

'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.

### 01904 795930 OR EMAIL

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







Rogers DESIGNATED SAFEGUARDING OFFICER



DESIGNATED GOVERNOR FOR SAFEGUARDING



#### 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

City of York

### **Useful links**

Keeping Children Safe in Education

https://assets.publishing.service.gov.uk/media/6650a1967b792ffff71a83e8/Keeping\_children\_safe\_i n\_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.tewv.nhs.uk/services/wellbeing-mind-school-support-yorkshire-information-parent s-carers/

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

### School website

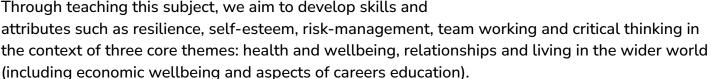
Please do take the time to have a look at our school website, there is a wealth of information on there regarding wellbeing, our new school values and many many more things.

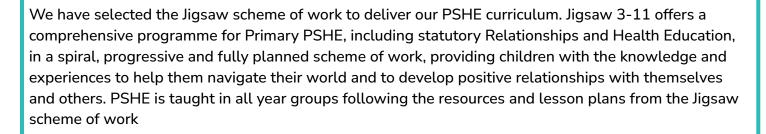
Here is the link to our wellbeing page <a href="https://pop.hslt.academy/mental-health-wellbeing/">https://pop.hslt.academy/mental-health-wellbeing/</a>

## <u>Jigsaw and PSHE Curriculum</u>

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





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

City of York
Safeguarding Children Partnership 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**. <a href="https://www.saferchildrenyork.org.uk/">https://www.saferchildrenyork.org.uk/</a>

**NSPCC** 

NSPCC - Helpline - 0808 800 5000 <u>www.nspcc.org.uk</u>



24-hour National Domestic Abuse Helpline - 0808 2000 247



01823 334244 Helping Men escape domestic abuse



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.viks.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

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.

### LEARN WHAT EQUIPMENT YOU NEED

### **COMMUNICATE WITH** THE SCHOOL

# CHECK THE SCHOOL WEBSITE

# HELP TO MANAGE FRIENDSHIPS

### 5 PLAN SELF-CARE

### MANAGE TRICKY **FEELINGS**

### **SECURE A SCHOOL** UNIFORM

# PREPARE FOR TRANSITION DAYS

# READ THE MENTAL HEALTH POLICY

# LEARN ABOUT SEN SUPPORT

### Meet Our Expert

(4)



The National College















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