



Welcome!

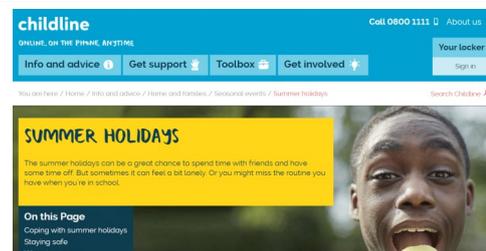
Welcome to Witham St Hughs Academy's Safeguarding Newsletter. Keeping children safe is of course, our key priority here at school. Safeguarding takes many forms including: Protecting children from harm; preventing impairment of children's health and development; enabling safe and effective parenting 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: Summer Holidays

The summer holidays can be a great chance to spend time with family and friends and have some well-earned time off. But sometimes it can feel a bit lonely, or families might miss the routine they have when in the school term. Childline have lots of online resources to help children and families during this time of year. Their website has a wide range of games, resources and message boards designed to offer support throughout the summer holidays and beyond. These can be found at:
<https://www.childline.org.uk/info-advice/home-families/seasonal-events/summer-holidays/#Copingwithsummerholidays>

5 ways you can get help:

1. [talk to someone](#) you trust about how you feel
2. [talk to a Childline counsellor](#) at any time
3. share your thoughts and get support from other people on our [message boards](#)
4. draw a picture or write down your thought by using our [Art box](#)
5. play a [fun game](#) on our site to take your mind off your worries.



Focus on: Place 2 B - resource

Place-2-B is a fantastic resource for parents. This term we would like to highlight 2 useful sections of this website: 'Boundaries and Consequences' and 'Praise and Reward'.

Boundaries and Consequences

<https://parentingsmart.place2be.org.uk/article/the-importance-of-boundaries-and-consequences>

This link is to a great short video explaining the importance of boundaries and consequences for children as well as giving practical tips.

Praise and Reward

<https://parentingsmart.place2be.org.uk/article/using-praise-and-reward>

This link again shares a great video focusing on praise and reward.



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: WhatsApp

WhatsApp is a popular global instant messaging app. It has over 800 million monthly users and the minimum age to use it is 16. Despite this, many children do have access to, and regularly use WhatsApp. LGfL have created a short (3 minute) video where the children are talking about their WhatsApp experience and this is something you can use with your child to get the conversations started. For example the children talk about being 'kicked', why do people do this, how does it make that person feel, is it bullying, have children experienced this?



<https://lgfl.planetestream.com/View.aspx?id=872~3E~OC9amf>

Internet Matters have also created a great parent infographic guide to WhatsApp which we have linked below.

<https://www.internetmatters.org/wp-content/uploads/2019/04/Internet-Matters-Guide-Whatsapp-Infographic.pdf>

As always, we would advise following the age limits set on apps, as these have been set for good reason. However, when we are aware that technology is being accessed by children below these age limits, being informed is very often the next best thing!

