



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing and Safeguarding Newsletter - September 2024

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.



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**Vicky
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VICE PRINCIPAL AND
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**Donna
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DESIGNATED
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**Dave
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DESIGNATED
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SAFEGUARDING



**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.

Hope SENTAMU
LEARNING TRUST

City of York
Safeguarding Children Partnership

Useful links

Keeping Children Safe in Education

https://assets.publishing.service.gov.uk/media/6650a1967b792ffff71a83e8/Keeping_children_safe_in_education_2024.pdf

Poppleton Ousebank Primary School

<https://pop.hslt.academy/>

Welcome

Welcome to the first safeguarding newsletter of a brand-new academic year! In particular, welcome to our new families. I hope you have all had a wonderful summer holiday and are ready for a new term.

As we start the year I would like to remind you all that at Poppleton Ousebank Primary School, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes into contact with the children and families who comprise our community has a role to play. Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement, their happiness underpins every decision we make. Often when safeguarding is mentioned, the immediate thought is about child protection – when a child is suffering harm, or is in danger of suffering harm. However, safeguarding is much more complex than this and encompasses a very wide range of areas. At Poppleton Ousebank we ensure that all of our staff are well trained in all aspects of safeguarding and this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe.

With this in mind I will continue to send out a monthly newsletter informing you of any recent updates as well as providing you with key information around a range of safeguarding and wellbeing issues. Please also have a look at the school website for more information.

I hope you find the information provided informative - please do ask questions if you are unsure or require more information.

Mrs Vicky Mitchinson

Vice Principal

Designated Safeguarding Lead/Pastoral and Well being Lead

What is a Designated Safeguarding Lead?

Each school must have an appropriate senior member of staff to take lead responsibility for child protection. Key aspects of the 'Designated Safeguarding Lead' role include:

- Ensuring that all staff are aware of the processes for raising safeguarding concerns
- Ensuring all staff understand the signs of child abuse and neglect
- Referring any concerns to Social Care (MASH)
- Monitoring children who are the subject of Child Protection and CiN (Child in Need) Plans
- Maintaining accurate and secure child protection records
- Raising awareness of the school's safeguarding policies and procedures, and ensuring these are implemented and reviewed regularly.

Safeguarding Governor Role

The Safeguarding Governors' responsibilities include:

- Ensuring the school is following safer recruitment procedures when recruiting any new staff members
- Reviewing all activity and policy relating to the physical and emotional well-being of all children
- Seeking improvement to ensure the school follows best practice in creating a productive and safe environment for all

The Safeguarding Curriculum

We believe that one of the best ways to safeguard children is to equip them with the knowledge and skills to be able to keep themselves safe. Safeguarding themes are interwoven throughout our curriculum and the opportunities we offer in school.

Some examples include:

- Our assemblies which are delivered to all children from EYFS to Y6
- Online Safety days with age-appropriate workshops
- Online safety discussions within computing and other relevant lessons
- Involvement in Anti-Bullying Week and Mental Health Awareness Week
- Relationships, Sex & Health Education (RSHE) lessons
- Personal, Social, Health and Citizenship Education (PSHCE) lessons

Mental Health and Wellbeing at POPS

We are extremely fortunate at POPS to have a wonderful wellbeing offer. We have the Wellbeing In Mind Team (WBIM), Miss Rogers (ELSA) and Paul McGrath from the wellbeing team at the Local Authority. On top of this both Miss Collier and myself are Mental Health First Aiders and I have recently completed a Diploma in Trauma Informed Practice in Schools and trained to become the Senior Mental Health Lead. Miss Rogers has also recently completed training to become a DSO (Designated Safeguarding Officer) and joins our safeguarding team in school (see poster above).

If you feel that your child may require some help in school please speak to their class teacher or contact me directly.

What the wellbeing team are doing in school

- One to one CBT sessions with parents and children
- Daily wellbeing check ins
- One to one ELSA sessions with children throughout the school
- Training for staff around Trauma informed practice and Zones of regulation

- Small group work
- Self belief work with groups
- Bullying vs banter workshops
- In school we have 14 wellbeing ambassadors



<https://www.tevw.nhs.uk/services/wellbeing-mind-school-support-yorkshire-information-parents-carers/>

Support information from the Local Authority <https://www.yor-ok.org.uk/sws.htm>

School website

Please do take the time to have a look at our school website, there is a wealth of information on there regarding wellbeing, our new school values and many many more things.

