



# SAFEGUARDING NEWSLETTER

Summer 2024- Issue 1

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 on where to get support, Parenting Webinars and workshops, Child Criminal Exploitation and County Lines, Online Safety, local support groups and workshops.

## Clever Never Goes

CLEVER NEVER GOES is the new, child-friendly lesson that teaches children how to stay safe from abduction when they are outside (e.g. walking to or from school), or online.

<https://youtu.be/KVBkbbmmqlAk>

WE SPEND THE FIRST FEW YEARS DOING EVERYTHING WE CAN TO PROTECT OUR CHILDREN...

Then we have to learn how to give them some independence...

Teaching children simply to avoid strangers doesn't work. Most strangers will help rather than harm children. Conversely, it is often people known to children that pose the greatest threat. That's why we've invented Clever Never Goes.

Clever Never Goes teaches children to recognise when someone (anyone) is asking them to go with them. We call this 'Go Spotting'. It's about giving your child practical safety skills and confidence to engage with the outside world.

**OUT WITH STRANGER DANGER IN WITH  
CLEVER NEVER GOES**

### TEACH THE CLEVER OPTION AT HOME

CLEVER NEVER GOES is the new, child-friendly lesson that teaches children how to stay safe from abduction when they are outside (e.g. walking to or from school), or online.

It's been created to help parents/guardians talk to their children about staying safe in a simple way.

Instead of creating a fear of people it teaches them to recognise the danger in a situation, regardless of who's involved.

### THE RULE:

**If anyone asks you to go - even someone that you know - if it hasn't been agreed, remember: CLEVER NEVER GOES**

The CLEVER NEVER GOES rule means children shouldn't go anywhere with anyone - even if they know them - if it hasn't been agreed in advance by a parent or guardian.

And please remember, children learn through repetition so make sure you remind them regularly of CLEVER NEVER GOES when they're going outside or online.

For more information, ideas and resources to have that clever conversation go to: [clevernevergoes.org](https://clevernevergoes.org)

### WHY CHANGE?

Since it was introduced in the 1970's, the 'stranger danger' message has been fundamentally flawed.

Most strangers will help rather than harm a child, and many people that do pose a risk to children are not strangers.

Furthermore, it demands that all strangers should be treated with suspicion, which breeds fear in our communities. This has led to children spending less time outdoors, fuelling a rise in obesity and mental health problems.

Add to this, children are spending more time online, increasing their risk of being groomed. Now is the time for a new approach that creates safer, happier and healthier children.

Backed by more than 1,000 schools across the UK, CLEVER NEVER GOES is more practical than stranger danger and gives children the skills and confidence to safely explore their outdoor and online worlds without fear. And gives parents the reassurance to let them.

# clever never goes

POLICE & CRIME  
COMMISSIONER

Serving  
Hampshire  
Isle of Wight  
Portsmouth  
Southampton

This leaflet has been brought to you by the charity Action Against Abduction (registered no. 1081904) with the support of the Police and Crime Commissioner for Hampshire.



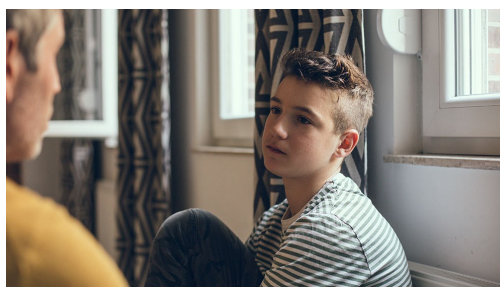
## Child Criminal Exploitation and County Lines

Evidence from the National Crime Agency shows that child criminal exploitation is increasing across all areas of the UK where children, due to their ease of manipulation and coercion, are being groomed and criminally exploited.

- Know more about county lines and other forms of child criminal exploitation
- Know the signs and indicators of child criminal exploitation
- Appreciate the impact child criminal exploitation has on families
- Understand what to do if you suspect a child might be at risk
- You will have the confidence to talk to a child about what county lines and criminal exploitation is.
- You will be able to recognise the signs that a child or young person might be being exploited.
- You will know how to seek support if you are concerned about your child or a child in the community.

The free online training course is aimed at parents, carers and professionals who work alongside children and young people.

