

SAFEGUARDING NEWSLETTER

DECEMBER 2024

ISSUE 3

Respect Achieve Together



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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



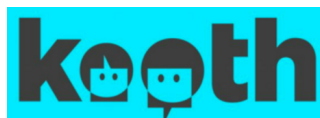
Keeping children safe is everyone's responsibility



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.



Derby & Derbyshire
Emotional Health & Wellbeing
Transforming Health and Wellbeing for Everyone



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 Parents & Educators Need to Know about MENTAL HEALTH & WELLBEING APPS

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 most are not trustworthy. It's important to recognise 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.

WHAT ARE THE RISKS?

QUALITY & RELIABILITY
Mental health apps can be a useful starting point when looking for wellbeing resources. However, not all apps are created equal. Some are developed by professionals, while others are not. It's important to check the app's credentials and whether it's been developed by a professional or a hobbyist. If you're unsure, it's best to avoid it.

PLACE RESPONSIBILITY ON CHILDREN
Some apps add the words 'safe' or 'safe for children' to their descriptions to give parents a false sense of security. It's important to remember that no app is safe for all children. It's important to check the app's credentials and whether it's been developed by a professional or a hobbyist. If you're unsure, it's best to avoid it.

DISREGARDING APPROPRIATE SUPPORT
Having an app on your phone can be a useful starting point when looking for wellbeing resources. However, not all apps are created equal. Some are developed by professionals, while others are not. It's important to check the app's credentials and whether it's been developed by a professional or a hobbyist. If you're unsure, it's best to avoid it.

ADVICE FOR PARENTS & EDUCATORS

CHECK THE CREDIBILITY OF THE APP
Before you download a mental health or wellbeing app, investigate the developer. Have they created other apps? Are they a professional or a hobbyist? It's important to check the app's credentials and whether it's been developed by a professional or a hobbyist. If you're unsure, it's best to avoid it.

SEEK PROFESSIONAL SUPPORT
Mental health and wellbeing apps can be useful for supporting children's mental health. However, they should not be used as a replacement for professional support. If you're unsure, it's best to avoid it.

READ THE PRIVACY POLICY
Look into the app's terms of service - especially the privacy policy. It's important to check the app's credentials and whether it's been developed by a professional or a hobbyist. If you're unsure, it's best to avoid it.

ENCOURAGE OPEN COMMUNICATION
Mental health and wellbeing apps can be useful for supporting children's mental health. However, they should not be used as a replacement for professional support. If you're unsure, it's best to avoid it.

Meet Our Expert
Dr. Claire Fothergill is an online safety consultant, educator and researcher who has worked with schools and universities on online safety. She has written numerous articles and books on online safety. If you're unsure, it's best to avoid it.

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort these out from the very start, it can be an uphill battle - technologically and psychologically - to impose app controls later. Here's our roundup of what to look for when setting up the various in-app parental controls that might be lurking under the bonnet of your new device.

IPHONE
If your child's lucky enough to be getting their own iPhone, parental controls can help to protect them online. If you don't sort these out from the very start, it can be an uphill battle - technologically and psychologically - to impose app controls later. Here's our roundup of what to look for when setting up the various in-app parental controls that might be lurking under the bonnet of your new device.

ANDROID
With Android devices, things are a little more complicated. If you're not sure what to do, it's best to avoid it.

PLAYSTATION
Video game play for a PlayStation 4 is a little more complicated. If you're not sure what to do, it's best to avoid it.

IPAD
If your child's lucky enough to be getting their own iPad, parental controls can help to protect them online. If you don't sort these out from the very start, it can be an uphill battle - technologically and psychologically - to impose app controls later. Here's our roundup of what to look for when setting up the various in-app parental controls that might be lurking under the bonnet of your new device.

XBOX
The Xbox is a little more complicated. If you're not sure what to do, it's best to avoid it.

NINTENDO SWITCH
If your child's lucky enough to be getting their own Nintendo Switch, parental controls can help to protect them online. If you don't sort these out from the very start, it can be an uphill battle - technologically and psychologically - to impose app controls later. Here's our roundup of what to look for when setting up the various in-app parental controls that might be lurking under the bonnet of your new device.

WINDOWS 11 PCs
If your child's lucky enough to be getting their own Windows 11 PC, parental controls can help to protect them online. If you don't sort these out from the very start, it can be an uphill battle - technologically and psychologically - to impose app controls later. Here's our roundup of what to look for when setting up the various in-app parental controls that might be lurking under the bonnet of your new device.

CHROMEBOOKS
If your child's lucky enough to be getting their own Chromebook, parental controls can help to protect them online. If you don't sort these out from the very start, it can be an uphill battle - technologically and psychologically - to impose app controls later. Here's our roundup of what to look for when setting up the various in-app parental controls that might be lurking under the bonnet of your new device.

MACS
If your child's lucky enough to be getting their own Mac, parental controls can help to protect them online. If you don't sort these out from the very start, it can be an uphill battle - technologically and psychologically - to impose app controls later. Here's our roundup of what to look for when setting up the various in-app parental controls that might be lurking under the bonnet of your new device.

SMART TVS
If your child's lucky enough to be getting their own Smart TV, parental controls can help to protect them online. If you don't sort these out from the very start, it can be an uphill battle - technologically and psychologically - to impose app controls later. Here's our roundup of what to look for when setting up the various in-app parental controls that might be lurking under the bonnet of your new device.

Meet Our Expert
Dr. Claire Fothergill is an online safety consultant, educator and researcher who has worked with schools and universities on online safety. She has written numerous articles and books on online safety. If you're unsure, it's best to avoid it.

This is what we do here!

Respect

Together

Achieve



First time, every time



Kind actions and words



Do your best!



Have a go!



Care!



Keep yourself and others safe.



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



Mrs Hill



Mr Lynch



Mrs Brough

Mrs Peltell - Governor