



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing and Safeguarding Newsletter - March 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.



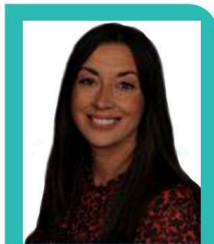
01904 795930 OR EMAIL

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 our March newsletter - this month we are celebrating International Women's Day, World Sleep Day, Neurodiversity Week and World Happiness Day.

Also, we would like to invite you to attend our Wellbeing drop in session on Anxiety on Tuesday 25th March in the POPSOC building.

Mrs Vicky Mitchinson

Vice Principal

Designated Safeguarding Lead

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

International Women's day - 8th March - <https://www.internationalwomensday.com/>

International Women's Day falls on Saturday 8th March this year.

IWD isn't country, group or organisation specific. It's a day of collective global activism and celebration that belongs to all those committed to forging gender equality.



IWD 2025 campaign theme is 'Accelerate Action'

World Sleep Day - 14th March -

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

<https://worldsleepday.org/>

The 2025 Theme: Make Sleep Health a Priority

World Sleep Day is an opportunity to promote sleep health alongside thousands of other sleep health professionals and advocates.

The sleep charity website has lots of information for all. There are ebooks as well and stories and information pages. See below for some examples.

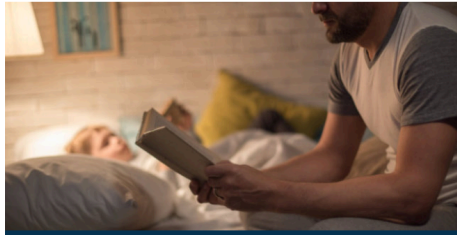




Childrens sleep problems

The most common issues kids have at bedtime: settling, changes in routine, bed wetting, fear/anxiety, sensory issues, feeling hungry or thirsty, discomfort.

[Find out more](#)



Bedtime Routines

A bedtime routine is important in getting a good night's sleep. A routine helps to support children's body clocks and aid relaxation. Here are some helpful tips.

[Find out more](#)



Melatonin

Melatonin is a naturally occurring hormone that is produced by the brain and it plays an important role in supporting the body's circadian rhythm and promoting restful sleep.

[Find out more](#)



Diet & Sleep

What we consume during the day can impact on our ability to sleep at night. A light snack in the hour before bedtime may be helpful for some children, but avoid heavy meals last thing at night.

[Find out more](#)



Night Terrors & Nightmares

Night terrors and nightmares are often confused as the same thing but the two are completely different. Nightmares are more common than terrors but neither cause any psychological harm to your child.

[Find out more](#)



Children with SEND

Whether they struggle to communicate how they're feeling, have increased anxiety, sensory issues or social cueing problems, sleeping well may be difficult.

[Find out more](#)



Bedroom Environment

The bedroom environment plays an important role in getting a good night's sleep. Here are some tips to help you to make sure that your child's bedroom supports a restful night's sleep:

[Find out more](#)



Relaxation Tips

Feeling relaxed is important in the run up to bedtime for both parent and child. Youngsters often pick up on stress levels so try to create a relaxing and calm environment as bedtime approaches.

[Find out more](#)

What is Neurodiversity?

When it comes to inclusion, neurodiversity refers to a world where neurological differences are recognised and respected as all other human variations.

Depending on how our brains are wired we think, move, process information and communicate in different ways. Many people in our community use neurodiversity as an umbrella term used to describe alternative thinking styles such as Dyslexia, DCD (Dyspraxia), Dyscalculia, Autism and ADHD. But regardless of labels, neurodiversity is about recognising those who think differently. And no matter whether you are a school, university or organisation you can benefit from different thinkers!

Approximately 15-20% of population has a neurological difference. Instead of labelling people with deficits or disorders, when we use the term neurodiversity, we take a balanced view of an individual's unique strengths and challenges. Many 'challenges' neurodivergent people face are more to do with the environment and systems they are placed in, often designed by a majority population.

Click on the buttons below to find out more information about some of the specific neurodifferences:

ADHD

Autism

DLD

Dyscalculia

Dyslexia

Dyspraxia

Tourette Syndrome

For more information please click this link <https://www.neurodiversityweek.com/>

World Happiness Day - 20th March - <https://www.dayofhappiness.net/>

CARING AND SHARING

This year's theme reminds us that lasting happiness comes from caring for each other, feeling connected and being part of something bigger.