Here is the link to our wellbeing page <https://pop.hslt.academy/mental-health-wellbeing/>

Jigsaw and PSHE Curriculum

PSHE education is a subject through which enables pupils to develop the knowledge, skills and attributes they need to keep themselves healthy and safe, and prepared for life and work.

Through teaching this subject, we aim to develop skills and attributes such as resilience, self-esteem, risk-management, team working and critical thinking in the context of three core themes: health and wellbeing, relationships and living in the wider world (including economic wellbeing and aspects of careers education).



We have selected the Jigsaw scheme of work to deliver our PSHE curriculum. Jigsaw 3-11 offers a comprehensive programme for Primary PSHE, including statutory Relationships and Health Education, in a spiral, progressive and fully planned scheme of work, providing children with the knowledge and experiences to help them navigate their world and to develop positive relationships with themselves and others. PSHE is taught in all year groups following the resources and lesson plans from the Jigsaw scheme of work

The structure and sequencing of the curriculum helps children understand and value how they fit into and contribute to the world. With strong emphasis on emotional literacy, building resilience and nurturing mental and physical health, All Jigsaw lessons also include mindfulness through the use of Chime Time. This allows children to develop their emotional awareness and self-regulation.

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



If there are significant and 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**. <https://www.saferchildrenyork.org.uk/>



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



For women and children.
Against domestic violence.

24-hour National Domestic Abuse Helpline - 0808 2000 247



01823 334244 Helping Men escape domestic abuse



Raise York
Your Family Hub Network

The Raise York website is designed to support parents, carers, children, young people and anyone who works with children, young people and families. If you're not sure where to find information or answers to your questions contact

York Family Information Service on telephone: 01904 554444; text telephone: 07786202241 or email: fis@york.gov.uk and an Information Officer will try and help you. <https://www.raiseyork.co.uk/>



York Inspirational Kids is a support group for families of children and young people who have a disability and/or additional need and live in the York area.

Visit their website to find out more www.yiks.co.uk

Railway Safety

Due to increasing incidents of trespass on the railway near our school, we have been asked to share a FREE 15 minute safety link to parents who can then watch it at home.

Please see link below - We have been advised to ask parents to please watch this first to make sure you are comfortable sharing this with your child. Thank you.

<https://learnliveuk.com/ks1-primary-school-safety-talk/>

Online Safety

As we navigate through the digital era, it is our responsibility as adults to address the important issue of online safety with our children. Our paramount goal is to ensure the safety and well-being of our students and we would appreciate your cooperation and support in helping us to empower our children to navigate the digital world responsibly and make informed decisions about their online presence.

Below you will find the minimum age for various social media platforms, online messaging services and live streaming apps. We understand that children may express a desire to join and use these at an earlier age, yet as responsible adults, it is our duty to guide and protect them from potential risks. As a school, we would therefore highly recommend having open and honest conversations with your child around the reason that these age restrictions are put in place - to protect children from potential online risks and to safeguard their emotional well-being.

Good to know – reminders of the minimum age for popular apps



Facebook (minimum age 13) – lets users create their own profiles, share status updates, pictures, videos and chat with other users and also has a messenger app.



Instagram (minimum age 13) – allows users to alter photos, upload them and share to other social networking sites. Photos and videos can be sent directly to specific users.



Snapchat (minimum age 13) – a photo-sharing app where users can send photos or videos to their friends. These will display on screen for up to ten seconds before being deleted, although it is possible to take screenshots of messages and download other apps designed to capture and save Snapchat content.



TikTok (minimum age 13) – TikTok users can make their own short videos on the mobile app and often like to have music accompany these. The users have creative control over the videos. Other TikTok users can 'react' to videos they see by filming their responses alongside the original video, or 'duet' by making a video alongside another video.



Twitter (minimum age 13) – a social network that lets users send and read 'Tweets': messages limited to 280 characters.



Tumblr (minimum age 16) – a social networking site where users can post blogs and follow other people's blogs. Some of the content on this site includes sexual and/or pornographic images.



