



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing and Safeguarding Newsletter - February 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.



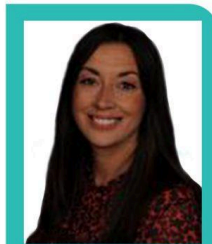
01904 795930 OR EMAIL

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 to February's newsletter - this month we are celebrating Children's Mental Health week and Safer Internet Day. Our WBIM drop in focus is focussing on managing challenging behaviours, we hope you are able to attend this informative session in the POPSOC building on Tuesday 25th February.

Within this newsletter you will also find the smartphone survey results and information about our Digital Leaders.

Mrs Vicky Mitchinson

Vice Principal

Designated Safeguarding Lead

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

Children's mental Health Week - 3rd-9th February 2025

<https://www.childrensmentalhealthweek.org.uk/>

This year we're exploring our theme Know Yourself, Grow Yourself in partnership with Here4You, supported by The Walt Disney Company and the *Inside Out 2* characters.




On the website there are lots of resources to download for families to help you take part in the week. Our jam-packed resource pack includes top tips for schools and families around encouraging children and young people to express their emotions.

During the week we will be having assemblies, making memory boxes/envelopes which the children can look at if they need a mood boost.

Online Safety - Safer Internet Day - 11th February 2025

Safer Internet Day takes place on Tuesday 11 February 2025 and is a chance to focus on the online safety and wellbeing of children and young people.

In school we will be taking part in a BBC live lesson throughout the day.



SAFER INTERNET DAY 2025

Too good to be true? Protecting yourself and others from scams online



Safer Internet Day
11th February 2025

Online Safety at POPS

As a school we have been looking carefully at the growing research around online safety and the impact of screen time.

We have recently updated our guidance on online safety - this can be found on our school website within safeguarding and also computing. Here you will also find information and advice for parents.

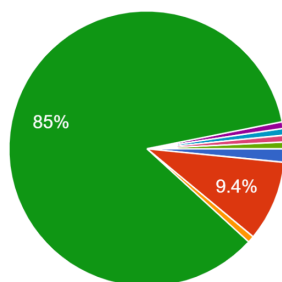
<https://pop.hslt.academy/computing/>

Thank you for completing the surveys, 127 of you responded - our findings are....

Does your child have a smartphone of their own?

12% have their own smartphone

127 responses



- Yes, a smartphone with all functionality online/apps of choice
- Yes, a smartphone with limited functionality online/restricted apps
- No, they have a non-smart/simple phone
- No, they do not have a phone of any s...
- Yr 6 child only
- They use our (mum or dads) phone to...
- No, but our other children had restrict...
- Has a phone purely as a device to con...

If your child/children do have their own smartphone, have they experienced any problems related to it?

- 85% said that their child does not have their own smartphone
- 16% in addition have not encountered any issues so far

If your child does not currently have a smartphone, what age are you expecting to get them one?

- 61% would look at giving their child a phone after primary school
- 14% would give their child a phone in yr6
- 16% do not know when they'd give their child a phone

Would you be supportive of joining a voluntary parent pact at our school agreeing to wait to get them a smartphone until after they finish Year 6?

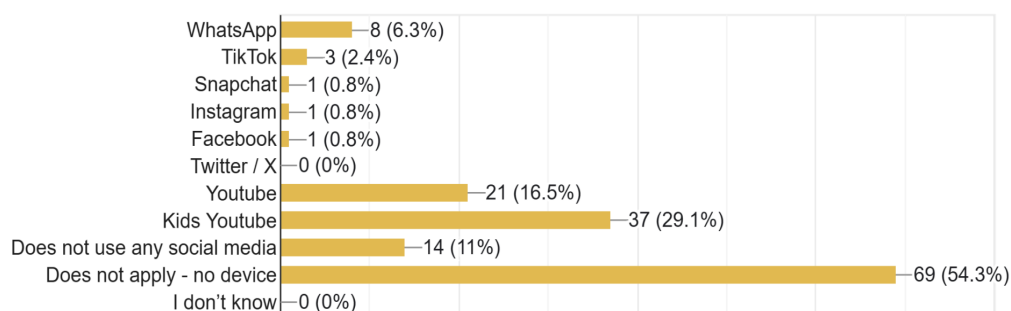
- 74% of respondents agree with children not having a smart phone in primary school
- 11% would like to know more before making a decision
- 15% do not agree with the pact

Would you be interested in additional support for parents on this topic? For example, further workshops/shared learning for parents in school

- 38% would not like further information
- 58% of parents would like additional support/information

Does your child/children use any of these social media apps?

