



### 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: Christmas

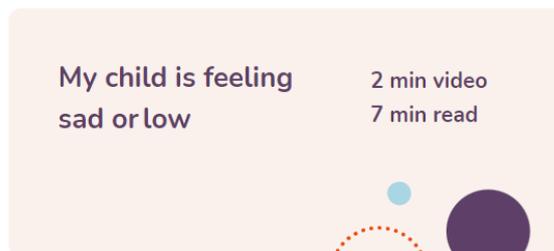
Christmas can be an exciting time when people get together to celebrate. But it can also be a difficult time if you're feeling lonely, worried or stressed. Christmas can be a difficult time for many different reasons – from family arguments to feeling lonely. It can be hard to escape the holiday season sometimes, particularly when you don't enjoy Christmas and everyone's talking about it. But telling someone what your Christmas has been like can help you to feel less alone.

4 top tips to cope at Christmas:

- Take a break if family and friends are causing any upset
- Don't compare your Christmas to other people's, or what's said on social media, every Christmas is different
- Express how you're feeling to trusted family or friends
- Reach out to professional services if needed

### Focus on: Useful Resource

We are always keen to share useful resources with our parents and carers. The website <https://parentingsmart.place2be.org.uk/> is a great resource to support parents and carers across a range of issues from anxiety through to peer pressure and managing meltdowns. Each area is broken down into short videos and quick reads which can be picked up and put down easily and offer practical tips to support children's wellbeing and manage behaviour





### 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 Gemma Grundy. 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



Our digital leaders did a fantastic job at our October parents' evening speaking to parents and carers about online safety in relation to online gaming in particular. You may have picked up some of their leaflets around the parental controls on Roblox and TikTok - we hope you found these useful!

As an Academy, we will always remind children of the age restrictions on certain apps, games and websites, and we understand that the vast majority of these have limits which mean primary school aged children should not be accessing them at all.

Common Sense Media is a great online resource for parents to gain a greater understanding about both the online worlds in which children may operate, as well as the restrictions and safety controls that are available to parents. (<https://www.commonsensemedia.org/blog/parents-ultimate-guide-to-tiktok>)

#### Roblox

Website review by [Erin Brereton](#), Common Sense Media



Common Sense says

age 13+ ★★★★★

Chance to design games, but also potential for iffy content.

<http://www.roblox.com>

Parents say

age 10+

★★★★★

Based on 1744 reviews

Kids say

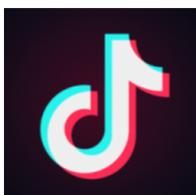
age 9+

★★★★★

Based on 4027 reviews

#### TikTok

App review by [Patricia Monticello Kievlan](#), Common Sense Media



Common Sense says

age 15+ ★★★★★

Sing, lip-synch, and share videos; watch for iffy content.

iPhone, iPod Touch, iPad, Android | Free | Social Networking

Parents say

age 15+

★★★★★

Based on 297 reviews

Kids say

age 13+

★★★★★

Based on 615 reviews

Save | Rate app

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