WhatsApp (minimum age 16) – a free-of-charge, real-time messaging service. Users can share images and videos, take part in 'group chats' and share locations. As it's based on knowing the user's phone number, you can only message users if you already have this information.



YouTube (minimum age 16) – allows users to watch, create and comment on videos. The dislike button can create insecurities with content posted even if comments are turned off for the video.

10 Top Tips for Parents and Educators SUPPORTING CHILDREN GOING BACK TO SCHOOL

Change can be hard for children to manage. Going back to school after a long summer break might cause them to feel uncertain about their friendships, school routines and relationships with new teachers. However, trusted adults play an important role in providing both practical and emotional support.

1 LEARN WHAT EQUIPMENT YOU NEED

Figure out a list of all equipment needed for the start of the school year, so you can comfortably get your hands on the necessary items in time. If children have any financial issues and receive free school meals, the school may be able to provide some monetary aid or offer other support.

2 COMMUNICATE WITH THE SCHOOL

If you notice that a child is feeling anxious about a change of teacher or school, arranging a one-to-one meeting with their new teacher can be a good way to alleviate some of the anxiety. Just knowing that they understand the child's worries and will be able to help them if the need arises can build the foundations of a good working relationship. Knowing that you can contact them with any queries can also be reassuring.

3 CHECK THE SCHOOL WEBSITE

There will be plenty of information about the start of term on the school's website to keep you updated. Furthermore, you should be able to find other useful information such as contact details for staff, important school equipment, clubs, and news about any special events on the school calendar for the year. It could be helpful to look through this with children for anything which might reassure them.

4 HELP TO MANAGE FRIENDSHIPS

If a child is feeling anxious about making new friends – especially if they're moving up to secondary school – it can be a good idea to remind them of what they could do or say when meeting new classmates. Investigating the extracurricular activities available could be a good way to open a conversation about their hobbies and pastimes, and joining such clubs could allow new friendships to be built on this mutual interest.

5 PLAN SELF-CARE

Talking to children about how they can manage their self-care can be an effective way of helping them understand its importance. This might involve playing a computer game they love with friends, a weekly visit to the library, getting to bed at the same time each night, or a range of other activities that support their wellbeing and provide the familiarity and safety of a routine that works for them.

6 MANAGE TRICKY FEELINGS

Explain that it's okay to have difficult feelings around returning to school. This can help reduce any shame or embarrassment a child might be feeling over these emotions. Emphasise that other children – even some of the teachers – will be feeling the same way. Consider practical ways to manage these feelings and help children feel more in control of their emotions. Some examples include fidget toys, breathing exercises or a notepad for doodling.

7 SECURE A SCHOOL UNIFORM

Parents and carers should try to buy a child's uniform for the new academic year well in advance of the new term (although allowing for potential holiday growth spurts) and give them time to adapt to any changes. Make sure they can comfortably change into and out of it for PE lessons. Double check the requirements for PE on the school's website, as some schools will also have requirements for PE kits.

8 PREPARE FOR TRANSITION DAYS

Ensuring that children attend transition days is a vital step in preparing for the new year. Some schools also have transition evenings for parents and carers to attend, offering extra opportunities to reach out for any additional support.

9 READ THE MENTAL HEALTH POLICY

If a young person struggles with their mental health, it's important to understand their school's mental health policy and provision to know what support is available. This should be on the school's website. A range of aid is typically on offer – from individual timetable amendments to group sessions on emotional wellbeing. You can then discuss these options with the child to reassure them that help is there if they need it.

10 LEARN ABOUT SEN SUPPORT

If a child has SEN and receives help in school, try to confirm exactly what support is available, to ensure they'll be having their needs met. If they're moving up to secondary school, it's a good idea to meet with the SENCO to ensure that all teachers receive the most relevant, up-to-date information about the child's needs and have a contact to liaise with if these change over time.

Meet Our Expert

Amy Sayer is a freelance mental health trainer for schools, an author and a content writer. She is an Associate for Diverse Educators, a fellow of the Chartered College of Teaching and ITT wellbeing coach. Amy has previously been a SMHL coach, helping many different settings audit their mental health provision and support them to create and implement a strategic plan based on the specific needs of each setting.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/supporting-children-going-back-to-school>

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What Parents & Educators Need to Know about WORRY AND ANXIETY

Worry and anxiety are common emotions experienced by children, often triggered by uncertainty or fear. While worry involves concern about future events, anxiety is a persistent feeling of dread or apprehension. Current statistics indicate a rising prevalence of anxiety disorders among children, and this guide has some expert advice on understanding and addressing these concerns.