- All parents surveyed say they know what their children are accessing.
- 6.3% of those surveyed say their child is accessing social media.
- 65% of those surveyed do not have access to social media.
- No children are accessing Twitter (X)



Digital Leaders at POPS - This term we have set up digital leaders within school. There are 20 pupils across KS2 that are currently exploring how to be online safety experts and they have worked hard on creating an assembly for their peers on Safer Internet Day. They are raising the profile of computing and online safety within school, taking responsibility for display and sharing

feedback from their friends. Our leaders are easily identifiable as they all have a "Digital Leaders" badge. Over the rest of the year, these children will become skilled individuals in many areas of computing and the different programs we use here at Poppleton Ousebank.

Twitter - As a school we have taken the decision to no longer use X, formerly known as Twitter. We have decided this is no longer the right place to celebrate and share our work with you. Instead, we will begin to develop the use of Dojo. This is a closed site that is not public and can only be seen by people approved by the school. More information will follow regarding this.

Smartphone Free school - <https://smartphonefreechildhood.co.uk/>



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 25th February -
Managing challenging behaviours**

Tuesday 25th March - Anxiety

The poster is for the Wellbeing in Mind Team's Parent Sessions. It features a logo with colorful circles and a brain icon. The text is in white and pink on a teal background. The NHS logo is in the top right corner.

WELLBEING IN MIND TEAM

NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

PARENT SESSIONS

THE WELLBEING IN MIND TEAM ARE OFFERING FOCUSED 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

The poster lists the dates and topics for the parent sessions. It has a teal background with pink borders at the top and bottom.

DATES AND TOPICS:

TUESDAY 28TH JANUARY -
EMOTIONALLY BASED SCHOOL AVOIDANCE

TUESDAY 25TH FEBRUARY -
MANAGING CHALLENGING BEHAVIOURS

TUESDAY 25TH MARCH -
ANXIETY

Action for Happiness Calendar - Friendly February

Friendly February 2025

MONDAY



3 Do an act of kindness to make life easier for someone

10 Look for good in others, particularly when you feel frustrated with them

17 Appreciate the good qualities of someone in your life

24 Tell a loved one about the strengths that you see in them

TUESDAY



4 Invite a friend over for a 'tea break' (in person or virtual)

11 Send an encouraging note to someone who needs a boost

18 Respond kindly to everyone you talk to today, including yourself

25 Thank three people you feel grateful to and tell them why

WEDNESDAY



5 Make time to have a friendly chat with a neighbour

12 Focus on being kind rather than being right

19 Share something you find inspiring, helpful or amusing

26 Make uninterrupted time for your loved ones

THURSDAY



6 Get back in touch with an old friend you've not seen for a while

13 Smile at the people you see and brighten their day

20 Make a plan to connect with others and do something fun

27 Call a friend to catch up and really listen to them

FRIDAY



7 Show an active interest by asking questions when talking to others

14 Tell a loved one or friend why they are special to you

21 Really listen to what people say, without judging them

28 Give positive comments to as many people as possible today

SATURDAY

1 Send a message to let someone know you're thinking of them

8 Share what you're feeling with someone you really trust

15 Support a local business with a positive online review or friendly message

22 Give sincere compliments to people you talk to today

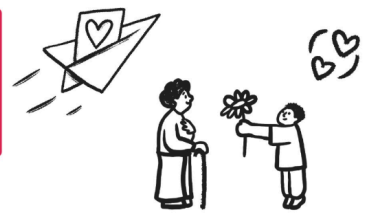
SUNDAY

2 Ask a friend how they have been feeling recently

9 Thank someone and tell them how they made a difference for you

16 Check in on someone who may be struggling and offer to help

23 Be gentle with someone who you feel inclined to criticise



ACTION FOR HAPPINESS

Happier · Kinder · Together

February spotlight - Understanding consent

Consent means giving clear, informed, and voluntary permission to do something. While it's often used when talking about sexual activities, it's also important in other situations, like setting boundaries in relationships and making decisions. For children, this means making sure they can say "yes" or "no" without feeling pressured, forced, or tricked into it.

Why is it important for children to understand consent?

- Teaching consent encourages children to respect their own and others' physical and emotional boundaries.
- Consent fosters open communication, mutual respect and equality in relationships.
- Educating children about consent helps prevent situations of sexual assault, harassment and coercion.
- Understanding consent gives children the tools to make informed choices about their body and

relationships.

- Consent creates a culture of respect which helps to reduce harmful behaviours like victim-blaming.

The 4 C's of consent help children know if consent has and is been given:

- **Clear:** Yes means yes. If it isn't a yes, it's a no.
- **Continuous:** Keep checking that it is still a yes; yes now doesn't necessarily mean yes later.
- **Coercion-free:** It isn't yes if pressure has been put on someone to do something.
- **Conscious:** The person giving consent must be fully capable of giving consent.

PSHE Curriculum - Jigsaw



At POPS we use 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.

This term the theme is **DG** (Dreams and Goals)
-Aspirations, how to achieve goals and understanding emotions that go with this

Please see our website for more information

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



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



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