



Chivenor Primary School

"In you we believe"

Proud Traditions

Wide Horizons

High Achievement



Safeguarding Newsletter Spring 2022 edition

Dear Parent/Carer,

Welcome to the Spring edition of our Chivenor Safeguarding Newsletter. In this edition we will be sharing with you information regarding Bullying and our new Online Safety Platform.

I hope that we can all continue to work together with the same aim of keeping our children safe in school, at home and in the wider community. Please remember that if you ever have a safeguarding concern you can speak to ANY member of staff or a member of our school's safeguarding team, details of which are provided below, available from the school office, website and displayed on posters around our school. We do ask that you do not approach children or their parents directly. As always, thank you for your continued support and I look forward to continue working with you and your family.

Mrs Cox



Chivenor Primary School has been recognised for its commitment to helping pupils stay safe online. We are now a National Online Safety Certified School!

Chivenor Primary School has successfully completed a comprehensive online safety training programme demonstrating its commitment to keeping children and young people safe online. As a result, we have received a National Online Safety Certified School Accreditation for our whole school community approach to protecting children in the online world.

You can access National Online Safety online via any device– including the smartphone app found at

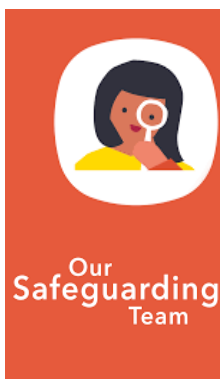
<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Safeguarding within the curriculum:

PCSO Duncan Long joined us in February to deliver Online Internet safety sessions with our children. Thank you to all our parents who also attended the Parent sessions we offered– it was interesting to hear your experiences and thoughts. PCSO Long is back in school this week to talk about Anti-social behaviour with our Year 4 and Year 6 classes. PC Reynolds & PC Hammond will be joining EYFS and KS1 at the end of the month to discuss their roles in our community. We are so lucky to have the support and growing partnership with our local Police force.

watch this space For news about our Junior PCSO's who are currently in training and also news about our Anti-bullying ambassadors who will also be starting their training soon...



Mrs Cox
DSL / SPOC
Assistant Headteacher



Mrs Guest
Deputy DSL
Executive Headteacher



Ms Bayliss
Deputy DSL
Deputy Headteacher



Mrs Cook
Deputy DSL
Assistant Headteacher
SENDco

Chivenor Primary School is committed to safeguarding.

We believe safeguarding is everyone's responsibility.

Our belief is that "it could happen here" and we have the interest of the children as our priority.

How are you disciplining your child at home?

What is the guidance of the NSPCC?

Many parents believe that a smack does no harm and gives a quick response to poor behaviours such as hitting, biting, disobedience etc.

However, smacking doesn't actually achieve what you want it to.

The smack does do some things:

- It gives a bad example of how to handle strong emotions
- It may lead children to hit or bully others since the model of smacking has been shown to them
- It may encourage children to lie or hide feelings to avoid getting smacked
- It can make defiant behaviour worse, so discipline gets even harder. What happens when a smack is no longer effective?
- It can lead to a resentful and angry child, and this in turn can damage family, and future relationships if it continues for a long time

Better long term methods will involve withdrawal of privileges, items of importance etc. In some cases you can engage your child in helping to draw up the rules and consequences.

<https://www.healthforkids.co.uk/walsall/emotional-health-wellbeing-2/>

USEFUL ACRONYMS & VOCABULARY

DSL: Designated Safeguarding Lead

CPOMS - Child Protection Online Monitoring and Safeguarding system (safeguarding and child protection software for schools used at Chivenor).

CAMHS: Child and Adolescent Mental Health Services

PPO: Police Protection Order

NSPCC: National Society for the Prevention of Cruelty to Children

Non Molestation Order: a special injunction that aims to prevent a partner or former partner from harming you or your child

Domestic Abuse: also called domestic violence, includes physical, emotional and sexual abuse in couple relationships or between family members

CEOP: - Child Exploitation and Online Protection centre (tackling child sex abuse and providing advice)

TAC: Team Around a Child TAC (part of Early Help)

TAF: Team Around the Family (part of Early Help)

DBS: Disclosure & Barring Service used to make safe recruitment decisions.

Attendance and Safeguarding

A polite reminder to parents and carers. Please call school on **0121 675 9833**, if your child is unwell.

It is important you let us know if your child will not be at school, or if you need to collect them for appointments. We require medical evidence for medical appointments.

We cannot allow students to leave the school without permission, as we are responsible for their safety and this is our responsibility under safeguarding.

If we have not heard from you, we will attempt to **contact the home by phone**. We will continue to call the telephone numbers in order on your child's contact list. Please ensure we have **at least two UP TO DATE** phone numbers on your child's contact form and let us know immediately of any changes.