UNDERSTANDING WORRY AND ANXIETY

Worry and anxiety are emotional responses to stress or uncertainty. Worry is typically associated with potential misfortune, while anxiety is characterised by feelings of fear, apprehension or unease. Both can manifest physically through symptoms such as restlessness, fatigue or muscle tension. Understanding the distinction between worry and anxiety is crucial for effectively addressing these concerns in children.

DIFFERENTIATING WORRY FROM ANXIETY

While worry and anxiety share similarities – in that they both involve concerns about possible trouble – anxiety tends to be more constant and overwhelming. Worry may come and go depending on circumstances, whereas anxiety can linger regardless of the situation. It's essential to recognise when the former crosses into the latter, as anxiety can significantly impact a child's daily functioning and wellbeing.

WHAT ARE THE RISKS?

LONG-TERM CONSEQUENCES

Untreated worry and anxiety in childhood can have potentially lifelong impacts on a person's mental health and wellbeing. Chronic anxiety may increase the risk of developing anxiety disorders, depression or other mental health conditions later in life. Additionally, unresolved worry and anxiety can negatively impact self-esteem, confidence and overall resilience. It's essential to address these concerns proactively and provide appropriate support and intervention.

THE IMPACT ON CHILDREN

Excessive worry and anxiety can have profound effects on children's mental and emotional health. It may interfere with their ability to concentrate, sleep or participate in daily activities. Chronic worry and anxiety can also lead to physical symptoms such as headaches, stomach aches or difficulty breathing. Left unchecked, these concerns can escalate and potentially contribute to the development of anxiety disorders later in life.

THE EMOTIONAL TOLL

The emotional impact of worry and anxiety on children can be significant, affecting their overall quality of life and wellbeing. Children experiencing chronic worry or anxiety may feel overwhelmed, irritable or helpless. They may also withdraw from social activities or avoid situations that trigger their anxiety, leading to feelings of isolation or loneliness. Addressing these concerns early can help prevent long-term emotional distress and promote healthy coping strategies.

ACADEMIC & SOCIAL IMPACTS

Impacts on the academic performance and social interactions of children and young people are very possible. Frequent worry or anxiety may impair concentration, memory and problem-solving skills, making it difficult for children to succeed in education. Anxiety can also hinder social development by causing children and young people to avoid social situations or to struggle with communication and interpersonal relationships, potentially leading to feelings of isolation or exclusion.

Advice for Parents & Educators

ENCOURAGE OPEN COMMUNICATION

Parents and educators can foster a supportive environment by encouraging children to express their worries and anxieties openly. Actively listening and acknowledging young people's emotions can help them feel understood and supported, reducing the situation's intensity. Creating opportunities for regular check-ins and discussions about one's feelings can promote healthy coping strategies and strengthen communication bonds.

CREATE A SUPPORTIVE ENVIRONMENT

Parents and educators play a crucial role in creating a supportive environment that promotes emotional wellbeing. Establishing routines, providing predictability and offering reassurance can help relieve anxiety and create a sense of security for children. Foster a culture of empathy and understanding, where children feel safe enough to express their emotions and seek support when needed.

TEACH COPING STRATEGIES

Empowering children with effective coping strategies is essential for managing worry and anxiety. Encourage the use of relaxation techniques such as deep breathing, mindfulness or progressive muscle relaxation to calm anxious thoughts and promote a sense of composure. Additionally, teaching positive self-talk and problem-solving skills can help children develop resilience and confidence in managing challenging situations.

SEEK PROFESSIONAL HELP

Recognising when to seek professional help is vital for addressing significant or persistent worry and anxiety in children. If worry or anxiety significantly impacts a child's daily functioning, interferes with their relationships or academic performance, or causes significant distress, it may be necessary to consult with a mental health practitioner. Early intervention can prevent long-term consequences and promote positive outcomes for children's psychological wellbeing.

Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which collaborates with schools on improving their mental health provisions.



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