Visit: <https://www.virtual-college.co.uk/resources/free-courses/child-criminal-exploitation-county-lines-training-course>



## Taking charge of autism and anxiety

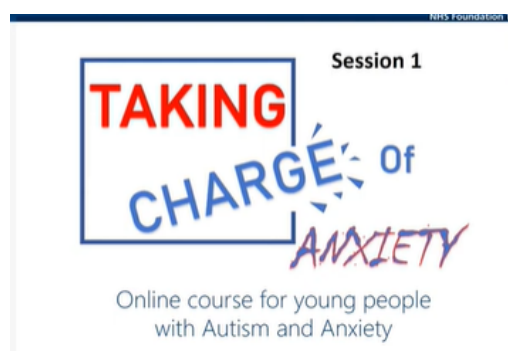
An online course for young people with Autism and Anxiety.

These self-help resources are aimed at young people with autism, and their parents or carers. They consist of:

- six explanatory worksheets
- six accompanying videos

<https://www.oxfordhealth.nhs.uk/camhs/self-care/asd/autism-and-anxiety/>

**CAMHS**  
Child and Adolescent  
Mental Health Service





## Bucks Mind—Befriending



Our Befriending service offers short term support to adults in Buckinghamshire who are lonely or isolated as a result of mental illness.

### Who is this suitable for?

Anyone over the age of 18 who is experiencing mental health difficulties (excluding dementia) may be able to use our service.

### What can I expect?

Our Befriending Coordinators recruit and train volunteers who then form 'partnerships' with people from the local community. These can be for up to 6 months and can focus on a specific activity or on learning a particular skill or be purely for regular social contact.

### Fees

There is no charge as the service is funded by Buckinghamshire Council. Capacity is limited, so there may be a wait to receive support.

### How can I access this service?

You can be referred to this service by your GP, the Adult Mental Health Team or other agency.

<https://www.bucksmind.org.uk/wp-content/uploads/2024/04/BM-Befriending-Leaflet-for-People-We-Support.pdf>



## Getting Ready for Year 1—FREE online Course for Parents

Online Course

Start Date: Mon 03-Jun-2024

End Date: Mon 01-Jul-2024

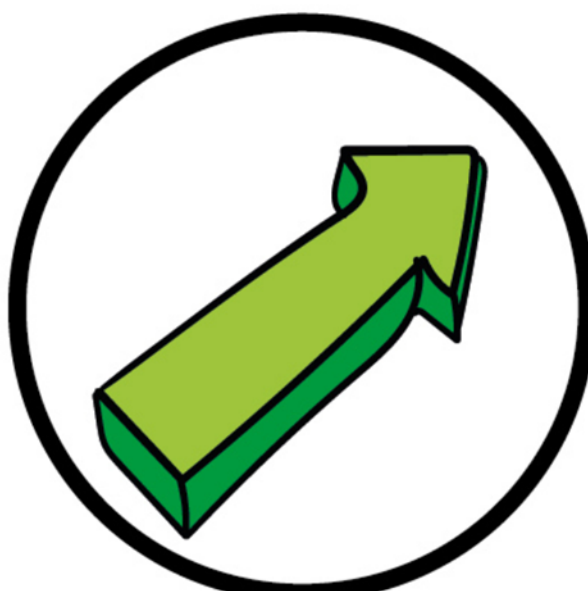
Course Time: 09:30 - 11:30

Course Duration (Weeks): 5

Course (Sessions): Morning

Course Code: FMGC022-2324-3ON-C

Online Course



### What will I learn?

This course is being delivered by the Family Learning team. It is a FREE course which will give you practical ideas to improve your child's well-being moving from Reception into Year 1. Through child-friendly activities, you will explore ways to build your child's confidence and enhance their independence. You will also look at the differences between Reception and Year 1, and how to support your child to learn.

### Is this course for me?

This course is for parents and carers with a child in Reception, who would like to support their child with the move between Reception and Year 1.

### What do I need to bring?

No special equipment is required; the tutor may ask you to use everyday house hold items for some activities.

### How will I know that my skills have improved?

At the start, you will decide (with help from your tutor) what you want to get out of the course. You will have the opportunity to review your progress and at the end of the course you will have the chance to reflect on what you have learnt and how your skills have improved.

