



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing, Safeguarding and SEND Newsletter - May 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.HLT.ACADEMY | HEADTEACHER@POP.HLT.ACADEMY | D.CARD@POP.HLT.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.



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 May newsletter - I don't quite know where time is going!

In this month's newsletter we have added a SEND information section - each month we will add more information for you.

This month also marks 'Mental Health Awareness week' - see below for further information

Mrs Vicky Mitchinson

Vice Principal

Designated Safeguarding Lead

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

SEND - Please see some useful links below

<https://www.yorksend.org/>

<https://www.york.gov.uk/SpecialEducationalNeeds>

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

Weekly Autism Support for Schools from the Specialist Teaching Team for Autism Summer 2025



Thursday afternoon for pre-booked support calls from 2p.m. until 4.30 p.m. with the Specialist Teacher on duty.

SENDCos, Autism Champions and teachers or teaching assistants (liaising with their SENDCo) may book a 20 minute support call or Teams meeting.

To book a **THURSDAY** telephone or Microsoft Teams support call, please email

sendcoautismsupport@york.gov.uk stating your name; telephone number; which date you would like to book your call. You will receive a reply allocating you the time at which a specialist teacher will call you. Please state if you would prefer an online meeting on Microsoft teams and the Specialist Teacher will send you a Teams invite. **Bookings close on Tuesday prior the Thursday session you'd like to book.**

Dates: Summer 1

Thursday 24.04.25
Thursday 01.05.25
Thursday 08.05.25
Thursday 15.05.25
Thursday 22.05.25

Dates: Summer 2

Thursday 05.06.25
Thursday 12.06.25
Thursday 19.06.25
Thursday 26.06.25
Thursday 03.07.25
Thursday 10.07.25

Monday morning slots offer support with an 'Open Phone-in' with no need to book the call and for any email queries from during the previous week to be answered by the specialist teacher. Please note, there are no Monday sessions during the second half of the term.

Use the numbers listed below to call the Specialist Teacher on duty or email on SENDCO email support sendcoautismsupport@york.gov.uk

Please note that email support is only suitable for general, resource or signposting requests. Advice for complex and child specific issues are best addressed in a discussion within a call. Please email any resource or signposting requests to sendcoautismsupport@york.gov.uk

Monday 28th April 8.30 a.m. - 11.30 a.m. Call Alex Donkin 07593 554959

Monday 12th May 8.30a.m.—11:30a.m. Call Alex Donkin 07593 554959

Monday 19th May 8.30 a.m. - 11.30 a.m. Call Rachel Hillyard 07881 853329

In light of recent consultations, our Universal Offer to Schools will be revised for the Autumn term



Autism Support for Parents from the Specialist Teaching Team for Autism

Wednesdays Summer 2025



Fortnightly Topic Talks Wednesdays in Summer Term 2025:

Toileting Tips 30.04.25 - 11a.m. online & 1.30-2.30 p.m. in person

Sleep 14.05.25 - 10-11a.m. online & 1.30-2.30 p.m. in person

Managing Emotions 18.06.25 - 10-11a.m. online & 1.30-2.30 p.m. in person

Help for the Holidays 02.07.25 - 10-11a.m. online & 1.30-2.30 p.m. in person

Fortnightly Phone line (mornings) and drop-in (afternoons) Summer 2025:

Wednesday 7th May 2025 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 21st May 2025 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 11th June 2025 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 25th June 2025 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Wednesday 9th July 2025 9 a.m. -12 noon & 1.30 - 2.30 p.m.

Parent Group: Topic Talks virtual (a.m.) and repeated in person (p.m.)

Topic Talks led by the Specialist Teaching Team for Autism, including time for questions and peer support.

Virtual: 10-11 a.m. On Microsoft Teams. Due to confidentiality issues, we will be unable to discuss named children during this time.

In Person: 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF.

Parent/Carer Phone Line and Drop-in

The Specialist Teaching Team Autism are offering parents/carers the opportunity to talk to a member of the team regarding general issues and concerns about children/young people with autism.

Phone line support: 9-12 noon 20 minutes is allocated per phone call.

In person drop-in support: 1.30-2.30 p.m. at The YIKS All About Autism Hub, Clifton Children's Centre, (In front of Clifton Green School), YO30 6BF

To book a 20 minute phone line call or to book your virtual place on a Microsoft Teams Topic Talk session, please email your name stating which Topic Talks you would like to book to: parentcarerautismsupport@york.gov.uk For phone support, we require your name and a contact telephone number for us to call you. We will send you a time slot for your 20 minute call. If we receive a high volume of requests we may need to allocate spaces on the session on a first come, first served basis. **This is an admin email address and we are unable to forward or respond to queries via this email. Bookings close the Thursday before the session. For in person drop-in sessions, you do not need to book and you are welcome to simply arrive on the day.** Please be aware, sessions may be busy and you may need to wait to speak to a member of the team.

Mental Health Awareness Week - 12th-18th May

The theme for this year's mental health week is 'Community'. This year the focus is on finding ways to celebrate the power and importance of community.

