



### Welcome!

Welcome to Witham St Hughs Academy's Safeguarding Newsletter. Keeping children safe is of course, our key priority here at school. Safeguarding takes many forms including: Protecting children from harm; preventing impairment of children's health and development; enabling safe and effective parenting and giving children equal opportunities in life. We do many things every day in school to ensure pupils are safe including: ensuring all staff are trained in safeguarding; having clear policies and procedures in place to keep children safe; monitoring pupil attendance; ensuring a safe and healthy site; ensuring the behaviour of pupils is in line with the Academy behaviour policy and using our curriculum to teach children about risk taking, diversity, healthy lifestyles, managing relationships, online safety and much more. Our safeguarding policy is always available to view via our website.



### Focus on: Smart Watches

January may be a time where parents need to get to grips with some new devices following the festive season! If your child now has a smart watch, it is worth understanding the safeguarding risks associated with these before allowing them to be used by a child.

At our Academy, smart watches are not permitted to be worn due to the safeguarding risk to both adults and children that these pose. Many of these devices can make calls, take photographs and record video. These are not safe functions for children to have access to within school and do not keep staff members, themselves or their peers safe from harm.

This link shares some good advice with parents and carers about smart watch set up, parental controls, notifications and boundaries. This should be useful information if your child has access to a smartwatch to wear outside of school hours as the safeguarding concerns with these devices still remain outside of school.

<https://parentzone.org.uk/article/smart-watches-and-fitness-trackers>



### Focus on: Domestic Abuse

Domestic abuse refers to any instance of threatening behaviour, violence, or abuse (including psychological, physical, sexual, financial, or emotional) that occurs between individuals who are or were intimate partners or family members. It involves the misuse of power and control by one individual over another and constitutes a pattern of coercive and controlling behaviour. Typically, domestic abuse tends to escalate in both frequency and intensity over time.

Domestic Abuse can include:

- Threats of physical violence, even if physical force is not used
- Physical violence, such as shoving, hitting, kicking, head-butting, burning, suffocation, strangulation, or the use of objects/weapons
- Forced sexual activity
- Mental, emotional, and psychological cruelty, including name-calling, isolation from friends and family, deprivation of income, preventing a person from leaving the home, and damaging personal property or pets
- Harassment and stalking
- Using and abusing children in various ways to frighten or force compliance
- Forced marriage
- Female genital mutilation and so-called honour-based violence
- Coercive and controlling behaviour by an intimate partner or within the family

Domestic abuse is never ok, and there are lots of ways to reach out for support - see the additional leaflet attached to this newsletter for more details.



### Who can help?

Every school has a 'Designated Safeguarding Lead'. At Witham St Hughs Academy, these are: Richard Stock, Emily Broadley, Hannah Younger, Michelle Dexter and Steve Ross. Our safeguarding governor is Joanne Brown. If you have any concerns in relation to a safeguarding, please feel free to speak to a safeguarding lead at any time.

### Useful phone numbers

Social Services: 01522 782111  
ChildLine: 0800 1111  
Lincolnshire Prevent Team: 020 7340 7264  
Young Carers Helpline: 01522 553275  
NSPCC whistle blowing helpline: 08088 005000  
FGM helpline: 08000 283550  
Samaritans: 01522 528282  
Family Services Directory: 0800 195 1635

### Online Safety: Managing Screen Time

Current research shows that 99% of current children will own a smartphone before they reach the age of 18! With phones and other devices offering an increasing number of ways to pass the time, it can prove difficult for young people to set them aside. As a gateway to messaging services, games, television, music and more, digital devices can become borderline indispensable items in a young person's life.

Studies have shown, however, that managing a child's screen time can have positive impacts on their cognitive development. National Online Safety developed a #WakeUpWednesday guide to provide parents and carers with some simple but effective tips to help bring your family's screen time down to a healthier level, while suggesting alternative activities that are far less reliant on technology.