Course Code: FMGC022-2324-3ON-C

**Visit this website to book: <https://adultlearningbc.ac.uk/courses/getting-ready-for-y1-fmgc02223243onc/>**





## Yr3,4,5+6 Help Your Child Build Confidence and Resilience —FREE online Course for Parents



Start Date: Mon 10-Jun-2024



End Date: Mon 10-Jun-2024



Course Time: 19:00 - 21:00



Course Duration (Weeks): 1



Course (Sessions): Evening



Course Code: FMWB079-2324-3ON-A



Online Course



### What will I learn?

It is a FREE workshop which will give you practical ideas to improve your child's well-being through child-friendly activities. You will explore ways to build your child's confidence and self-esteem, improving their resilience, both at school and home. You will consider the influence of media and peer pressure on how children see themselves and how you can help them deal with this.

### Is this course for me?

This course is for parents and carers with a child in Years 3, 4, 5 and 6 who would like to support their child with building resilience, self-esteem and confidence.

### What do I need to bring?

No special equipment is required.

### How will I know that my skills have improved?

At the start, you will decide (with help from your tutor) what you want to get out of the course. You will have the opportunity to review your progress and at the end of the course you will have the chance to reflect on what you have learnt and how your skills have improved.

Course Code: FMWB079-2324-3ON-A

**Visit this website to book: <https://adultlearningbc.ac.uk/courses/y3456-help-your-child-build-confidence-and-resilience-workshop-fmwb07923243ona/>**



## @CHARITYNOPANIC

### EASE MORNING ANXIETY

Many people find that their anxiety is at its worst in the mornings. Racing thoughts, panic symptoms and excessive worry can strike as soon as you wake up, even before you have set foot on the floor. If you can relate to this, please be reassured, you are not alone. Morning anxiety is very common.

#### What causes morning anxiety?

- Studies have shown that the level of the "stress hormone, cortisol is quite often at its highest during the first hour of waking up.
- After a night's sleep the blood sugar levels in our bodies are low, this can trigger anxiety. The body needs re-fuelling. Little and often is a good tip, this keeps our sugar levels balanced.
- Too much caffeine and sugar can increase anxiety symptoms. So be aware on what you consume first thing.
- If you go to bed with anxious thoughts or lie awake worrying during the night, you are quite likely to wake up feeling stressed.



#### What can you do to ease Morning anxiety?

- Eat a healthy, well-balanced diet. Cutting out or reducing sugar, caffeine and processed foods.
- Limiting or cutting out alcohol.
- Keeping a healthy sleep pattern. Going to bed and getting up at the same time each day really helps.
- Reducing anxious thoughts before bed. Keep a pad and pen handy, write any worries down and promise yourself you will deal with them at a more appropriate time.
- Use meditation, mindfulness or relaxation exercises to fall asleep.





## 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  | • Punjabi    |
| • Bengali | • Somali     |
| • English | • Spanish    |
| • Farsi   | • Turkish    |
| • French  | • Urdu       |
| • Hindi   | • 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/>

## May Half Term Activities

Whilst the holidays allow time for friends and family to spend time together, we also appreciate that it can be difficult to keep children entertained for these periods of time. The Bucks family Information Service has a whole list of available activities that are taking place over the holidays. Some activities are free and some involve a cost.

Visit this website for further information and a wider range of choices available:

<https://directory.familyinfo.buckinghamshire.gov.uk/?categories=holiday-activities&collection=things-to-do&keywords=May&location=Aylesbury&page=1>

### Musical Theatre Masterclass | May Half term

Musical Theatre Masterclass for 5 to 11-year-olds. Saturday 1 June 2024. Get creative with choreography and belt your heart out...

Less than a mile away • Recently updated

### Comedy Club 4 Kids | May Half term

Comedy Club 4 Kids is family-friendly but without any patronising idiocy. In fact, it's just like a normal...

Less than a mile away • Recently updated

### Motts Coaches Coastal Days (May Half-Term)

Oh we do like to be beside the seaside! With its miles and miles of glorious coastline, our...

Less than a mile away

### May Half Term at Discover Bucks Museum

Saturday 25 May – Spring Into Summer – Family Day. We're springing into summer at Discover Bucks Museum. play...

Less than a mile away • Recently updated

### Kids' Clay Safari Animals Workshop (Aylesbury) May Half term

Little ones will love getting creative with colourful clay! With the choice of a snake, crocodile, giraffe and...