Being part of a safe, positive community is vital for our mental health and wellbeing. We thrive when we have strong connections with other people and supportive communities that remind us we are not alone. [Communities](#) can provide a sense of belonging, safety, support in hard times, and give us a sense of purpose.



For further information please click on the links below

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

<https://www.rethink.org/campaigns-and-policy/awareness-days-and-events/mental-health-awareness-week/#:~:text=Mental%20Health%20Awareness%20Week%20is.national%20conversation%20about%20mental%20health.>

<https://www.mind.org.uk/get-involved/mental-health-awareness-week/>

Who can you talk to at POPS?

There are a number of staff who you can contact. You can speak to your child's class teacher, you can email me at v.mitchinson@pop.hslt.academy or hello@pop.hslt.academy or alternatively call the school office to make an appointment.

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), Donna Rogers and Holly Comb (ELSA's) 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 completed a Diploma in Trauma Informed Practice in Schools and trained to become the Senior Mental Health Lead. Miss Rogers is also a DSO (Designated Safeguarding Officer) and is part of 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-parents-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 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

In the Summer Term these drop in sessions will take place on -

Monday 19th May - 9am - General drop in

Tuesday 24th June - 9am - Supporting your child with transitions



Action for Happiness Calendar - Meaningful May

Meaningful May 2025

MONDAY



5 Let someone know how much they mean to you and why

12 Listen to a favourite piece of music and remember what it means to you

19 Reflect on what makes you feel valued and purposeful

26 Remember an event in your life that was really meaningful

TUESDAY



6 Look for people doing good and reasons to be cheerful

13 Find out about the values or traditions of another culture

20 Share photos of 3 things you find meaningful or memorable

27 Focus on how your actions make a difference for others

WEDNESDAY



7 Make a list of what matters most to you and why

14 Get outside and notice the beauty in nature

21 Look up at the sky. Remember we are all part of something bigger

28 Do something special and revisit it in your memory tonight

THURSDAY

1 Do something kind for someone you really care about

8 Set yourself a kindness mission to help others today

15 Do something to contribute to your local community

22 Find a way to help a project or charity you care about

29 Today do something to care for the natural world

FRIDAY

2 Focus on what you can do rather than what you can't do

9 What values are important to you? Find ways to use them today

16 Show your gratitude to people who are helping to make things better

23 Recall three things you've done that you are proud of

30 Share a quote you find inspiring to give others a boost

SATURDAY

3 Take a step towards an important goal, however small

10 Be grateful for the little things, even in difficult times

17 Find a way to make what you do today meaningful

24 Make choices that have a positive impact for others today

31 Find three reasons to be hopeful about the future

SUNDAY

4 Send your friend a photo from a time you enjoyed together

11 Look around for things that bring you a sense of awe and wonder

18 Send a hand-written note to someone you care about

25 Ask someone else what matters most to them and why



ACTION FOR HAPPINESS

Happier · Kinder · Together



Attendance at POPS

The DfE has published a research report outlining the link between attendance and attainment in an assessment year. This report examines the relationship between attendance and academic achievement for pupils in state-funded mainstream schools during the 2022 to 2023 academic year at the end of KS2 and KS4.

The study uses recent data to look at how similar pupils with different attendance rates perform, isolating the impact of attendance on the likelihood of achieving successful outcomes at each key stage.

Please find the report at,

https://assets.publishing.service.gov.uk/media/67c96d7dd0fba2f1334cf2ed/The_link_between_attendance_and_attainment_in_an_assessment_year_-_March_2025.pdf

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 96.03% 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 5.26%. 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 -

<u>Class Name</u>	<u>Class attendance to date</u>
Ouse	95.81
Foss	95.31
Thames	94.39
Tyne	97.08
Aire	96.5
Avon	95.99
Rhine	97.23
Rhone	91.65
Douro	97.87
Danube	96.68
Mekong	97.33
Mississippi	95.43
Nile	95.34
Amazon	94.72

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 8.50am will be classed as 'late' and recorded on the register as so. If you are late onto site and your child's classroom door is closed then please enter school via the main entrance. The office will then sign your child into school as 'late'.

Every Day Counts

Success at school starts with **good attendance**

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

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

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

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. Trigger Warning: This guide contains mention of suicide, which may be distressing for some readers.

What Parents & Educators Need to Know about MAKING FRIENDS ONLINE

In today's digital world, it's increasingly common for children to form friendships with people they've never met in person. While online connections can offer children a sense of belonging, they also carry significant risks. Around 19% of children aged 10 to 15 in England and Wales have chatted online with someone they've never met face to face. This guide offers expert advice for parents and educators on helping children navigate online friendships safely.

WHAT ARE THE RISKS?

ONLINE GROOMING THREATS

Predators can use games, chat apps or social media platforms to build relationships with children and gain their trust. This may quickly develop into grooming or exploitation. Between April 2017 and March 2023, UK police recorded nearly 34,000 online grooming offences – an 82% increase in just five years.