What do I do if I am concerned?

If you have any concerns about the safety and/or welfare of a child please contact us. Further advice and support can be sought via the contact details below:

Children's Advice & Support Service (CASS): 0121-303-1888.

Out of hours Emergency Duty Team: 0121-675-4806

If there is a medical emergency, danger to life or risk of imminent injury, or if a crime is in progress you should call **999** for the appropriate emergency response.

To report crime or anti-social behaviour, to contact your local police station or to get police assistance in a non-emergency dial **101**.

Parents **should not** email the DSL / Head to report concerns in case the email is not picked up. You can discuss concerns in person with the DSL at Chivenor Primary School.

STOP BULLYING

SEE IT - SAY IT - STOP IT

children in school. Before concluding that your child is being bullied, it is important to establish the full facts by speaking to your child's teacher initially. We do not advise that parents of the victim contact or confront the other child's parents - this often makes the situation worse and more difficult to resolve.

Bullying: What is it?

DFE guidance (2012) defines bullying as "behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally".

Bullying can be direct (either physical or verbal) or indirect (for example, being ignored or not spoken to). It results in pain and distress to the victim. Bullying is the systematic and persistent use of aggression with the intention of hurting another person. Bullying can take many forms:

Physical Bullying

Physical bullying occurs when children use physical actions to gain power and control over their peers. Examples of physical bullying include kicking, hitting, punching, slapping, shoving, and other physical attacks.

Verbal Bullying

Perpetrators of verbal bullying use words, statements, and name-calling to gain power and control over their peers. Typically, verbal bullies will use relentless insults to belittle, demean, and hurt another person.

Homophobic Bullying

Homophobic bullying is when people behave or speak in a way which makes someone feel bullied because of their actual or perceived sexuality.

Racist Bullying

This refers to a range of hurtful behaviour, both physical and psychological, that make the person feel unwelcome marginalised and excluded, powerless or worthless because of their colour, ethnicity culture, faith community, national origin or national status.

Cyber-Bullying

Cyber bullying uses digital technologies such as computers and smartphones, and software such as social media, texts, websites and other online platforms. Cyber bullying can happen at any time. It can be in public or in private. Cyber-bullies may be committing a criminal offence if the cyber-bullying is causing 'alarm or distress' to the victim (under the *Harassment Act 1997*). Or can be considered 'grossly offensive' (*Malicious Communications Act 1988* and the *Communications Act 2003*). Therefore it is extremely important that parents are monitoring their child's online usage and communications.



At Chivenor Primary School, we are aware that pupils may be bullied in any school or setting, and recognise that preventing, raising awareness and consistently responding to any cases of bullying should be a priority to ensure the safety and well-being of our pupils. We are determined to promote and develop a school ethos where bullying behaviour is regarded as unacceptable, to ensure a safe and secure environment is sustained for all pupils.

It is vital that both children and parents can identify the difference between bullying and common issues that can occur between

Conflict vs. Bullying - What's the difference?

Conflict

- Disagreement or argument in which both sides express their views
- Equal power between those involved
- Generally stop and change behavior when they realize it is hurting someone

Bullying

- Goal is to hurt, harm, or humiliate
- Person bullying has more power*
- Continue behavior when they realize it is hurting someone.

* "Power" can mean the person bullying is older, bigger, stronger, or more popular.

Useful Websites:

www.anti-bullyingalliance.org.uk/
www.bullying.co.uk/ www.kidscape.org.uk/
www.nationalbullyinghelpline.co.uk

As a school, we have a legal duty to prevent all forms of bullying and will take all reports seriously.

Our Anti-Bullying policy can be found on our school website.

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.

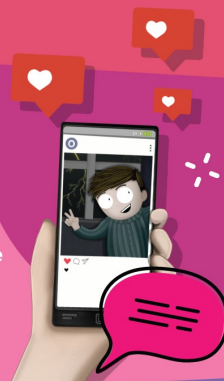


1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.



3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.



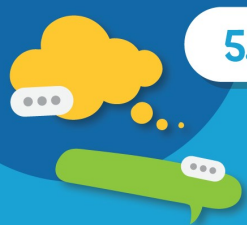
4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.



5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.



HELPFUL APPS:

- Hub of Hope
- Mindshift
- Smiling Mind



OTHER SERVICES:

- Childline (0800 1111)
- Bullying UK (0808 8002222)
- Young Minds (0808 802 5544)



Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.ons.gov.uk/peoplepopulationandcommunity/wellbeing/articles/measuringnationalwellbeing/2015-10-20>, <https://www.rspk.org.uk/uploads/assets/uploads/02be270b-a55f-4719-ad6682ec7a74c2a.pdf>, <https://www.psychologytoday.com/us/blog/cutting-edge-leadership/201505/5-warning-signs-mental-health-risk>