This guide has been uploaded to the 'Safeguarding' page on our website to be viewed in full:

<https://withamsthughssacademy.co.uk/wp-content/uploads/2024/01/managing-screen-time.pdf>

**Top Tips for... MANAGING SCREEN TIME**

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

- GET OUT AND ABOUT**  
If the weather's decent, spend some time in the garden or go for a walk. Instead of being glued to the screen, the main thing is getting some fresh air and a break from your screen.
- TRY A TIMED TRIAL**  
When you're taking a screen break to do a different activity or exercise, turn off your phone by setting yourself a timer. Can you complete your task before the alarm goes off?
- GO DIGITAL DETOX**  
Challenge yourself and your family to take time off from screens. Find things to do, you could start off with half a day, then build up to a full day or even an entire weekend!
- LEAD BY EXAMPLE**  
Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might help some of those grumbles when you do want to go online.
- AGREE TECH-FREE ZONES**  
Nominates some spots at home where devices aren't allowed. Anywhere that should be together, like at the table or in the living room, could become a no-phone zone!
- HOLD A SCREEN TIME AMNESTY**  
As a family, agree specific windows when it's OK to use devices. This should be shared with everyone to balance time on phones or gaming with enjoying quality moments together.
- MEET OUR EXPERT**  
Meet Alastair Duggan, Lead Educator for The Family Support Unit, who works with organisations and individuals. He's a former school teacher and has worked with young people and parents to help them understand the impact of technology on their lives and how to manage it.
- BE MINDFUL OF TIME**  
Stay aware of how long you've been on your device for. Controlling how much time you spend is a pretty important area of the internet – like social media platforms – can also boost your wellbeing.
- 'DARK' PHONES OVERNIGHT**  
Set up an overnight charging station for your phone – preferably away from bedrooms. That means less temptation for 'night scrolling'.
- SWITCH ON DND**  
Research shows that most distractions like message alerts and push notifications can chip away at your concentration. Put devices on 'do not disturb' until you're ready to go.
- TAKE A FAMILY TECH BREAK**  
Set aside certain times when the whole family enjoys an activity together. Board games, going for a walk or just reading a book.
- SOCIALISE WITHOUT SCREENS**  
When you're with friends, try not to automatically involve phones. TV or other tech-based content can be loads more fun if your attention isn't being split.
- WIND DOWN PROPERLY**  
Try putting your phone, console, tablet and so on just before you go to bed. This way you can be fully in bed for a while and give your brain a much more restful night.

**Meet Our Expert**  
The National College  
National Online Safety  
#WakeUpWednesday

Twitter: @nationalonline\_safety  
Facebook: /NationalOnlineSafety  
Instagram: @nationalonline\_safety  
LinkedIn: /national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 03.01.2023

## IMAGINE...

- living with a bully and being too scared to leave.
- being punched, slapped, kicked or forced into sex.
- being pushed, burnt, strangled or bitten.
- having to get permission to go out with family or friends.
- constantly being humiliated or belittled.
- hoping every day that it might get better.
- facing the embarrassment of telling your friends.
- believing you are a bad mother, father or lover.
- permanent injuries or even death.
- LIVING WITH DOMESTIC ABUSE.

*'It starts with screams, but must never end in silence'*  
Council of Europe

## HOW TO MAKE A REFERRAL FOR SUPPORT

You can make a referral for support by completing a referral form on our digital platform at [www.ldass.org.uk](http://www.ldass.org.uk) or by contacting our support hub. Our Specialist Domestic Abuse Practitioners are available to complete the referral over the phone.



If you require any further help and advice, please call LDASS Support Hub on: **01522 510041 (opt 2)**  
We are open Monday to Friday, 9am - 5pm  
Email: [info@ldass.org.uk](mailto:info@ldass.org.uk)  
For more information go to [www.ldass.org.uk](http://www.ldass.org.uk) to access our universal offer of support.

If you or someone you know has been impacted by domestic abuse, please share this leaflet.

We offer confidential advice and support, and we're here to listen and help explore options.