EXPOSURE TO INAPPROPRIATE CONTENT

Children may encounter distressing or explicit material while interacting with online contacts – especially via TikTok, Instagram or Snapchat. This is evidenced in a survey by the Children's Commissioner for England, which found that 45% of children aged 8 to 17 had seen content online that made them feel uncomfortable, worried or upset.

PRIVACY AND DATA RISKS

Children and young people often overshare personal details – such as where they live or go to school – without understanding the consequences. In fact, 4.4% of 10 to 15-year-olds in the UK have met up in real life with someone they'd only spoken to online.

COMPROMISED PERSONAL SAFETY

Meeting an online 'friend' in real life risks placing a child in serious danger. From abduction to coercion, the consequences can be devastating. Reports of children being harmed after such meetings are becoming increasingly common in the UK, highlighting the need for safeguarding intervention.

PSYCHOLOGICAL DISTRESS

Online harm – such as cyberbullying, grooming or exposure to disturbing content – can lead to long-term emotional issues, including anxiety, depression and PTSD. 'Sextortion' gangs, who threaten to release sexual information about a person unless they pay them money, have reportedly targeted children as young as 11, leaving them traumatised and ashamed.

LONG-TERM REPERCUSSIONS

Children exposed to harmful online relationships early on may develop unhealthy beliefs about relationships, consent, or self-worth. In a recent case, a 26-year-old posed as a girl on Snapchat to befriend children aged 10 to 16, manipulating them into sexual activity and causing profound emotional distress. One 12-year-old tragically died by suicide, highlighting the long-term psychological harm online friendships with strangers can cause.

26 FRIENDS
ONLINE NOW

Advice for Parents & Educators

TEACH SAFE ONLINE HABITS

Help children understand how to use privacy settings, protect their personal information, spot fake profiles, and report anything suspicious or concerning, like pressure tactics. Encourage them to think critically about what they share – and whom they're talking to.

KEEP CONVERSATIONS OPEN

Let children know they can talk to you about their online life. Avoid reacting with anger or judgement, as this may prevent them from opening up in the future. A child who feels listened to is more likely to disclose problems before they escalate.

ENCOURAGE REAL-WORLD CONNECTIONS

Support children in building friendships through school, clubs, hobbies and activities in the real world. Strong offline relationships help reduce children's reliance on online platforms for social interaction, and can help them develop resilience and social confidence.

USE PARENTAL CONTROLS

Parental control settings on devices, games and apps can help manage screen time, filter out inappropriate content, and monitor activity. While no system is perfect, they provide a valuable layer of protection as children explore digital spaces.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with over 30 years' experience in supporting children, families, and adults across education, local authority, and mental health settings – both in the UK (including at Parliamentary level) and internationally.



#WakeUpWednesday

The National College

@wake_up_weds

/www.thenationalcollege

@wake.up.wednesday

@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 23.04.2025

South West Grid for Learning has produced some great advice for parents regarding online safety and gaming. Please see the link above and poster below.

Online Safety & Gaming

Gaming refers to playing electronic games, whether through consoles, computers, tablets, smartphones or other devices. Gaming remains one of the most popular forms of entertainment, attracting a wide range of age groups from all across the world. Gaming is always looking to develop, often improving on graphical features, accessibility and user engagement as years go by.



Unlike many other forms of media, gaming brings a sense of challenge to the player. Usually there is a degree of skill involved that players need to develop in order to progress. Depending on the type of game, it can also offer players a platform where they can be imaginative and explore their own creativity.

Some games have rich storylines and characters that are engaging and memorable. Many players also use it as an opportunity to compete and socialise with other users whether it be in person or online. More often than not though, people game, because it is fun!

Benefits of Gaming

- 1 Can develop critical and creative skills
- 2 Can bring educational benefit and awareness
- 3 Is available to most audiences and family members
- 4 Is an easy and accessible way to socialise with others



Considerations for Gaming

- 1 Have awareness of appropriate age restrictions
- 2 Parental awareness around purchasing
- 3 Active discussions around socialising safely
- 4 Reporting harmful or offensive content online

Socialising Online

A staple of gaming is the community that surrounds it. Groups and audiences can gather around a specific game, character or theme to build specific fan bases that can interact with each other. Young people may like to socialise online because:

- 1 It gives them a platform to be with friends outside of school
- 2 There is usually a competitive element at play, which can feel rewarding
- 3 It can build confidence and social skills which may not be attainable physically
- 4 It gives opportunity to young people who have difficulty socialising with friends and others



Reporting and Blocking

Gaming communities can range from supportive and educational, to toxic and harmful. In some instances, it can even lead towards more radical content being promoted. When faced with something or someone being harmful online, make sure young people know how to:

- 1 Report the player or piece of content
- 2 Mute or block the player
- 3 Manage their privacy settings or communication options
- 4 Speak with a trusted adult for support



To find out more about Gaming visit the SWGfL hub:
swgfl.org.uk/topics/gaming/

or scan the QR code



Further Support

Professionals Online Safety Helpline: saferinternet.org.uk/professionals-online-safety-helpline

Harmful Sexual Behaviour Support Service: swgfl.org.uk/harmful-sexual-behaviour-support-service/

Report Harmful Content: reportharmfulcontent.com



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