



Bierton CE Combined School

Aim High, Achieve Success, Find Your Sparkle and Shine



SAFEGUARDING NEWSLETTER

Autumn 2024- Issue 2

Latest advice for parents and carers

Welcome to our Safeguarding Newsletter. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. This issue contains information and support on where to get support, Tips for coping over Christmas, local support groups and workshops, information from the Sports Unit and online safety.



You're not alone this Christmas

NATIONAL DEBTLINE

0808 808 4000
www.nationaldebtline.org



0300 7729844
www.nopanic.org.uk



Text 85258
www.giveashout.org



0808 808 1677
www.cruse.org.uk



0800 58 58 58
www.thecalmzone.net



0300 123 3393
www.mind.org.uk



116 123
www.samaritans.org.uk

Don't suffer in silence.

For more support organisations, you can find the Everymind Mental Health Support Directory on www.everymindatwork.com.



4 tips on how to feel a little less lonely this *Christmas*

Limit your social
media usage

Volunteer in your
local area

Consider scheduling a
call with family or
friends

Have a look at what
places are open
near you





4 tips to manage your social anxiety this Christmas



Plan ahead.

Take a few hours to organise your schedule and write a to-do-list for the coming weeks. Developing a plan can help you manage feelings of fear of the unknown.



Ask for help.

Remember that it's okay to feel anxious and ask for help. There are so many external support lines you can reach out to. Don't forget, you're not alone.



Make time for self-care.

Even though the holiday season can be busy, try to make time for yourself and your mental health. Even just a few minutes every day to practice self-care can help manage symptoms of anxiety. You can try meditation, exercise, or self-help books.



Find your support system.

Talk to and spend time with people you trust, whether that is family, friends, or people who have also experienced similar anxiety. If you're nervous about attending a holiday gathering, take that person with you for support.










My Positive Mental Health Christmas Holiday Planner

The Christmas holidays can be a busy time and are often filled with lots of different thoughts, feelings and emotions. It is important that we look after our mental health during times like this.



Completing a range of activities can help keep our mind healthy and our emotions balanced. Think of all the different activities you could do over the Christmas holidays to look after your mind and write them on this planner.

Physical Activities	Emotional Activities	Social Activities	Play Activities	Concentrating Activities	Relaxation Activities	Rest Activities
Things to get you moving.	Things to connect you with others.	Things to help you enjoy the company of others.	Things to let your imagination run free.	Things you can spend time quietly focusing on.	Things to help you be still, calm and to reflect.	Things to help you simply chill out.
						





Love it or loathe it the run-up to Christmas for parents means having a lot on your plate (and we're not talking Christmas dinner).

Let's keep it merry with six simple safety tips you can do that won't add to the to-do list:

1. When you're Christmas shopping...

And hunting online for the best offers on toys and gifts, dangers to watch out for are:

- Easy-access button batteries – a swallowed battery can kill a child
- [Super-strong magnets](#) – they damage the belly if swallowed
- Long cords – that can cause strangulation

Bits that come off – that could be a choking hazard

2. When your decorations are going up...

Keep in mind fire risks. Look out for:

- Frayed or loose cords on the fairy lights
- Overloaded sockets or extensions
- Candles near the tree – real or fake they can burn

And don't forget to test your smoke alarms

3. When you're visiting friends and family...

Remember they may not have things set up as safely as at home for your little ones. When you're bringing in the bags take a couple of minutes to

- move medicines or cleaning products out of reach (check the bedside table or by the loo)
- make sure any [blind cords](#) are out of reach.

4. When you're cooking at Christmas...

Watch out for burns

- Try to keep the kids out of the kitchen if you can and away from the cooker

Use the back rings of the cooker and turn pan handles in.

5. When you're opening presents...

Spot any toys or light-up novelties that have easy-to-access button batteries and remove them without the kids noticing! Look out for spare batteries in the box too.

6. When you're eating and drinking at Christmas...

Put coasters in places out of reach of little hands so everyone knows to put their hot drinks down there.



The 12 Online Safety Tips of Christmas

FOR CHILDREN WITH NEW DEVICES

Christmas is almost upon us once again, and soon some lucky children will be excitedly tearing the wrapping off a new mobile phone, tablet or games console. For some of them, it will be the first time they've owned a device that connects them to the online world. Even for older children, a new device means new corners of the digital landscape to explore – and, unfortunately, new risks to be aware of.

We've put together our top tips so that you can guide your young ones in enjoying their new digital gifts safely and responsibly throughout the year to come. Merry Christmas!



1. ALWAYS SET A PASSWORD



If your child's new device has a password protection feature, use it! It'll help to keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!).

