



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing and Safeguarding Newsletter - January 2025

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

Poppleton Ousebank Primary School

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

Welcome

Welcome back to the New Year! I hope you have all had a lovely few weeks with your families and have enjoyed the festivities. Please see below January's newsletter and as always if you have any questions then please ask.

Please can i highlight to you the WBIM drop in sessions - the next one is providing information regarding EBSA (Emotionally Based School Avoidance) which will be extremely informative.

Mrs Vicky Mitchinson

Vice Principal

Designated Safeguarding Lead

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



January spotlight - Image sharing

Capturing and sharing photos with friends and family has become an integral part of daily life for many of us. With young children now having access to camera phones and tablets, the risk of inappropriate images being sent or received has significantly increased. In 2022, the NSPCC reported an 82% rise in online grooming of children over a five-year period, with a quarter of these cases involving primary school-aged children. Research indicates that many individuals grooming children aim to obtain Child Sexual Abuse Material (CSAM), often in the form of images that are generated by the children themselves. This highlights the critical need for safety measures to be implemented when a child has access to a device with a camera.

Young children may share images online in various contexts, frequently without considering potential risks. Here are some common situations where they may wish to share images:




- Excited about a moment: Children want to share a photo of a new activity, toy or pet with friends or family.
- In group chats: Some children use messaging apps to stay connected with friends, classmates or family members.
- Unintentionally whilst gaming: Many games allow children to share in-game moments or screenshots. They may also share other photos from the camera roll.
- Clicking buttons unintentionally: Sometimes children may not realise that clicking certain buttons may share an image online.
- Responding to requests from friends: A friend may ask them for a picture, such as a selfie. Responding to a request from a stranger: In some cases children may be manipulated or coerced into sending a stranger a picture of themselves.
- Joining online challenges: They may be encouraged to take part in photo challenges online or post selfies for fun.

- Learning to use new devices: Children often experiment with cameras and social media functions, especially if they are new to them.


In these situations, children may often lack the judgement or understanding of a risky situation and therefore education, guidance and boundaries are important.

Action for Happiness Calendar - January

Happier January 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
 6 Take five minutes to sit still and just breathe	 7 Learn something new and share it with others	1 Find three things to look forward to this year	2 Make time today to do something kind for yourself	3 Do a kind act for someone else to help brighten their day	4 Write a list of things you feel grateful for and why	5 Look for the good in others and notice their strengths
13 Take a different route today and see what you notice	14 Eat healthy food which really nourishes you today	8 Say positive things to the people you meet today	9 Get moving. Do something active (ideally outdoors)	10 Thank someone you're grateful to and tell them why	11 Switch off all your tech at least an hour before bedtime	12 Connect with someone near you - share a smile or chat
20 Go to bed in good time and allow yourself to recharge	21 Try out something new to get out of your comfort zone	15 Get outside and notice five things that are beautiful	16 Contribute positively to your local community	17 Be gentle with yourself when you make mistakes	18 Get back in contact with an old friend	19 Focus on what's good, even if today feels tough
 27 Challenge your negative thoughts and look for the upside	28 Ask other people about things they've enjoyed recently	22 Plan something fun and invite others to join you	23 Put away digital devices and focus on being in the moment	24 Take a small step towards an important goal	25 Decide to lift people up rather than put them down	26 Choose one of your strengths and find a way to use it today

ACTION FOR HAPPINESS Happier · Kinder · Together



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-parents-careers/>

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

These sessions will take place at 9am on the last Tuesday of each month in the POPSOC building. During these sessions the WBIM Team will be available to talk to you, provide advice, support and information. They have a wealth of knowledge and have supported many families in school already. The dates and themes for the Spring Term are:

Tuesday 28th January - EBSA (Emotional Based School Avoidance)

Tuesday 25th February - Managing challenging behaviours

Tuesday 25th March - Anxiety



The poster features a teal background with a white cloud and colorful water splash graphic on the left. The text is in white and black. Logos for the Wellbeing in Mind Team and NHS Tees, Esk and Wear Valleys are in the top right. The main title 'PARENT SESSIONS' is in large white letters. Below it, two paragraphs describe the sessions: one offering focused sessions on mental health and wellbeing, and another stating the sessions will be held in the POPSOC building from 9am to 10am.

**WELLBEING
IN MIND TEAM**

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

PARENT SESSIONS

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

**THE SESSIONS WILL BE HELD IN THE POPSOC
BUILDING, AND WILL START AT 9AM AND WILL
RUN UNTIL 10AM**

DATES AND TOPICS:

**TUESDAY 28TH JANUARY -
EMOTIONALLY BASED SCHOOL AVOIDANCE**

**TUESDAY 25TH FEBRUARY -
MANAGING CHALLENGING BEHAVIOURS**

**TUESDAY 25TH MARCH -
ANXIETY**

Beating the winter 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.

