



# Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing and Safeguarding Newsletter - December 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



**Vicky  
Mitchinson**

VICE PRINCIPAL AND  
DESIGNATED  
SAFEGUARDING LEAD



**Linda  
Collier**

PRINCIPAL AND  
DEPUTY DESIGNATED  
SAFEGUARDING LEAD



**Donna  
Rogers**

DESIGNATED  
SAFEGUARDING  
OFFICER



**Dave  
Card**

DESIGNATED  
GOVERNOR FOR  
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](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 December's newsletter. We are ready for tinsel, christmas tree's and Nativity shows! Within this newsletter I have also reported on school attendance and punctuality which I hope you find informative.

If you have any questions then please ask.

**Mrs Vicky Mitchinson**

**Vice Principal**

**Designated Safeguarding Lead**

**Pastoral and Well being/Attendance/Pupil Premium/Behaviour Lead**



## **December spotlight - County Lines and CCE**

County lines is when gangs and organised crime groups exploit children to transport and sell drugs, normally between big cities where the exploiters are based to smaller towns, sometimes across county boundaries but also locally and within the borough.

The children have dedicated mobile phone 'lines' for taking orders for drugs; children are used as they are less likely to be stopped by police, allowing adult dealers to avoid the risk of arrest. County lines is a form of criminal exploitation; this occurs where a person or a group of people takes advantage of their contact with and influence over a young person to coerce or manipulate them into carrying out a criminal act.

Children as young as 6 are known to have been targeted by gangs for this purpose. Young people may be recruited for county lines and other forms of criminal exploitation by a process of grooming: At the targeting stage, the exploiter befriends the young person and gains their trust. Young people may also be recruited through social media and/or through their peer group.

Some parents of young people who have been exploited through county lines involvement have reported that they went through a sudden change in behaviour. Possible indicators of involvement include:

- Unexplained money, clothes or gifts
- Frequent, unexplained phone calls
- New friendship circle that involves older children or adults
- Not attending school
- Carrying weapons

For more information on County lines and Child Criminal Exploitation please follow the link:

<https://learning.nspcc.org.uk/child-abuse-and-neglect/countylines>

## Action for Happiness Calendar - December

### December Kindness 2024

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2025				

**ACTION FOR HAPPINESS**

**Happier · Kinder · Together**

## Attendance at POPS

As you will know, having good attendance and punctuality is key to children's success and enjoyment in school. Currently our whole school attendance is 96.05% which is above the national standard. Parents and carers can help their child have good attendance at school by making sure they arrive on time, taking holidays when school is closed and making sure appointments are made outside of school hours.

Currently, our persistent absence at POPS is 7.91%. This is pupils who have attendance below 90%. Parents will have received a letter to inform them if their child's attendance is below this percentage and is a concern.

### **Class attendance to date -**

<b><u>Class Name</u></b>	<b><u>Class attendance to date</u></b>
<b>Ouse</b>	<b>97.13</b>
<b>Foss</b>	<b>95.15</b>
<b>Thames</b>	<b>94.66</b>
<b>Tyne</b>	<b>96.9</b>
<b>Aire</b>	<b>96.88</b>
<b>Avon</b>	<b>95.75</b>
<b>Rhine</b>	<b>96.95</b>
<b>Rhone</b>	<b>91.12</b>
<b>Douro</b>	<b>98.57</b>
<b>Danube</b>	<b>97.12</b>
<b>Mekong</b>	<b>97.18</b>
<b>Mississippi</b>	<b>97.1</b>
<b>Nile</b>	<b>95.2</b>
<b>Amazon</b>	<b>94.9</b>

### **Punctuality at POPS**

Punctuality at school is highly important - our school doors open at 8.40am and school starts at 8.45am. Anyone arriving after the registers have closed at 9am will be classed as 'late' and recorded on the register as so.

# Every Day Counts

Success at school starts with **good attendance**

<b>190</b> DAYS at school each year ▼ Maximum attendance <b>WELL DONE!</b>	<b>180</b> DAYS at school means ▼ <b>10</b> DAYS of missed learning	<b>171</b> DAYS at school means ▼ <b>19</b> DAYS of missed learning	<b>161</b> DAYS at school means ▼ <b>29</b> DAYS of missed learning	<b>152</b> DAYS at school means ▼ <b>38</b> DAYS of missed learning	<b>143</b> DAYS at school means ▼ <b>47</b> DAYS of missed learning
<b>100%</b> attendance	<b>95%</b> attendance	<b>90%</b> attendance	<b>85%</b> attendance	<b>80%</b> attendance	<b>75%</b> attendance

There are **175 non-school days** a year.

That's 175 days for wellbeing, socialising  
and non-urgent appointments.