## GET IN TOUCH

EDAN Lincs Refuge Services  
call: 01522 510041 (opt 1)  
Email: [refuge@edanlincs.org.uk](mailto:refuge@edanlincs.org.uk)

REFUGE OPENING HOURS:  
Monday to Friday, 8.30am - 7pm,  
Saturday, 10am - 5pm  
Sunday - Closed

Call for advice or in an emergency call 999 or contact Lincolnshire Police on 101

# SAY

# NO



## TO DOMESTIC ABUSE



## DON'T SUFFER IN SILENCE TOGETHER WE CAN STOP IT.



THIS LEAFLET CONTAINS INFORMATION ON DOMESTIC ABUSE AND HOW EDAN LINC'S DOMESTIC ABUSE SERVICE CAN HELP

EDAN Lincs Registered Charity Number: 1092913

## WHAT IS DOMESTIC ABUSE?

Domestic abuse refers to any instance of threatening behaviour, violence, or abuse (including psychological, physical, sexual, financial, or emotional) that occurs between individuals who are or were intimate partners or family members. It involves the misuse of power and control by one individual over another and constitutes a pattern of coercive and controlling behaviour. Typically, domestic abuse tends to escalate in both frequency and intensity over time.

## DOMESTIC ABUSE CAN INCLUDE...

- Threats of physical violence, even if physical force is not used
- Physical violence, such as shoving, hitting, kicking, head-butting, burning, suffocation, strangulation, or the use of objects/weapons
- Forced sexual activity
- Mental, emotional, and psychological cruelty, including name-calling, isolation from friends and family, deprivation of income, preventing a person from leaving the home, and damaging personal property or pets
- Harassment and stalking
- Using and abusing children in various ways to frighten or force compliance
- Forced marriage
- Female genital mutilation and so-called honour-based violence
- Coercive and controlling behaviour by an intimate partner or within the family.

## WHO IS AFFECTED?

- 1 in 4 women will experience domestic abuse during their lifetime.
- 1 in 6 men will experience domestic abuse during their lifetime.
- 1 in 4 individuals in same-sex relationships will experience domestic abuse during their lifetime.
- On average, one incident of domestic abuse is reported to the police every minute.
- Domestic abuse accounts for 17% of all violent crimes in the UK.
- Domestic abuse can lead to depression, anxiety, serious injury, and in extreme cases, death.
- Approximately 750,000 children witness domestic abuse every year.
- Every week, two women in the UK die from injuries related to domestic abuse.

## REFUGE

Domestic abuse refuges provide a safe and secure environment for individuals and families fleeing abusive situations. Refuge accommodation offers a safe breathing space where you can access support to make future decisions free from pressure and fear. It is a place where you can rediscover your self-esteem and independence and begin to heal and recover from the trauma of abuse. We can assist individuals and families who need to escape domestic abuse by providing support in accessing refuge accommodation throughout the UK.



Delivered by EDAN Lincs

LDASS offers specialist support and assistance to individuals and families in Lincolnshire who are experiencing domestic abuse. If you or someone you know is going through domestic abuse, we're here to help!

### Digitally based universal offer of support.

Our universal offer of support is self-serve in nature and provides online access to information, advice, and guidance on domestic abuse for victims, residents and professionals in Lincolnshire.

Visit: [www.ldass.org.uk](http://www.ldass.org.uk) for further information.

Specialist intervention and support around domestic abuse can vary but may include:

- Safety planning
- 1:1 practical/emotional support and crisis intervention
- Family support and direct support for children
- Support in accessing legal advice and other services
- Support in Court to obtain legal orders (domestic abuse related)
- Courses/group support designed for survivors.

### Family Focus - Holistic family approach

We offer family focus sessions which aim to rebuild the bonds within the family unit, and to strengthen the relationship which may have broken down due to the domestic abuse.

### Targeted children's support

We provide a therapeutic approach to children and young people who are identified as most in need, typically through direct 1:1 support. Our focus is on helping children and young people overcome the effects, impacts, and experiences of domestic abuse.

### Outreach Engagement team

- Provides proactive early interventions, targeting communities and individuals who face barriers to accessing domestic abuse support services. Increasing community awareness of domestic abuse including support through training and consultancy
- Development of independently run Survivor Support Networks to support victims at a local level
- Recruitment of Domestic Abuse Champions to raise awareness and identify signs of domestic abuse within their communities and signpost victims to appropriate support