



## St Vincent's Catholic Primary School Safeguarding Newsletter- Spring 2020

Welcome to the first edition of our safeguarding newsletter. Each term we will bring the latest safeguarding developments and information to you in order that we all work together to keep our school community safe.

### Safeguarding Responsibilities

Designated Safeguarding Lead	Mrs Harrop
Designated Deputy Safeguarding Lead	Mrs Tiernan, Mrs Sutton
Mental Health First Aiders	Mrs Harrop, Mrs Tiernan, Mrs Sutton, Mrs Farrell, Mrs Castro, Mrs Gee and Mrs Robinson.
Emergency First Aiders	All staff
Wellbeing Champions	Mrs Sheldon, Miss Coyle, Miss Sheppard, Mrs Conway, Mrs Davidson and Mrs Raw.
Safeguarding Governor	Mrs Donnachie
Online safety Governor	Mrs Butler
Health and Safety Governor	Mr Tsiantar

### Operation Encompass

Operation Encompass directly connects the police with schools to ensure better outcomes for children who are subject or witness to police-attended incidents of domestic abuse. After each police attended incident, the school is informed of the incident.

Rapid provision of support within the school environment means children are better safeguarded against the short-, medium- and long-term effects of domestic abuse. If you have been affected by any type of abuse please contact the police. We too are always here to listen and we will provide support and signpost you to specialist agencies.

### Screen Time and Computers

Many parents ask us about how to limit screen time on computers.

Here are some useful tips:

- Agree positive family rules together with your child.
- Be a good role model with the time spent using technology.
- Can the family agree screen-free times e.g. meal times?
- Reduce media use before bedtime and overnight.
- Consider if the same rules apply when your child is visiting friends or relatives?
- Can older siblings act as good digital role models?
- Tell family and friends about your family rules and parental controls.
- Consider the quality of online activities not only the amount of screen time.
- Children can become engrossed in an online activity and unable to keep track of time. Give them a reminder of when screen time has ten minutes left.
- Encourage a mix of online and offline activities. If you are worried about screen time, consider if your child is:

- Physically healthy and sleeping enough
- Connecting socially with family and friends online or offline
- Engaged with and achieving in school
- Pursuing interests and hobbies (in any form)
- Having fun and learning online If most answers are 'yes', screen time may be less of a concern.

## UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

### Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



### Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



### Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



### Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sitlessmovemore



### Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



### Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



### Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



### Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



## Supporting Each Other- Being Kind on Social Media

We know the many benefits of using social media. However, social media is rapidly changing with internet users often being quick to respond when someone does or posts something that they do not like. In order to support each other, here are some points to consider when communicating online.

When you come across a post, assume positive intentions behind it.

- The first step is the most obvious one: think before you comment. When there is a screen between you and the other person, it is easy to forget that on the other side of that screen is another person.
- Before you make a comment, ask yourself: would I say this to someone standing right in front of me? If the answer is no, then you should not say it online either.
- So whether it is school, personal or class WhatsApp communication, please think about how you affect others before you comment.

We know that it is not enough to avoid being mean online; it is also important to be kind online as well. Many people think that acts of kindness are only for everyday life, but we can easily show kindness online too. Every day is a new chance to be kind and to make a positive impact on others. When you practice kindness online, you can spread the joy and make others feel more positive.

# Coronavirus

The government is closely monitoring the spread of the Coronavirus and is taking action at home and abroad. The overall risk of Coronavirus to the UK remains moderate. However, we understand that people may be concerned where there are children, pupils or staff returning from or visiting China or other areas. Public Health England and the Foreign Office have issued advice for anyone travelling to the area using this link:

<https://www.gov.uk/foreign-travel-advice/china>

<https://www.gov.uk/government/news/wuhan-novel-coronavirus-and-avian-flu-advice-for-travel-to-china>

Latest information and advice can also be found at:

<https://www.gov.uk/coronavirus>

Public Health say you should not be unduly worried about the possibility of your children catching the Coronavirus. There is no reason why your children should not continue to attend their early years or school setting as normal.

We recognise that some families or children may be planning to travel to China during the forthcoming holiday period. If so, please refer to the FCO's latest travel advice via the link above.

A UK wide campaign has been launched to provide clear advice on how to slow the spread of Coronavirus. Please help to support the campaign, which promotes basic hygiene practices, such as regularly washing hands and always sneezing into a tissue, to stem the spread of viruses.

Please be aware that this is a fast evolving situation and we will continue to share any new advice at the earliest opportunity.

## Keeping Safe Outside

Now we have launched our walk to school initiative, it is a good time to remind the children about the Green Cross Code. Here is a useful site with games and tips for the children about keeping safe outside.

<https://www.roadwise.co.uk/schools/using-the-road/green-cross-code/#think>

1. Think
2. Stop
3. Look and listen
4. Wait
5. Look and listen again
6. Arrive alive



Subway



Footbridge



Zebra crossing



Traffic island



Zebra crossing



Crossing point controlled by a police officer, school crossing patrol, lollipop lady or traffic warden



Pelican crossing, puffin crossing or toucan crossing

## Useful Safeguarding Acronyms

**CAF – Common Assessment Framework**  
**CAFCA- Children & Family Court Advisory & Support Services**  
**CAMAT – Child Abuse Multi-Agency Training**  
**CAMHS – Child and Adolescent Mental Health Services**  
**CEOP – Child Exploitation and Online Protection**  
**CIN- Child in Need**  
**CP – Child Protection**  
**CSA – Child Sexual Abuse**  
**CSE – Child Sexual Exploitation**  
**DA / DV – Domestic Abuse / Violence**  
**DSL – Designated Safeguarding Lead**  
**EHA – Early Help Assessment**  
**FGM- Female Genital Mutilation**  
**GDPR- General Data Protection Regulation**  
**HBV- Honour- based violence**  
**KCSiE – Keeping Children Safe in Education**  
**LADO- Local Authority Designated Officer**  
**LSCB- Local Safeguarding Children Boards**  
**MACP – Multi-agency Child Protection**  
**MARAC – Multi Agency Risk Assessment Conference**  
**MASH – Multi Agency Safeguarding Hub**  
**PoCA – Protection of Children Act**  
**PSHE- Personal Sexual Health Education**  
**RSE – Relationship and Sex Education**  
**SCB – Safeguarding Children Board**  
**SCR- Serious Case Reviews or Single Central Register**  
**SEN – Special Educational Needs**  
**TAC – Team around the Child.**  
**TAF – Team around the Family**