



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: Parental Separation

Families are made up in all sorts of different ways, and each of these should feel represented and celebrated. In the UK today, there are approximately 3.6 million children with separated parents. Many children will not need any additional support to manage this arrangement, however some children do find some extra support beneficial.

<https://parentingsmart.place2be.org.uk/>

is a wonderful resource for a huge variety of parenting scenarios. They have multiple resources to support with parental separation including these 2 brilliant resources:

<https://parentingsmart.place2be.org.uk/article/co-parenting-after-a-separation-or-divorce>

<https://parentingsmart.place2be.org.uk/article/i-m-going-through-a-break-up-and-want-to-support-my-child>



Focus on: Meltdowns

Meltdowns are different from tantrums. Tantrums are about your child feeling frustrated and wanting more control over a situation. Meltdowns are about your child experiencing an emotional overload and not thinking straight. They will need your help to calm down.

It's normal for children to get upset - and important that they can tell you when they are.

The link below shares a useful short video as well as some bite size tips for managing meltdowns.

<https://parentingsmart.place2be.org.uk/article/my-child-has-meltdowns>



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: Safer Internet Day

Just before half term, children at the Academy celebrated 'Safer Internet Day'. Internet safety and staying safe and happy online is an important part of our computing curriculum. It is vital that children at our Academy understand the positive opportunities, as well as the risks of life online. Whilst within school, there are many safeguards in place for children accessing the internet - restrictions are in place across the Academy's internet network and children are only accessing very specific, pre-approved apps and websites. We understand that children often have much broader access to apps and websites whilst at home. We know that devices may well be shared across families, and with older siblings, meaning that children may have easier access to material that may not be age-appropriate, and that there may be barriers to constant supervision whilst accessing the internet at home. SaferInternet.org is a great resource for parents wanting to have conversations with their children around internet safety. The link below shares some top tips for conversations with primary age children, but there are many fantastic resources across the website as a whole. We hope this resource is a useful one.

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022/top-tips-for-under-11s>

Safer Internet Day - 8th February 2022

**All fun and
games?
Exploring respect
and relationships
online**

