



SAFEGUARDING NEWSLETTER

Spring 1 2026- 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 and support on where to get support, Online Safety, Romance Fraud, mental health and wellbeing links, training opportunities and local support groups and workshops

Child Sexual Exploitation

The Virtual College offer a free course for parents on Child Sexual Exploitation. It is a short course, for parents and carers to understand and spot signs of sexual exploitation.

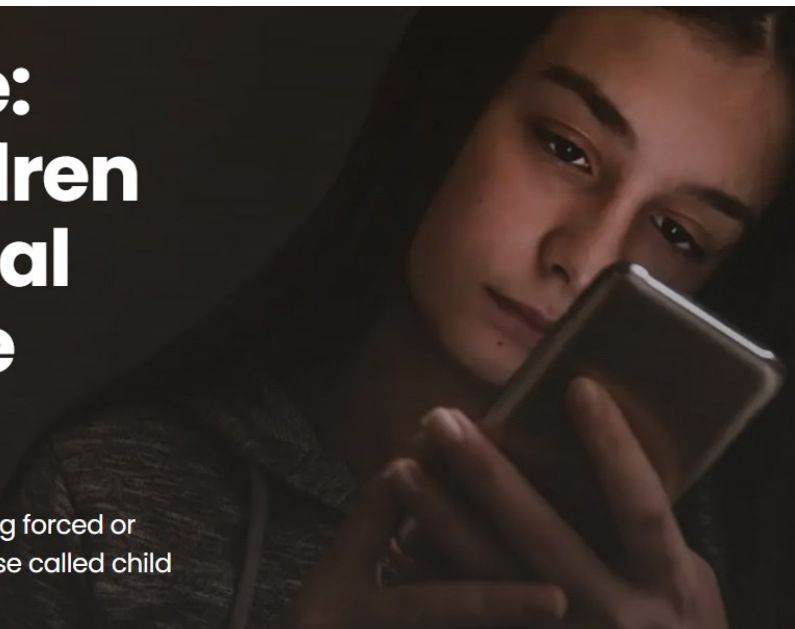
<https://www.virtual-college.co.uk/free-courses/keep-them-safe?>

UK police data from the National Crime Agency showed an *average of more than 110 reports per month* of **child sextortion attempts** in early 2024 — where children are coerced into sharing explicit images or material.

So it is important that we know how to spot possible signs.

Keep Them Safe: Protecting Children from Child Sexual Exploitation free course

Thousands of children in the UK are at risk of being forced or manipulated into sexual activity in a form of abuse called child sexual exploitation.





YOUTUBE SHORTS A Parent Guide for Primary Schools

WHAT ARE YOUTUBE SHORTS?

YouTube Shorts are short, vertical videos (up to 60 seconds) watched on phones or tablets.

They appear in a scrolling feed, similar to videos on TikTok and Instagram.

Children may see:

- Dance trends
- Funny clips
- Gaming highlights
- Craft ideas
- Online challenges

Videos autoplay one after another, which can make it easy to keep watching.



WHY SHOULD PARENTS BE AWARE?

While many videos are harmless, some may include:

- Inappropriate language
- Content for older audiences
- Risky online “challenges”
- Advertising or influencer promotions

Primary-aged children may not always recognise unsuitable content.

HOW TO SET UP GOOGLE FAMILY LINK

Google Family Link helps you manage your child’s device and YouTube settings.

STEP 1: Download *Google Family Link for parents* on your phone.

STEP 2: Sign in with your Google account.

STEP 3: Add your child

- Create a Google account for them (or link their existing one).
- Follow the setup instructions.

STEP 4: Set YouTube controls

Open Family Link → Select your child → Tap **Controls** → **Content restrictions** → **YouTube** → Choose a supervised experience level.

STEP 5: Set screen time limits

Tap **Screen time** → Set daily limits or bedtime.

Family Link also lets you:

- Approve app downloads
- See app usage
- Lock the device remotely



EXTRA STEP: TURN ON RESTRICTED MODE

On regular YouTube:

1. Go to **Settings**
2. Select **General**
3. Turn on **Restricted Mode**

This helps filter mature content (but is not 100% accurate).



Romance Fraud

As Valentine's Day approaches, The Head of Fraud at Thames Valley Police is urging the public to be alert to the emotional and psychological manipulation used by criminals committing romance fraud. Although these crimes occur all year round, this time of year provides an important opportunity to highlight how offenders groom victims, build trust, and exploit them financially.

Romance fraudsters rarely begin by asking for money. Instead, they construct a detailed illusion of trust to draw victims in. They frequently share personal stories early in the conversation – describing their home life, work, ambitions, or future plans – to create emotional connection and credibility. Later, they reuse these same details as “evidence” to support fabricated emergencies or financial requests. This form of manipulation mirrors behaviours seen in coercive control, blurring a victim's sense of what is genuine.

Thames Valley Police is encouraging members of the public to read Staying Safe from [Romance Fraud booklet](#), which outlines practical steps to recognise red flags and reduce the risk of victimisation.

The booklet was created in partnership with, Dr Elisabeth Carter, Associate Professor of Criminology and Forensic Linguist, Kingston University.

This booklet has been designed to demonstrate the clever tactics used by romance fraudsters with a view to empower the knowledge of our communities.

It also dispels the myths of shame and embarrassment often associated with this crime by highlighting the link to coercive control.

