



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: Low Mood

Many adults and children can feel low mood from time to time. Without this being carefully managed, this can sometime spiral into more significant issues or concerns for children and adults alike. Low mood can affect many aspects of life from school and work to relationships with friends and family. Childline have a brilliant online 'Mood Journal' resource. Journals can be helpful in lots of ways, including :

Let your feelings out - Writing about how you're feeling can be a great way to express yourself.

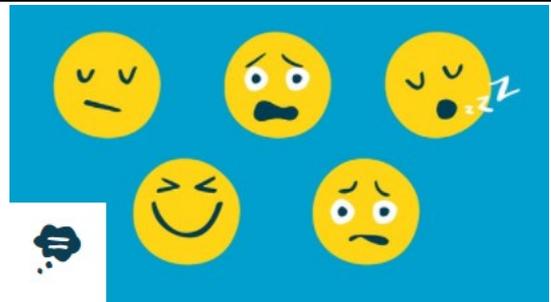
Learn about what makes you feel down or upset - Writing a little every day about what's happened to make you upset can help you to spot patterns and understand your feelings.

Remind you of things to be proud of - Try writing down one thing you're glad about each day and record how you feel about it. Writing down when things go well as well, even really small things, can help to remind you of things to be proud of.

Keep track of new things you try - Any time you try something new to cope or feel better, you can write down how you feel before and after to see whether it's helped.

Try it by clicking the link below:

<https://www.childline.org.uk/toolbox/mood-journal/>



Focus on: The role of a DSL

A DSL, or 'Designated Safeguarding Lead', is a legal requirement for every school. Due to the size of our Academy, Witham St Hughs has 4 DSL's. It will be the DSL's who manage any sensitive safeguarding information within the Academy, and who other members of staff seek advice and guidance from. DSL's have received extensive external training in order to fulfil this role and they also work closely with the Trust safeguarding lead. DSL's will always work in the best interests of the children in our care and their families. At our Academy, the DSL's are: Richard Stock, Emily Broadley, Michelle Dexter and Hannah Younger. They will always ensure they are available if you have any safeguarding concerns at any time.



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 - YouTube Supervised Experience

YouTube Supervised Experience builds on the historic 'Restricted Mode', which is essentially a filter allowing users to block content which is deemed for adult users only. There are now 3 filtering levels which are:

- Explore - for users 9+.
- Explore More - for users 13+
- Most of YouTube - all content excluding content marked as 18+.

Importantly, parents manage these settings from their own device via Google Family Link.

There's a really simple and helpful guide which includes a walkthrough video under ***'Supervised Accounts on YouTube - How do I Get Started?'***

Click the link to access this guide:

https://www.youtube.com/myfamily/?gclid=Cj0KCCQiA2sqOBhCGARIsAPuPK0h3gNmafc9FS-QlSOyubQdAUQuJ-HDXB77k10P3ltgRuuWB3bEBuRAaAvycEALw_wcB&gclsrc=aw.ds