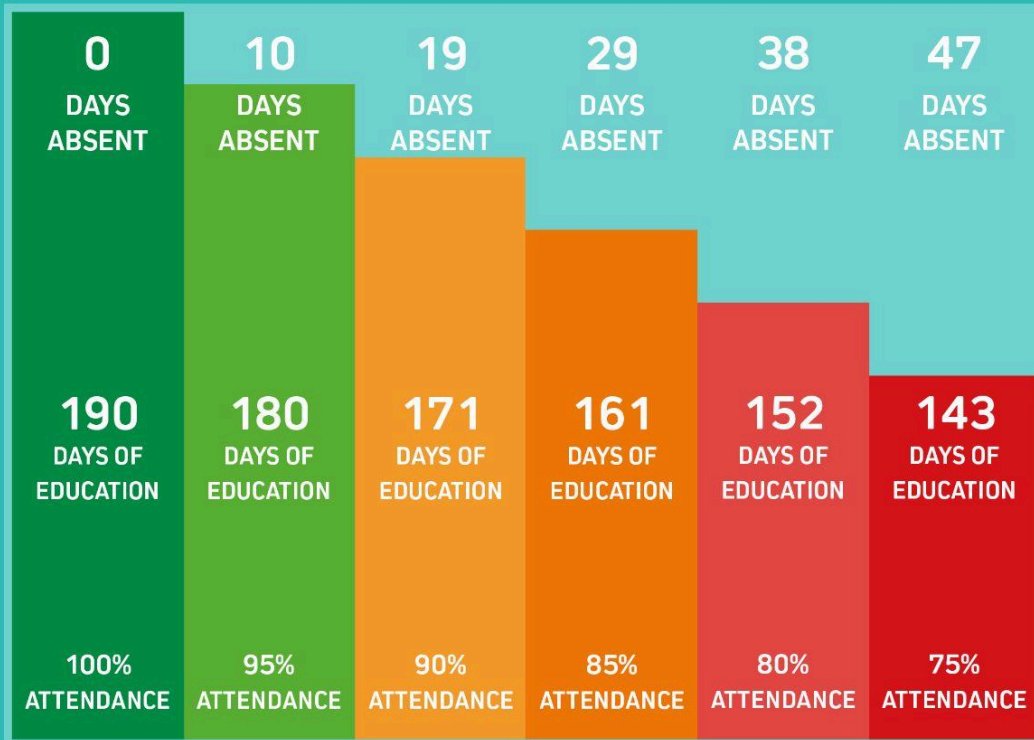


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# Good attendance and timekeeping are key to your learning outcomes



3  
SCHOOL DAYS  
LOST PER YEAR



6.5  
SCHOOL DAYS  
LOST PER YEAR



10  
SCHOOL DAYS  
LOST PER YEAR



13  
SCHOOL DAYS  
LOST PER YEAR



19  
SCHOOL DAYS  
LOST PER YEAR



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## Online Safety - Smartphone free childhood

Please visit the website for more information - <https://smartphonefreechildhood.co.uk/>



### Kids & smartphones – what's the big deal?

When children first started getting smartphones a decade ago, there was no research about their impact. Now there is, and it's overwhelming.



#### HARMFUL CONTENT

Smartphones act as a gateway to pornography, violent and extreme content. Often kids don't seek them out but are exposed to them via algorithms and messaging apps. Once seen, these things can never be unseen. 90% of girls and 50% of boys say they're sent explicit content they didn't want to see.



#### ADDICTION

Tech companies intentionally make apps addictive, because the more time we spend, the more data they harvest, the more money they make. By leveraging dopamine circuits, they trigger brain responses akin to slot machine gambling. 1 in 4 young adults show signs of behavioural addiction to smartphones.



#### ACADEMIC DISTRACTION

The average teen receives 237 smartphone notifications a day – one every few minutes – making focusing on schoolwork hard. Studies show that excessive smartphone use has negative impacts on academic performance. Children at schools with effective smartphone bans get GCSE's 1-2 grades higher.



#### GROOMING

Sites like TikTok, Snapchat and Roblox are used by sexual predators to target children with their first smartphones, blackmailing them into sharing sexual content. Sextortion is now the fastest growing crime against teens. Since 2022, there has been a 66% rise in 'self generated' sexual abuse imagery of children under 10.



#### CYBERBULLYING

Disagreements between pupils used to stop at the school gate, now they follow kids wherever they go, 24/7. Young people who experience cyberbullying are twice as likely to attempt suicide and self-harm. One in six teens report being cyberbullied in the past month, according to the World Health Organisation.



#### MENTAL ILLNESS

Rates of depression, anxiety and suicide in young people have spiked globally since 2010, when children first began getting smartphones. The first generation to grow up with smartphones are now adults – data shows that the younger they got their first smartphone, the worse their mental health today.



#### OPPORTUNITY COST

Underpinning all these harms is one that is potentially the most significant of all. For the first time in human history, children are spending more time on devices than they are playing – an activity crucial to our healthy development. Smartphones are experience blockers, distracting children from engaging in the real world. The average UK 12-year-old now spends 29 hours a week – equivalent to a part-time job – on their smartphone. This leaves little time for the real world activities and relationships that enable us to learn the essential life skills we need to transition into adulthood. The average daily time that teens spend with friends has plummeted by 65% since 2010.

Join the grassroots parents movement to protect childhood from Big Tech

[www.smartphonefreechildhood.co.uk/join](https://www.smartphonefreechildhood.co.uk/join)

For all links to stats references see [www.smartphonefreechildhood.co.uk/the-problem](https://www.smartphonefreechildhood.co.uk/the-problem)

## **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.

<https://www.tewv.nhs.uk/services/wellbeing-mind-school-support-yorkshire-information-parent-s-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/>

## **Well being parent drop in sessions - POPSOC building**



Tees, Esk and Wear Valleys  
NHS Foundation Trust

### **PARENT COFFEE MORNINGS**

THE WELLBEING IN MIND TEAM ARE OFFERING FOCUSED SESSIONS COVERING A RANGE OF TOPICS RELATED TO YOUR CHILD'S MENTAL HEALTH & WELLBEING

08:45 – 09:15 SESSION CONTENT  
09:15 – 09:45 DISCUSSION & ADVICE

**DATES:**

TUESDAY 8TH OCTOBER  
HELPING YOUR CHILD WITH WORRIES

TUESDAY 5TH NOVEMBER  
SLEEP

TUESDAY 3RD DECEMBER  
MANAGING CHALLENGING BEHAVIOURS

THESE WILL BE HELD IN THE POPSOC BUILDING  
WE LOOK FORWARD TO SEEING YOU THERE



## 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](http://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](mailto: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](http://www.yiks.co.uk)