We're encouraging **1 million extra acts of caring and sharing** all around the world. And you can be part of it!



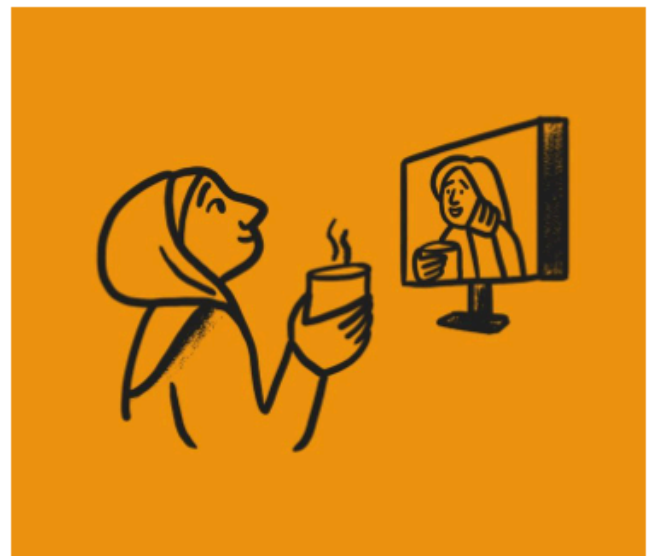
CARING

Get in touch with someone to let them know you care. It could be a loved one, old friend, or maybe someone who who might really appreciate hearing from you. Send a message, make a call or go over.



SHARING

Share something that you found helpful or inspiring. Pass on an uplifting story, podcast, book, article, photo or something else you found helpful recently. It could be practical, funny or heart-warming.



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:

******Rescheduled Date******

Tuesday 4th March - Managing challenging behaviours

Tuesday 25th March - Anxiety



**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**

Action for Happiness Calendar - Mindful March

Mindful March 2025

SATURDAY

1 Set an intention to live with awareness and kindness

8 Eat mindfully. Appreciate the taste, texture and smell of your food

15 Stop. Breathe. Notice. Repeat regularly

22 Notice something that is going well, even if today feels difficult

29 Choose a different route today and see what you notice

SUNDAY

2 Notice three things you find beautiful in the outside world

9 Take a full breath in and out before you reply to others

16 Get really absorbed with an interesting or creative activity

23 Tune into your feelings, without judging or trying to change them

30 Mentally scan your body and notice what it is feeling

MONDAY

3 Start today by appreciating your body and that you're alive

10 Get outside and notice how the weather feels on your face

17 Look around and spot three things you find unusual or pleasant

24 Appreciate your hands and all the things they enable you to do

31 Discover the joy in the simple things of life

TUESDAY

4 Notice how you speak to yourself and choose to use kind words

11 Stay fully present while drinking your cup of tea or coffee

18 Have a 'no plans' day and notice how that feels

25 Focus your attention on the good things you take for granted

WEDNESDAY

5 Bring to mind people you care about and send love to them

12 Listen deeply to someone and really hear what they are saying

19 Cultivate a feeling of loving-kindness towards others today

26 Choose to spend less time looking at screens today

THURSDAY

6 If you find yourself rushing, make an effort to slow down

13 Pause to watch the sky or clouds for a few minutes today

20 Focus on what makes you and others happy today

27 Appreciate nature around you, wherever you are

FRIDAY

7 Take three calm breaths at regular intervals during your day

14 Find ways to enjoy any chores or tasks that you do

21 Listen to a piece of music without doing anything else

28 Notice when you're tired and take a break as soon as possible



ACTION FOR HAPPINESS

Happier · Kinder · Together

March spotlight - Child on Child abuse

Understanding Child-on-Child Abuse

Child-on-child abuse refers to any inappropriate behaviour between children that is abusive in nature. This type of abuse is so named because it typically involves individuals who are similar in age or developmental stages.

Child-on-child abuse can occur either in-person or online, and it can happen anywhere – at school, in the park, or even within the confines of a child's own home via internet-connected devices. This type of abuse encompasses physical, sexual, or emotional abuse, harassment, exploitation, bullying, coercive control, and initiation rituals.