Less than a mile away • Recently updated



## Family Support Service

## Elmhurst Family Centre

Elmhurst School, Dunsham Lane, Aylesbury, Buckinghamshire HP20 2DB

**Summer Timetable**  
2 April to 26 July 2024

Monday	Tuesday	Wednesday	Thursday	Friday
<b>My First Playtime</b> 10am to 11:30am Drop in <a href="#">My First Playtime</a>	<b>Grandparents Group</b> 10am to 11:30am Drop in Details on the next page <a href="#">Grandparents Group</a>	<b>Midwives Clinic</b> Appointment only Details on the next page <a href="#">Midwives Clinic</a>	<b>Family Learning Workshops</b> Booking Required <a href="#">Family Learning Workshops</a>	<b>Midwives Clinic</b> Appointment only Details on the next page <a href="#">Midwives Clinic</a>
<b>Midwives Clinic</b> Appointment only Details on the next page <a href="#">Midwives Clinic</a>	<b>Little Talkers</b> Commences 11 June 1:30pm to 2:30pm Booking required Details on the next page <a href="#">Little Talkers</a>			<b>Midwives Breastfeeding Clinic</b> Appointment only Details on the next page <a href="#">Midwives Breastfeeding Clinic</a>
<b>Health Visitor Drop In</b> Monday afternoons Drop in Details on the next page <a href="#">Health Visitor Drop In</a>	<b>Midwives Clinic</b> Appointment only Details on the next page <a href="#">Midwives Clinic</a>		<b>Play and Explore</b> 1:30pm to 3pm Drop in <a href="#">Play and Explore</a>	
<b>Bucks Mind</b> Appointment only Details on the next page <a href="#">Bucks Mind Counselling</a>				

**For more information please visit**  
[familyinfo.buckinghamshire.gov.uk/familycentres](mailto:familyinfo.buckinghamshire.gov.uk/familycentres)







2 April to 26 July 2024

Elmhurst School, Dunsham Lane, Aylesbury, Buckinghamshire HP20 2DB

Service

## Session/activity overview and further details

<b>My First Play Time</b>  A session for families and carers with children aged 0 to 1 years Children can explore and learn whilst playing with a range of activities Activities such as messy play, arts and crafts, construction, and sensory play. No need to book	<b>Play and Explore</b>  A session for families and carers with children aged 0 to 5 years (up to 10 years during school holidays) There will be a variety of activities including arts and crafts, games and outside play. No need to book	<b>Midwives Clinic and Breastfeeding Clinic</b>  Anti and postnatal support for families. Contact your Midwife or go to the link below for more information. <a href="#">Homepage - Buckinghamshire Healthcare NHS Trust - Birth Choices Website (buckshealthcare.nhs.uk)</a>
<b>Bucks Mind</b>  Bucks Mind provides counselling support for Young People and Adults. Go to <a href="https://www.bucksmind.org.uk/services/">https://www.bucksmind.org.uk/services/</a> for more information on services and self referral.		<b>Health Visitor drop in and Health Checks</b>  Come and speak to a Health Visitor to discuss any concerns you may have regarding your child's development  Call 01296 838000 (Option 6, then Option 2) to find out more.
<b>Grandparents Group</b>  A Play and Explore Session for Grandparents and their Grandchildren up to 5 years. There will be a variety of activities including arts and crafts, games and outside play. No need to book	<b>Family Learning Workshops</b>  For parents of children aged 0 to 5 years. Covering Your Healthy Active Child, Getting Ready for Reception-Parent and Child, and Story Workshops. Booking required please visit:  <a href="#">News - Buckinghamshire Adult Learning (adultlearningbc.ac.uk)</a>	<b>Little Talkers</b>  Little Talkers is a 5 to 6 week programme delivered by the Family Support Service. It offers support if you're concerned about your toddler's talking and understanding of language but their social skills appear to be developing well. Email to book: <a href="mailto:earlyhelpduty@buckinghamshire.gov.uk">earlyhelpduty@buckinghamshire.gov.uk</a> or call 01296 383293



SCAN ME  
for centre details

**For more information please visit**  
[familyinfo.buckinghamshire.gov.uk/familycentres](https://familyinfo.buckinghamshire.gov.uk/familycentres)



# What parents & carers need to know about... AMAZON ALEXA

Alexa is an artificial intelligence (AI) software assistant created by Amazon in 2014 through which smartphone, tablet and smart device users can issue voice commands and ask questions in a range of languages by issuing the 'wake' or activation word Alexa. It can be accessed in several ways and is integrated into a growing number of 'smart' products including speakers, phones and clocks. Once viewed as expensive gimmicks, Alexa is now one of the most used voice assistants in the world.

