



Poppleton Ousebank Primary School



Safeguarding and Well Being
Newsletter - November 2023

Welcome back after your half term holiday - I hope you had a lovely time carving pumpkins and watching firework displays.

Please see below some important information regarding online safety and the Wellbeing in Mind drop in sessions.

Mrs Vicky Mitchinson
Deputy Headteacher
Safeguarding/Pastoral/Attendance Lead

Our Safeguarding Team



If you have any concerns about a child or adult's safety, welfare or general well-being, please ensure that you speak with a member of our safeguarding team straight away.

01904 795930 OR EMAIL

V.MITCHINSON@POP.HSLT.ACADEMY | HEADTEACHER@POP.HSLT.ACADEMY | D.CARD@POP.HSLT.ACADEMY



Vicky Mitchinson

VICE PRINCIPAL AND DESIGNATED SAFEGUARDING LEAD



Estelle O'Hara

PRINCIPAL AND DEPUTY DESIGNATED SAFEGUARDING LEAD



Dave Card

DESIGNATED GOVERNOR FOR SAFEGUARDING



Philippa Goodwill

EARLY YEARS LEADER AND SAFEGUARDING TEAM MEMBER



Julie McGregor

HEALTH & SAFETY AND SITE MANAGEMENT

Safe Children | Safe Adults | Safe Environment

If you have a concern that a child is vulnerable or at risk of significant harm please contact the Multi-Agency Safeguarding Hub in York

Phone: 01904 551900 | Email: MASH@york.gov.uk

Outside office hours, at weekends and on public holidays contact the emergency duty team on 01609 780780.



Wellbeing in Mind drop in sessions

- Each month the wellbeing team will be hosting coffee mornings. This gives you as parents the opportunity to meet the team and to discuss a range of different topics. These are held in the POPSOC building from 9am.
- Tuesday 14th November - Managing feelings and behaviour
- Tuesday 5th December - TBC

Who can you speak to?

If you have a concern about your own or another child then please always say something.

You can speak to any member of staff or speak directly to a member of our Safeguarding team. **They are called Designated Safeguarding Leads (DSL's).** Please see the poster attached to see who they are in school.

Anti bullying week

This will take place from 13th-17th November - this year's theme is 'Make a noise about bullying'

Throughout the week we will be taking part in assemblies and lessons in our classes.

One Goal

We are really lucky to have had Grace from 'one goal' in school twice this half term already - she spent her first day delivering assemblies across the school and teaching the children how to be mental health superheroes. The children really enjoyed this interactive session!

Grace's second day was spent in Year 5 working towards the children becoming Mental Health Champions. This again was a fantastic day with everyone enjoying it.



Our Wellbeing offer at POPS...

If you have any wellbeing concerns about your child then please speak to your child's class teacher or Mrs Mitchinson in the first instance.

At POPS we understand how complicated family life can be and from time to time you may need extra support.

At POPS we have access to the Wellbeing in Mind team, Miss Rodgers (ELSA) and Paul McGrath (our school wellbeing worker from the City of York council).

How to contact us

Please email Mrs Mitchinson at v.mitchinson@pop.hslt.academy or email hello@pop.hslt.academy or alternatively call the school office to make an appointment



ELSA (Emotional Literacy Support Assistant) - Miss Rodgers

We are very lucky to have Miss Rodgers in school Wednesday to Friday. The role of the ELSA is to support children in school who are struggling with their emotional development. Please speak to Mrs Mitchinson for more information about this role.

Wellbeing in Mind Team (WIMT)

The WellBeing in Mind team work in school offering help to children, staff and parents. They work for the NHS and offer a wide range of support. For more information please visit their website <https://www.tevv.nhs.uk/services/wellbeing-mind-school-support-yorkshire-information-parents-carers/>

Within school the team will be holding drop in coffee morning's on the first Tuesday of every month. They will also be present in school, deliver assemblies and work alongside the KS2 well being ambassadors.

Please speak to Mrs Mitchinson to find out more information if you think your family would benefit from their support.

School Wellbeing Service (Paul McGrath)

Paul's focus is to work with children, young people and school staff around emerging and developing mental health needs.

