



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.

CHRISTMAS

Christmas can be an exciting time when people get together to celebrate. But it can also be difficult. If you're feeling lonely, worried or stressed then we're here for you.

Focus on: Injuries

A key part of staff's safeguarding responsibility in school is looking out for any unusual or unexplained injuries children may present. This is a legal duty of care that all members of staff have as part of their role within school.

Whilst we completely understand that children will often have bumps and scrapes from day-to-day play, more significant or unusual injuries may warrant further questions to be asked. We will always ensure parents/carers are part of these conversations as appropriate, with the sole goal of ensuring children are kept safe at all times.

If your child had a bump or scrape during the school day, this will be recorded on Medical Tracker and an email notification will be sent to parents/carers at the end of the school day. Any more significant injuries will always get a phone call home to inform you straight away.

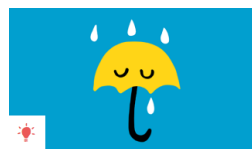
Focus on: Christmas

We know that Christmas can be an exciting time of celebration for families and a wonderful opportunity to spend some quality time at home together. We also know, that this isn't the case for everyone and that Christmas can in fact be a time of increased worry and stress.

Childline have some fantastic resources to support across many different aspects of worries at Christmas including: dealing with family conflict, feeling lonely or isolated, missing loved ones at Christmas, eating problems, coping when services are shut and coping with money worries over Christmas.

This page has lots of advice and links to a wide range of support available. There are also some short videos which you may find helpful.

<https://www.childline.org.uk/info-advice/home-families/seasonal-events/christmas/>



Coping Kit

Find new ways to cope or distract yourself. We've got ideas for however you're feeling.



Money problems

We can help you if you're feeling worried. Find out how.





Who can help?

Every school has a 'Designated Safeguarding Lead'. At Witham St Hughs Academy, these are: Richard Stock, Emily Broadley, Hannah Younger and Michelle Dexter. Our safeguarding governor is Marcus Capell. 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 Parental Controls

With many children today having their own phones, computers and other devices, it's vitally important that parents and educators know how to keep young people protected while using them. Between targeted adverts, age-inappropriate content, and other online safety concerns, it can sometimes feel overwhelming to keep on top of.

Parental controls, present on most devices and several apps, can make this job significantly easier – but a certain amount of knowledge is required to use them effectively. This free online safety guide will provide you with the information you need to activate and maintain parental controls on children and young people's devices.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At my.account.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play, and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't alter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCs

On Windows 11, account management is key: set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other Users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need to set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVs

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the settings menu, under 'Broadcasting', you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Barry Collins is a technology journalist and editor with more than 20 years' experience of writing for titles such as the Sunday Times, Weekend PC Pro and Computeractive. He's appeared regularly as a tech pundit on television and radio, including on BBC Newsnight's Radio 5 Live and the TV show 50th. He has two children and writes regularly on the subject of internet safety.

The National College | National Online Safety | #WakeUpWednesday

@nationalonline_safety | /NationalOnlineSafety | @nationalonlinesafety | @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: 20.12.2023