## Privacy concerns

By their nature, AI voice assistants involve the collection of large amounts of data. How this is stored and the uses to which it is put has aroused growing concern. Experts also worry about who has access to voice recordings, which in 2019 the company admitted sometimes included employees of Amazon and its commercial partners. There is also the more general anxiety that internet voice assistants might record private conversations and not only commands or questions.

## Age-inappropriate content

Using Alexa as a speaker to play your favourite songs is one of the most popular uses for the device. However, without any parental controls in place, Alexa won't filter the lyrics so it's possible that children could hear something they shouldn't. Similarly, Alexa isn't always able to identify who or what age the person is who is issuing a voice command so if children ask a question which might not be age-appropriate, the chances are they're likely to get an age-inappropriate answer.

18+

## Insecure devices

The devices and their background services are another worry, which can have software vulnerabilities that make them insecure in complex ways. In 2020, for instance, researchers discovered that the services to which Echo products connect were insecure, potentially allowing hackers to access personal information such as voice conversations. In 2017, researchers were able to directly hack an Amazon Echo to send audio to attackers. Amazon has a good record of fixing security problems when they are discovered but it is never possible to find every problem.

## Changing Tech Relationships

In a 2019 report published by the Centre for Data Ethics and Innovation, concerns were raised on the disruptive effect that voice assistants and smart speakers, such as Alexa, were having on the way that children interact with technology. From building sentiment and forming relationships which could encourage them to overshare personal details, to a fear of consuming content driven by commercial algorithms and an inability to assess reliability, how Alexa operates could considerably change children's relationship with technology in both the short and long term.

**NOS**  
National  
Online  
Safety  
#WakeUpWednesday

PRIVATE

## Safety Tips

### Check privacy settings

It's possible to delete Alexa's recordings either entirely, or for a given period, with the instruction 'Alexa, delete everything I said.' Alternatively, set up the Alexa account privacy settings for that account to delete recordings every three or 18 months. Existing recordings made using the Alexa app can be deleted via Settings > Alexa Privacy > Review Voice History. A final tweak is to turn off the setting that allows Amazon to 'use voice recordings to improve Amazon services.'

### Control voice input

If privacy is paramount, one idea is to locate Echo devices in only one room rather than having several throughout the home. In addition, Alexa can be activated only when it is needed by manually turning off the microphone on Echo devices between use. Users can tell when Alexa is in listening mode as an indicator light should appear or an audible tone should sound.

### Set pin code

Amazon account users can order items from the company using a voice command, for example 'Alexa, buy some toilet paper.' To counter accidental use or misuse and avoid racking up big bills, this can either be disabled or protected with a PIN code (it should be noted that this is an audible PIN however, so is not as secure as a typed code).

### Look out for 'Skills' apps

A big appeal of Alexa is that thousands of companies have created apps, which Amazon calls 'skills', that add useful capabilities, often integrations with other products or services. These are installed by asking Alexa to 'open/play/start' the skill. For example, a travel skill might be installed to check and automate checking train times and hotel bookings. However, it's important to remember that each of these might have a different privacy policy. A cautious approach is to install as few as possible, de-installing ones no longer in use.

### Talk about technology

As more and more homes install voice assistants and smart speakers such as Alexa, it's a good idea to talk to children about safe use of technology. Talk to them about what Alexa can be used for, how useful it can be and how to use it properly. Use it together to begin with and discuss any concerns they might have. Always make sure that children know to never share any personal or sensitive information and that if they need to talk about anything, they should always speak to a trusted adult.

## Meet our expert

John E. Dunn has edited and written for numerous computer and technology magazines since the early 1990s, most recently Which Computing, The Register, Forbes.com, Techworld, Computerworld and Naked Security. He is a specialist in online cybersecurity and cybercrime and their growing effect on education, young people and the public.







We know that for lots of families your circumstances may have changed recently, so if you feel your child may now be eligible for Pupil Premium, please complete the form and return it to the school office. If you are not sure, complete it anyway and we can run it through the Bucks System.