- 1. WHAT ARE YOU GRATEFUL FOR?**
Give thought to what you are grateful for... a beautiful snowy day, friendships, hot apple cider.

- 2. LET YOURSELF INDULGE IN LITTLE THINGS**
Participate in activities that bring comfort, warmth and peace.

- 3. ENJOY THE SUNLIGHT**
Natural light helps to alleviate the winter blahs.

- 4. GET ENOUGH SLEEP**
A lack of sleep can take a toll on your mood - aim for 7-9 hours each night.

- 5. STAY ACTIVE**
A daily 30-minute walk may help prevent depression, so get out there!

- 6. ENGAGE IN SOCIAL ACTIVITY**
Even a small amount of social engagement can help you feel energized.

- 7. ADJUST HOLIDAY EXPECTATIONS**
Don't let visions of perfection spoil everything. Appreciate and enjoy what you do have.


Information reviewed by
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Associate Dean for Academic
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Psychology, Department Chair and
Director of Clinical PsyD Program

i **INFO ON THE GO** 

The importance of sleep

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.



<https://thesleepcharity.org.uk/>

Well being ambassadors at POPS

In school we have 12 wellbeing ambassadors across Key Stage 2.

A note from our ambassadors -

Laura Gorner and Laura Campleman work for the Wellbeing in Mind Team and they support our work in school too. They are an NHS team that work within multiple schools in York. As part of their role, they do group work, class work, assemblies or 1:1 sessions with students, in order to support them with their mental health and wellbeing.

As Wellbeing ambassadors, we meet twice a term with Mrs Currie and Mrs Hayward during lunchtime. Being a wellbeing ambassador means you learn about your own mental health and how to support others. We talk about our experience of feeling different emotions and how this can affect our mental health. We also talk about things we can do to help us.

As you may remember back in the summer we set up a calming reading area in Bradley's garden. We would like everyone to come up with more ideas that can support the whole school's wellbeing. We want everybody to feel safe and comfortable in school and have good things which everybody can access and enjoy.

As wellbeing ambassadors, we help not just ourselves but one another too.



10 Top Tips for Parents and Educators SUPPORTING CHILDREN TO RETURN TO ROUTINE

Most of us look forward to the school holidays as an opportunity to slow down and relax, stay up later, sleep in and generally approach life in a more leisurely fashion. However, this does mean that returning to normal school-day routines can feel like an uphill battle. Here are some practical tips to ease that transition, reduce stress and set children up for success.

1 START SMALL AND EARLY

Begin reintroducing elements of the school routine at least a few days before term starts. Gradually adjust bedtime, wake-up times and mealtimes to be more in line with school-day rhythms. Small changes can make a big difference in avoiding last-minute panic and helping children to readjust smoothly.

2 REVISIT THE SCHEDULE

Involve your child in mapping out their daily routine so they understand what's going to change. Visual tools like charts or calendars can help keeping to that schedule feel more engaging. When children understand and anticipate their personal timetable, they feel more secure and in control.

3 CREATE A SLEEP PLAN

Sleep can present one of the biggest challenges, as children can sometimes become night owls, prone to staying up late during the holidays. Limit screen time before bed and encourage winding-down activities like reading or listening to calming music. A restful night's sleep improves focus, mood and overall wellbeing, making mornings much smoother.

4 ENCOURAGE FRIENDSHIPS

Help your child to reconnect with school friends by organising playdates, catch-ups or arranging to go to after-school clubs. Re-establishing social bonds can make the return to school more exciting and less intimidating, allowing youngsters to focus on the positive aspects of the new term.

5 GRANT RESPONSIBILITY

Give children control over some aspects of the morning routine. Maybe they could be in charge of waking everyone up, serving breakfast or choosing the radio station that everyone listens to while getting ready. Something that gives them a sense of ownership over their morning schedule can help them view the task as one they've chosen to do, rather than being told to do it.

6 FOCUS ON NUTRITION

Make sure children are receiving balanced meals (with regular healthy snacks to boost energy and concentration), putting them in the best possible state to return to education. A nutritious breakfast is particularly crucial for a positive start to the day. Involve children in meal planning to make it enjoyable and collaborative.

7 COMMUNICATE OPENLY

Talk with your child about how they're feeling about returning to school: whether they're excited, anxious or a mix of both. Validating their emotions helps them feel supported and understood. Try asking them about the things they're looking forward to at school, such as seeing their friends again. Focusing on the positives can be useful for children struggling with change.

8 RECONNECT WITH LEARNING

Ease children back into a learning mindset by incorporating fun, educational activities into their home life. Reading a favourite book, playing games that involve maths or discussing an interesting topic can gently reawaken their focus and prime their minds to learn, which can have helpful impacts on their academic performance.