It is important to keep in mind that child-on-child abuse can cause harm to both the victim and the perpetrator. There is often a complex web of reasons why a child may engage in abusive behaviour towards another.

Spotting the signs that your child may be experiencing abuse:

- noticeable change in behaviour
- not wanting to go to school or spend social time with specific friends
- withdrawn or mood changes
- changes in the times spent online
- asking for money or giving belongings away/losing belongings

5 THINGS YOU CAN DO TO HELP YOUR CHILD STAY SAFE FROM ABUSE

HAVE A CONVERSATION WITH YOUR CHILD ABOUT STAYING SAFE IN VARIOUS ENVIRONMENTS

Children who are aware of risks and safety measures are better equipped to recognise potential abuse situations.



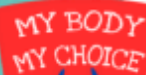
MONITOR THEIR DEVICES CLOSELY AND USE PARENTAL CONTROLS ON THEIR DEVICES



Be present when they are using internet connected devices. Research the safety features on their devices and utilise them.

SUPERVISION WHEN AROUND OTHER CHILDREN

If they spend time at another house, away from you, make sure they are suitably supervised by the adult they are with



TEACH THEM ABOUT BODY SAFETY

Support your child in understanding boundaries regarding their body. It is crucial for them to understand the concept of consent.

THINK ABOUT WHO THEY MIGHT TELL IN SITUATIONS OF ABUSE

Discuss which adult they feel comfortable confiding in when they are in different environments.



The_Enlightened_Parent

Online Safety - What you need to know about Whatsapp

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

What Parents & Educators Need to Know about **WHATSAPP**

AGE RESTRICTION
13+

WHAT ARE THE RISKS?

With more than two billion active users, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. The UK's Online Safety Bill proposes to end such encryption on private messaging, but for the time being, this controversial feature remains.

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency' – plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user they want to message. Therefore, if a child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that the child might be added to a group chat or community (by one of their friends, for example) containing other people they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allow news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original ... and might not be entirely factual, either.

CHAT LOCK AND SECRET CODES

In 2023, WhatsApp introduced a feature that lets users keep their chats in a separate 'locked chats' folder, saved behind their phone's passcode, fingerprint or face ID. There is an additional feature – 'Secret Code' – where users set a unique password for locked chats. Unfortunately, this creates the potential for young people to hide conversations and content they suspect their parents wouldn't approve of.

VIEW ONCE CONTENT

The ability to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate material or abusive texts, knowing that the recipient can't reopen them later to use as evidence of misconduct. People used to be able to screenshot this disappearing content – but a recently added WhatsApp feature now blocks this, citing protection of privacy.

VISIBLE LOCATION

WhatsApp's Live Location feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child is safe while out, for example. However, anyone in a user's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Educators

EMPHASISE CAUTION

Encourage children to treat unexpected messages with caution: get them to consider whether it sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change a child's WhatsApp settings to specify which of their contacts can add them to group chats without needing approval. You can give permission to My Contacts or My Contacts Except... Additionally, if a child needs to use Live Location, emphasise that they should enable this function for only as long as they need – and then turn it off.

CHAT ABOUT PRIVACY

Check in with the child about how they're using WhatsApp, making sure they know you only have their safety at heart. If you spot a Locked Chats folder, you might want to talk about the sort of content they've stored in there, who they're talking to, and why they want to keep these chats hidden. Also, if children send any View Once content, it could be helpful to ask them why.

DISCUSS GROUP CHATS

Make children aware that there could be members of a group that they don't know well and that words can be misinterpreted. Encourage them to leave a good impression, to avoid joining in if conversations turn towards bullying, and to respond to such situations in an appropriate way. Make sure they know that it's OK to leave a group chat if it makes them uncomfortable – or for any reason, in fact.

THINK BEFORE SHARING

Help children understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content that a user posts to be shared more widely, even publicly on social media. Encourage children to consider how an impulsive message or forwarding might damage their reputation or upset a friend who sent something to them in confidence.

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.



The National College®

Source: See full reference list on guide page at: <https://nationalcollege.com/guides/whatsapp-2025>

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 19.02.2024

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



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.yiks.co.uk