2. SET UP 'PARENTAL CONTROLS'



This really is an essential when your child gets a new device, so they're protected from the outset. Most phones, tablets and consoles allow you to customise their settings to determine which games your child can play, how they can communicate (and who with), what content they can access and so on. It will give you peace of mind that they can't inadvertently do something they shouldn't.

3. PAY ATTENTION TO AGE RATINGS



One of the first things children want to do with any new device is play games and explore apps. Before they download anything or install a new console game, check its age rating. Many popular games and apps have content that's not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games and apps appropriate for their age.

4. KEEP NUMBERS AND DEVICES PRIVATE



Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger, and never put it down somewhere that other people could steal it or take it to use without asking.

5. HAVE 'THE MONEY CONVERSATION'



Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain, or if they have made a purchase by accident.

6. DISCOURAGE DEVICE DEPENDENCY



Of course, children who've just got a new device will naturally want to spend as much time on it as possible. But whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun, too. And the device will be there when they get back.

7. EXPLAIN SECURE WIFI NETWORKS



Your home Wi-Fi is protected by a password that only your family knows, whereas public networks (like those found in coffee shops, for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them even knowing.

8. LIMIT SCREEN TIME



Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child to stay fresh and focused in order to perform well at school.

9. ONLY PAIR WITH KNOWN BLUETOOTH DEVICES



Your child may want to connect to another device via Bluetooth, so they can listen to music wirelessly or share pictures and videos with nearby friends. But if they use Bluetooth to link with a device that they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus onto their device.

10. TURN LOCATION SETTINGS OFF



It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.

11. STAY AWARE OF THE SURROUNDINGS



It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your child that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.

12. BE THERE IF THEY NEED TO TALK



Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them, or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.



National Online Safety

#WakeUpWednesday





Helping Hands

Our Helping Hand team is available to help individuals or families in need, those on low incomes and those who are experiencing a financial emergency or crisis.

Let us know if:

- you are struggling to afford food
- you cannot keep on top of your bills
- you are in debt
- you are struggling to pay for essential goods in your home

Whether you get in contact by phone or our online form, we will ask a few questions about your situation so we can offer the best support or advice.

You can request support from the Helping Hand team by:

completing our online form— <https://www.buckinghamshire.gov.uk/cost-of-living/contact-helping-hand/>

calling 01296 531 151

Our phone lines are open:

Monday to Thursday (9am to 5:30pm)

Friday (9am to 5pm) We are closed on bank holidays.





Domestic Abuse

Domestic abuse is not always physical violence. It can also include:

- coercive control and 'gaslighting'
- economic abuse
- online abuse
- threats and intimidation
- emotional abuse
- sexual abuse

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, religion, socio-economic status, sexuality or background.

If you believe that you are a victim of domestic abuse, there are signs that you can look out for including:

- being withdrawn, or being isolated from your family and friends
- having bruises, burns or bite marks on you
- having your finances controlled, or not being given enough to buy food, medication or pay bills
- not being allowed to leave your house, or stopped from going to college or work
- having your internet or social media use monitored, or someone else reading your texts, emails or letters
- being repeatedly belittled, put down or told you are worthless
- being pressured into sex or sexual contact
- being told that abuse is your fault, or that you're overreacting



Ask for ANI codeword

If you are experiencing domestic abuse and need immediate help, ask for ANI (Action Needed Immediately) in participating pharmacies and Jobcentres (Jobs and Benefits Offices in Northern Ireland).

When you ask for ANI, you will be offered a private space, provided with a phone and asked if you need support from the police or other domestic abuse support services.

[Safe Spaces](#) are also available in Boots, Morrisons, Superdrug and Well pharmacies, TSB banks and independent pharmacies across the UK.

Nation	Helpline	Contact
England	Refuge's National Domestic Abuse Helpline	0808 2000 247 Online live chat Web form



EAL Resources for Online Safety

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/ufiles/SupportingYoung-People-Online.pdf>

Leaflets available in other languages here <https://www.childnet.com/resources/supportingyoung-people-online>

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese

ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone / email / mobile number, that you immediately let the school know, so that we have the most up to date contact details.

Thank you.

USEFUL ONLINE SAFETY WEBSITE

Internet Matters – Contains a wide range of online safety advice for parents to keep their children safe on-line.

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

Keeping your child safe in sport—safeguarding for parents



Child Protection in Sport Unit

A free e-learning course for parents

We've designed this course to help you understand your role in keeping children safe in sport and to let you know who to turn to if you have any worries.

The course is free to take and is suitable for any parent of a child who takes part in sport, regardless of your level of safeguarding knowledge. It should take you around 10 minutes to complete.

<https://thecpsu.org.uk/parents/keeping-your-child-safe-in-sport-e-learning-course>