Please visit their website for more information.

<https://www.yor-ok.org.uk/sws.htm>

Online Safety

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many apps which we believe trusted adults should be aware of. Please visit nationalonline.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about

X

AGE RESTRICTION
13+

In October 2022, the enormously popular social media network Twitter was purchased by tech tycoon Elon Musk. That sparked a host of changes to the platform – not all which have been received positively by its fans. The alterations have continued with each passing month, many of them raising online safety concerns among the 530 million users of Twitter (now rebranded as simply X). With further adjustments reportedly in the pipeline, X has attracted more than its usual share of controversy and caution in recent times.

WHAT ARE THE RISKS?

A BLOCK ON BLOCKING

X has announced plans to remove its blocking feature. Previously, this stopped other users from viewing your profile or sending you direct messages, while also hiding their posts from your feed. Only this latter function will now remain. The decision has been criticised by some members, who feel that blocking (in its current form) protects them from X users who 'promote denial and hatred'.

LIMITED REPORTING FEATURES

X offers a premium membership, with some functionality (such as controlling who can view and reply to your posts) increasingly being made exclusive to those who pay the subscription fee. Several commentators have speculated that X could one day become an exclusively paid-for service, with access to accounts being revoked for anyone unwilling or unable to take out a subscription.

AGE-INAPPROPRIATE CONTENT

Many of X's less age-appropriate posts can feature anything from extreme political views to pornography. While accounts marked as 18+ are restricted from non-members, it's still fairly easy to stumble across this material accidentally. X's new 'For You' page also shows content from accounts that a user doesn't already follow – meaning that almost anything could end up on a child's feed.

VERIFICATION FOR SALE

Historically, Twitter's moderators granted account verification: certifying someone as authentic by placing a blue tick next to their username. One of X's earliest changes was to place verification behind a paywall; this caused the number of celebrity impersonators to rise and left no way to distinguish, say, a legitimate influencer from a copycat fake account seeking to exploit other users.

BLUE TICK SALE

Advice for Parents & Carers

PROTECT PRIVACY

Unsavory characters may try to gain access to a young person's X account – either to view their posts and gather information on them, or to completely take control of it. To minimise risk, ensure the account has a strong password and enable the 'Protect Your Posts' feature (via the account settings), so that strangers can't view your child's posts without first being approved as a follower.

DON'T RISE TO THE BAIT

To gain more views and followers, some X users post deliberately inflammatory comments on sensitive topics such as race, sexual orientation and gender issues. Many young people could find this upsetting. Emphasise that, if your child encounters someone spreading hate on X, it's best not to give that person what they want: an argument. Ignore them, mute their account and move on.

STAY ALERT FOR IMPOSTERS

Make sure your child understands that X's blue ticks no longer guarantee the identity of anyone on the platform. While it might be exciting if a celebrity liked your child's post, it could just as easily be an imposter with malicious intentions. If your child's not 100% sure that an X user actually is who they claim to be, advise them to err on the side of caution and avoid interacting with that account.

ONLY FOLLOW TRUSTED ACCOUNTS

Using the 'Following' tab on X helps to ensure that the only content your child sees has come from accounts they've chosen to follow; this should reduce the chance of them inadvertently being exposed to harmful, violent or explicit content. Show your child how to report another user's account if, say, they're behaving inappropriately by spreading misinformation or offensive opinions.

BE READY TO TAKE ACTION

If your child suffers harassment on the platform or becomes the target of a hack, you could consider deactivating their account entirely. Recently, X's safety features have been criticised for allegedly failing to protect users' wellbeing – so if your child is being subjected to abusive messages or similar mistreatment on the platform, it might be prudent to remove them from X altogether.

Meet Our Expert

Lloyd Coombes is Editor in Chief of gaming and esports site GOLive.com and has worked in the gaming media for around four years. Always eager to test out the latest apps, games and online trends, he's also a parent who understands the importance of online safety. Writing mainly about tech and fitness, his articles have been published on influential sites including [IGN](http://IGN.com) and [TechRadar](http://TechRadar.com).



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National Online Safety
#WakeUpWednesday

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