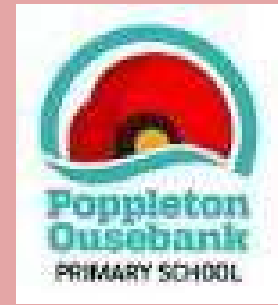




Poppleton Ousebank Primary School



Safeguarding and Well Being
Newsletter - January 2024

Happy New Year!!!!

I hope you have had a wonderful festive season and are feeling refreshed and ready for the new year.

Please see below our new Safeguarding Poster - Miss Linda Collier takes over as Deputy Safeguarding Lead for the school.

Mrs Vicky Mitchinson
Deputy Headteacher/DSL
Safeguarding/Pastoral/Attendance/PREVENT 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



Linda Collier

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 16th January - General drop in to share any worries or concerns or speak to the WBIM Team.

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.

January Blues

January can often be a difficult month for many people – Christmas is over, the weather is cold with winter stretching ahead of us still and the nights are longer.

Many of the things that we do to cheer ourselves up (walks in the countryside, outdoor exercise, playing in the park, enjoying the sunshine ...) are all harder to achieve.

However, there are some ways that we can help ourselves beat those 'January Blues'.

BEATING THE WINTER BLUES

For some, cold temperatures and lack of sunlight can lead to feelings of sadness, and even seasonal affective disorder. These 7 steps may help lift your spirits and ease you out of the doldrums that can affect you during the long winter months.

- ENJOY THE SUNLIGHT**
Natural light helps to alleviate the winter blues.
- GET ENOUGH SLEEP**
A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.
- STAY ACTIVE**
A daily 30-minute walk may help prevent depression, so get out there!
- ENGAGE IN SOCIAL ACTIVITY**
Even a small amount of social engagement can help you feel energized.
- ADJUST HOLIDAY EXPECTATIONS**
Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.
- WHAT ARE YOU GRATEFUL FOR?**
Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.
- LET YOURSELF INDULGE IN LITTLE THINGS**
Participate in activities that bring comfort, warmth and peace.

Information provided by:
Stephanie H. Johnson, PhD, ABPP
Department of Clinical Psychology
Associate Chair for Academic
Integration in the School of
Professional and Applied
Psychology, Department Chair and
Director of Clinical PsyD Program

INFO ON THE GO


Who to contact if you need support or are worried about a child or family.

 **City of York**
Safeguarding Children Partnership

Immediate concerns about the safety of a child, you should contact the police on 999.

If you believe the situation is urgent but does not require the police, please call **01904 551900** to contact York MASH to discuss your concerns. Should you need to call outside office hours, at weekends and on public holidays contact the **emergency duty team telephone: 0300 131 2 131.**

NSPCC - Helpline - 0808 800 5000
www.nspcc.org.uk

 **Refuge**
24-hour National Domestic Abuse Helpline - 0808 2000 247
For women and children. Against domestic violence.

 **ManKind Initiative** 01823 334244

Helping Men escape domestic abuse

MORE SLEEP NEEDED?

We all need to sleep well to help our bodies recover from the day.

Top Tips for better sleep:

Establish a regular, relaxing bedtime routine that lets you unwind and sends a signal to your brain that it's time to sleep.

Create a restful environment: bedrooms that are dark, cool and quiet are generally easier to fall asleep and stay asleep in.

Try to go to sleep and wake up at the same time each day.

Exercise regularly but avoid vigorous exercise near bedtime if it affects your sleep.

Avoid caffeine and alcohol before bed. They can stop you falling asleep and prevent deep sleep.

Avoid using screens in the evening, including on smartphones and tablets. The light from the screen can have a negative effect on sleep, and social media, news and games can all stimulate your brain and make you feel anxious.

Write down your worries if you lie awake worrying about tomorrow. This can help put your mind at rest.

If you can't sleep, don't worry about it. Get up and do something relaxing like listening to music or reading until you feel sleepy.

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



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 issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College

NOS National Online Safety
#WakeUpWednesday

[@natonlinesafety](https://twitter.com/natonlinesafety)

[/NationalOnlineSafety](https://facebook.com/NationalOnlineSafety)

[@nationalonlinesafety](https://instagram.com/nationalonlinesafety)

[@national_online_safety](https://tiktok.com/@national_online_safety)

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