR EXPERT

Steve Quinn, former online safety consultant, education and researcher who has developed and implemented e-safety training and cyber safety policies for schools. She has written various guidance papers and reports on e-safety issues, including the impact of new technologies on the use and welfare of young people in the UK, USA and Australia.

National Online Safety #WakeUpWednesday

Respect

First time, every time

Kind actions and words

Do your best!

Have a go!

Care!

Achieve

Keep yourself and others safe.

Together

HERE FOR YOU

!! !

WHO TO CONTACT IF YOU HAVE ANY CONCERNS ABOUT A CHILD.

If you are worried about a child's safety, please do not hesitate to contact the DSL team straightaway. If a child is in immediate danger, call the Police on 999 or Call Derbyshire on 01629 533190

Mr Lynch

Mrs Hill

Mrs Brough

Mrs Peltell - Governor