



Safeguarding Letter
no. 3

December 2021

Designated Safeguarding Leads (DSLs)

Mr Carlyle - Head of School

Mrs Price - Deputy Head

Mr Stagg - Assistant Head

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Mr Mullen - Pastoral Lead

Mrs Barber - Office
Manager

What is a DSL?

A designated safeguarding lead (DSL) is a member of staff who has received specialist training in whole school safeguarding. A DSL will manage safeguarding in school, deliver training to all staff and will also work with outside agencies to help keep children safe.

A DSL will also follow up any concerns that have been raised about the safety and wellbeing of a child.

Safeguarding December 2021

This is the third edition of our safeguarding newsletter and the last one before the end of the autumn term. Hopefully you have found the information useful and something that you can refer to should the need ever arise.

The main focus for this safeguarding letter is on e-safety. This is often the time of year when children can get new devices and often the children's understanding of these things can quickly outstrip our own. We all want everyone to stay off online and the intention is that the information on here will be useful in the coming weeks.

The website www.net-aware.org.uk will be closing soon but they have some really helpful guidance to support families. Their top 6 tips are:

Talk About Online Safety - Talking to your children, openly and regularly, is the best way to help them stay safe online. For children, online life is real life. In the same way that you'd ask about their day, reach out to your child to find out what they're doing online regularly – not just when you're worried.

Talk to your child regularly about what they're doing online and how to stay safe. Let them know they can come to you, another trusted adult or Childline if they're feeling worried or upset by anything they've seen.

Agree some rules about how they spend their time online - Sit down with your child and agree some rules around how long they can spend on certain devices and when they can do certain activities such as talk to friends or play games.

Involving your child in this process will encourage them to think about how they spend time online and help them develop good online habits in the future.

Different rules will work for different families but often work best when agreed together as a family. That way your child can share things like how long each game lasts which is helpful to know when agreeing time limits.

Safeguarding Vocabulary

CCE – Child Criminal Exploitation

CEOP – Child Exploitation and Online Protection Centre

LADO – Local Authority Designated Officer – deals with positions of trust safeguarding issues in Norfolk

Early Help – ‘providing support as soon as a problem emerges, at any point in a child’s life, from the foundation years through to the teenage years’ – essentially intervening to prevent abuse before it occurs

DBS – Disclosure and Barring Service – a way of checking the suitability of adults to work with children

KCSIE – Keeping Children Safe in Education - a key document for schools for ensuring children are safeguarded

CAMHS – Child and Adolescent Mental Health Services

Prevent – part of the government’s counter terrorism strategy to stop people being drawn into extremism

Look at the tools available to help - Parental controls can restrict what your children see and the type of content they come across. Adjust the privacy settings on apps, sites and games including location settings. This allows you to choose what your child shares and what others see, like their location.

Explore the online activities that your child likes - Explore your child’s online activities together. Understand why they like using certain apps or games and make sure they know what they can do to keep themselves safe.

Lots of platforms have chat functions that let you to talk to people you don’t know. Make sure to check the communication features on the apps and games your child uses and explore the safety features available.

Look out for signs they might need more support - Parents and carers should look out for signs their child might have had a negative experience online. Some of them might include:

- Being withdrawn or more quiet than usual
- The child getting angry when you try to go near their device
- Mood swings
- issues with sleeping and their mental health
- A new behaviour from your child which doesn’t have an obvious explanation.

Remember, as a parent you know your child best so trust your gut feeling that something might be wrong

Know where to get further support –

If your child sees something online that upsets or worries them it’s important that you both know where you can get further support.

If you’re worried about your child or need advice you might want to call the [NSPCC helpline](https://www.nspcc.org.uk/08008005000) on 0808 800 5000.

Encourage your child to look at the [Childline](https://www.childline.gov.uk) website, which has a range of great advice articles.

[Childline’s Calm zone](https://www.childline.gov.uk/childline-calm-zone) is also packed with tools and activities to help your child de-stress and discover news techniques that can support them when they’re feeling down. Young people can also talk about their worries with others on the Childline message boards.