## Free School Meals & Pupil Premium

Research shows that better food in schools is improving what children eat during the school day, and there's evidence of a clear link between what children eat at lunchtime in school, where they eat it and how they focus with their teachers in the afternoon.

All children in reception, year 1 and year 2 in state-funded schools in England are eligible for Universal Infant Free School Meals. This includes infant pupils in maintained infant and primary schools, free schools, academies, special schools and pupil referral units.

Free School Meals are also available to pupils in years 3 and above whose parents receive certain benefits and register using this application form. Please return this form to your child's school if you think you qualify for Free School Meals.



### Pupil Premium - completing this form could also raise money for your child's school...



The Pupil Premium is a Government scheme that provides funding to schools of £985 - £1,385 per pupil whose parents receive one of the qualifying benefits listed on this application form.

The school can use this money to raise the attainment of disadvantaged pupils and close the gap between them and their peers

#### Q. How can I apply?

A. Simply complete this application form and return it to your child's school

#### Q. Why should I apply?

A. You and your school could benefit from Pupil Premium funding worth £985 - £1385 per pupil. As well as this, if your child is in year 3 or above this form is also used to apply for Free School Meals and could save you hundreds of pounds a year.

#### Q. My child is in Reception, year 1 or year 2 and automatically receives Universal Infant Free School Meals, do I still need to complete this form?

A. Yes! Pupil Premium is only paid to a school if the parent registers using this form and is receiving one of the qualifying benefits listed. Even though your child automatically receives free meals at school completing this application form may entitle your school to Pupil Premium funding.

**To register for free school meals, including Pupil Premium, please complete this application form and return it to your child's school as soon as possible to avoid delay.**



**Buckinghamshire Council**

**2022/23**

## FREE SCHOOL MEAL & PUPIL PREMIUM APPLICATION FORM

CHILDREN WHOSE PARENTS/CARERS RECEIVE ONE OF THE FOLLOWING BENEFITS ARE ENTITLED TO FREE SCHOOL MEALS AND WILL GENERATE PUPIL PREMIUM FOR THEIR SCHOOL:

- ✓ **Income Support (IS)**
- ✓ **Income-based (not contribution-based) Job Seeker's Allowance (IBJSA)**
- ✓ **The guaranteed element of the State Pension Credit.**
- ✓ **Income-related employment and support allowance**
- ✓ **Support under Part VI of the Immigration and Asylum Act 1999**
- ✓ **Universal Credit** with an annual net earned income of no more than £7,400
- ✓ **Child Tax Credit** (with no Working Tax Credit) with an annual income of no more than £16,190
- ✓ **Where they are entitled to Child Tax Credit and also Working Tax Credit** during the four-week period immediately after their employment ceases, or after they start to work less than 16 hours per week, their children are entitled to free school meals.

Children who receive IS or IBJSA in their own right are also entitled to receive free school meals.

Administration for the provision of free school meals is undertaken by Buckinghamshire Council for those pupils attending an education establishment within Buckinghamshire. This form should be completed and returned to your child's school.

### 1. DETAILS OF PARENT/CARER WITH QUALIFYING BENEFIT – COMPLETE IN BLOCK LETTERS

SURNAME/FAMILY NAME as it appears on your benefit letter:

FORENAME:

TITLE:

DATE OF BIRTH:

dd/mm/yyyy

NATIONAL INSURANCE NUMBER

OR

NATIONAL ASYLUM SEEKER NUMBER

ADDRESS

POST CODE

DAYTIME TEL. NO(s)

### 2. DETAILS OF THE CHILD/CHILDREN

Surname/Family Name Forename Date of Birth Name of School


### 3. DECLARATION

I declare that the information given on this form is true and complete and I undertake to inform the school if my entitlement to one of the qualifying benefits is terminated. I understand that the results of any free school meal eligibility check may also be used to assess my entitlement to other support/benefits, including free travel to school. *The remainder of this declaration does not apply to pupils in Reception, Year 1 or Year 2 - I agree that you will use the information I have provided to process my claim for free school meals and will contact other sources as allowed by law to verify my initial, and ongoing, entitlement to free school meals.* I understand that I may be liable for any costs incurred in providing free school meals for my child(ren), should I fail to inform the school of the termination of my benefit.

I have read and I understand the above declaration.

SIGNATURE

\_\_\_\_\_  
(Parent/Guardian)

DATE