9 PREP TOGETHER

Turn preparation into a shared activity, to shoulder the responsibility together and provide support where needed. Pack school bags, lay out uniforms and plan lunch the night before. This not only reduces early morning stress but also gives children a sense of ownership over being ready for school.

10 BE PATIENT AND FLEXIBLE

Transitions take time, and every child adjusts differently: so, it's important to stay calm and supportive, especially if they're reacting adversely to the change in their daily life. Be ready to tweak routines as needed, and work with the child to make the return to education as easy as possible for them. Patience can go a long way to setting a positive tone for the new school year.

Meet Our Expert

Becky Dawson is an education expert with a focus on mental health and wellbeing. Passionate about empowering adults who spend time with and care for young people, Becky specialises in creating practical strategies that promote wellbeing and resilience in children during life's transitions.



#WakeUpWednesday

The National College

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

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What Parents & Educators Need to Know about JUSTALK KIDS

WHAT ARE THE RISKS?

JustTalk Kids is a child's version of the JustTalk app – a highly popular social networking platform – designed for users up to 13 years of age, allowing them to video call, message and participate in group chats. While adults can link their own JustTalk account to their child's and make use of parental controls, it's important to understand the risks associated with the app.

SUBSCRIPTION FOR PREMIUM ACCESS

While JustTalk Kids is free, there's the option to subscribe to a kids' premium account or a premium family account. At a cost, this feature allows children to have access to more fun features such as games they can play with others in a call, exclusive stickers, a badge denoting them as a premium subscriber, and exclusive ringtones and themes.

RESISTANCE TO CONTROLS

JustTalk Kids endeavours to allow children the sense of having a chat-based app while allowing parents to set controls (within the app or from their own adult JustTalk account). The basis behind this is positive; however, some children are challenging their parents by refusing to use JustTalk Kids, preferring to use the adult version without any restrictions in place.

KNOWING THE PARENT PASSCODE

After downloading JustTalk Kids, parents can set a passcode which users must enter to add contacts. The parental controls help to manage which content can be viewed and who children can add as a contact; this then allows children to chat with friends in a controlled environment. However, prospective contacts don't have to know a specific username. In theory, someone could type in a random name and then add them as a friend.

POTENTIAL DATA LEAKS

JustTalk and JustTalk Kids claim to be secure and encrypted, going so far as to state that even the developers themselves won't access your data. However, a security lapse in 2022 highlighted that messages were not in fact encrypted – leading to concerns around the security of the app and the transparency of the development team.

CYBERBULLYING

Online chats can provide a sense of anonymity, leading some users to post things which they wouldn't normally say in person. Combined with the option of group chats, there's a risk that young people might join in with this kind of behaviour, escalating it further and potentially turning what should be a fun experience into something deeply negative.

TOO MUCH SCREEN TIME

A report by the UK Parliament Education Committee highlighted a 62% increase in children's screen time between 2020 and 2022 – as well as finding that 28% of children used their smartphones in a manner consistent with screen addiction. Introducing children to social networking apps when they're too young can lead to bad digital habits and a reliance on technology from an early age.

Advice for Parents & Educators

JUSTIFY THE CONTROLS

If parents allow their child to use JustTalk Kids, they should explain that they're putting parental controls in place to make the app safer. Make sure the child knows not to put their full name on the account and doesn't use a photo of themselves as their profile picture. This type of open discussion will help to ensure that a child is aware of the app's potential risks and knows how to reduce them.

TALK ABOUT ONLINE FRIENDSHIPS

Young children could be excited to use this app. However, highlight that they must do so in a positive, respectful and responsible manner. While it can be easy to get caught up in a group chat, it's important to talk to others politely and call out any unpleasant behaviour. Discuss the importance of limiting their contacts to people they know in real life and use parental controls to enforce this.

DOS AND DON'TS OF SHARING

Some children might not understand the potential dangers of oversharing online. Set clear guidelines around what is and isn't safe to share on the internet, and discuss the concept of a digital footprint. Children need to understand that the things they say and share online can never be completely erased. Even if they delete it themselves, it can be saved and distributed by others.

ENCOURAGE OPEN COMMUNICATION

Apps like JustTalk can sometimes lend themselves to bullying behaviours. Parents should monitor what their child is sending and receiving, check in with them regularly and encourage them to share their feelings (both positive and negative) at home. Remind them that they can block a contact if someone is treating them disrespectfully.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/justtalk-kids>

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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



24-hour National Domestic Abuse Helpline - 0808 2000 247

For women and children.
Against domestic violence.



01823 334244 Helping Men escape domestic abuse



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



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