Key Reminders:

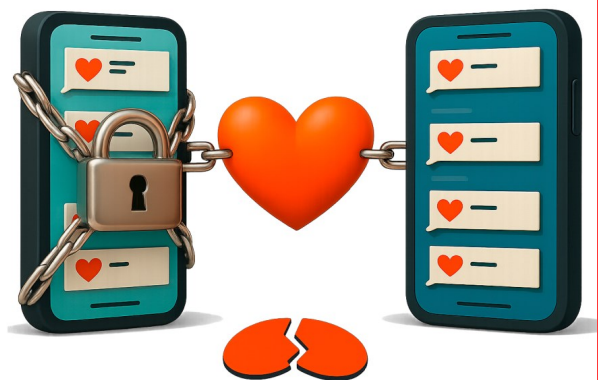
If someone online seems “perfect” very quickly, pause and reflect.

Be wary of sudden crises or emotional appeals requiring fast action.

Healthy relationships never rely on secrecy.

Any financial request—direct or indirect—is a major red flag.

Stay connected with trusted friends or family who can offer perspective.



https://www.thamesvalley.police.uk/SysSiteAssets/media/downloads/thames-valley/campaigns/romance-fraud-ebook_v3.pdf



Children's Mental Health



This week we are proud to take part in **Child Mental Health Awareness Week** – a national event led by Place2Be that shines a spotlight on the emotional wellbeing of children and young people.

At primary school age, children are learning not only reading, writing and maths, but also how to understand their feelings, build friendships, cope with challenges and develop resilience. Just like physical health, mental health is something we all have – and it deserves care, attention and open conversation.

Simple Ways Parents Can Support Mental Wellbeing at Home

Here are some practical strategies you can use:

1. Make Time to Talk

Set aside small moments each day to connect — at bedtime, during dinner, or on the school run.

Try open questions such as:

- “What made you smile today?”
- “Was anything tricky?”
- “How did that make you feel?”

Listening without immediately fixing the problem helps children feel heard and valued.

2. Name and Normalise Feelings

Help your child put words to emotions: happy, worried, frustrated, excited, disappointed.

You might say:

“It sounds like you felt frustrated when that happened.”

When children understand that all feelings are normal (even uncomfortable ones), they feel less overwhelmed by them.

3. Create Predictable Routines

Regular routines for bedtime, homework and mealtimes help children feel secure. Knowing what to expect reduces anxiety and supports emotional regulation.

4. Encourage Healthy Habits

Mental wellbeing is closely linked to:

- Good sleep
- Regular physical activity
- Balanced nutrition
- Time outdoors
- Limited screen time before bed

Small, consistent habits make a big difference.

5. Model Healthy Coping

Children learn by watching us. When you calmly talk through your own feelings (“I felt stressed, so I took a few deep breaths”), you teach powerful coping skills.

6. Build Confidence Through Effort

Praise effort rather than outcome:

- “You worked really hard on that.”
- “I’m proud of how you kept trying.”

This helps children develop resilience and a growth mindset.



Safe + Sound

Free Webinar Training

Stay Informed and Empowered with Our Free First Aid & Safety Webinars



Expand your skills and stay confident in emergencies with a free series of expert-led webinars. Designed for everyone—from professionals looking to stay current with CPD to parents who want practical, trustworthy advice—each session delivers clear, actionable guidance to help keep you and those around you safe.

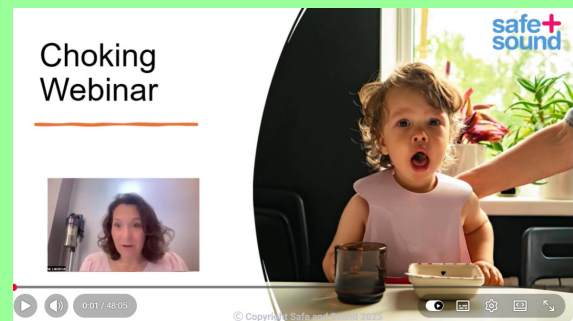
And the best part? Every webinar is completely free to attend.

<https://www.safeandsound.uk.net/webinars/>

The website has live webinars on certain dates but you can also view previous ones.

For example: There is a great webinar around 'Choking' and what to do

<https://www.youtube.com/watch?v=z-weEHuYDAI>



Test your knowledge: Online Scams

Childnet have created a quiz for 9- 13 year-olds that includes a range of potential online scams, as well as tips to help your child protect themselves online. Find out more here:

<https://www.childnet.com/blog/test-your-knowledge-about-online-scams-with-our-quiz-for-9-13-year-olds/>



Protect your phone number with trueCall38

Do you get frustrated when you complete a form, and you are asked to enter your telephone number, even when you know that the company doesn't really need it?

What are they going to do with it? Who will they give it to? Your privacy is valuable – **protect your phone number with trueCall38!**

The solution: enter the phone number 0333 88 88 88 88 (that's three threes, eight eights) as your phone number, and if, or rather when, they call, those cold call culprits will hear the short but sweet recorded message: *'trueCall38 is handling my calls. I prefer not to be contacted by phone, so please contact me via my email address. Goodbye!'* Genius! For further information visit - [trueCall38](https://www.truecall38.com)

trueCall38

0333 88 88 88 88

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/>



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 _____