



SAFEGUARDING NEWSLETTER

Spring 2024- Issue 2

Latest advice for parents and carers

Welcome to our Safeguarding Newsletter. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. This issue contains information on where to get support, Sexual Exploitation Awareness, Parenting Tips and support, Online Safety, Self Harm Awareness, local support groups and workshops.

Parenting Smart—Place2Be

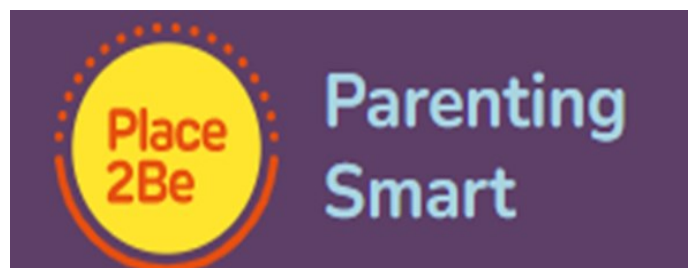
The children's mental health charity, Place2Be, have launched a new website aimed at helping parents with typical situations they may experience with children.

Advice can be found on over forty topics including:

- Understanding Sibling Rivalry
- My child is lying, what does it mean, what should I do?
- My child has trouble going to sleep
- My Child says 'I hate you'
- De-Escalation techniques with children
- My child keep getting angry and lashing out
- My child is anxious

The Parenting website can be found here:

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





Sexual Abuse and Exploitation Awareness

Parents Protect

Together we can prevent
child sexual abuse

Parents Protect has developed this online child sexual abuse and exploitation awareness learning programme for parents / carers and professionals to help:

- Understand potential risks
- Recognise signs of possible abuse in children
- Beware of inappropriate behaviour in adults
- Know where to go for help if you have concerns and would like to talk about them.

<https://www.parentsprotect.co.uk/sexual-abuse-learning-programme.htm>

The programme aims to:

- Provide the information you need about child sexual abuse and sexual exploitation.
- Show you how to create a family safety plan
- Tell you who you can talk to if you are worried.

All Things ADHD

CAHMS have produced some support and information resources on 'All things ADHD'. There are six explanatory worksheets and each has an accompanying video. These cover a range of areas:

- What is ADHD?
- Impulse control
- Medication, diet and sleep.
- Behaviour that challenges
- Communicating and Interacting
- Managing emotions
- Visit for more information: <https://www.oxfordhealth.nhs.uk/camhs/carers/all-things-adhd/>

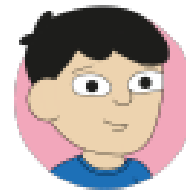
CAMHS
Child and Adolescent
Mental Health Service

The 4-7s website from CEOP Education supports you to equip your child with the knowledge, skills and confidence to stay safer online.

About the 4-7s website

The new 4-7s website is designed around the three-episode Jessie & Friends animated series. Jessie & Friends follows the adventures of Jessie, Tia and Mo as they begin to navigate the online world.

The website provides the building blocks of understanding and resilience to help protect children from dangers they might encounter while watching videos, sharing pictures, playing games and chatting online.



Mo



Jessie



Tia

It's never too early to talk to your child about what they do online and who to tell if they come across anything online that makes them feel worried, scared or sad.

The website is divided into age sections for 4-5 and 6-7 year olds and features educational, online safety badge games. The badge games replicate various online situations to help children recognise when something isn't right and reinforce the key message that they should **Tell A Grown Up (TAG)** when something happens online that makes them feel worried, scared or sad.

The website is intended to be used by 4-7 year olds alongside their parents and carers. By helping your child to understand and identify what the dangers are online, you help to prevent potential harms.

How to use the website with children

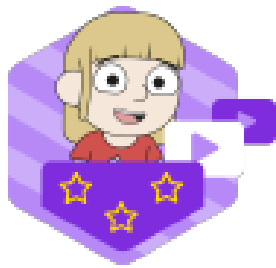
4-7 year olds should always be supervised by an appropriate adult while they are using a device or playing online. The 4-7s website is designed to help you and your child learn and explore online safety topics together.

Tips for getting started



- 1 Introduce Jessie, Tia and Mo and pick a badge to play.
- 2 Play the badge(s) - answer questions to help Jessie, Tia and Mo know when to tell an adult they trust about something that has happened online.
- 3 Collect 3 stars to complete the badge. Download the certificate to keep or print and colour in, and choose which badge to play next!

The Badges



Watching Videos (4-5 and 6-7 year olds)

The **Watching Videos** badge asks players to identify whether Jessie is feeling 'Ok' while watching videos on her tablet or whether to **TAG**. This helps your child to know when to tell a grown up about something they have watched online that has made them feel worried, scared or sad.

Conversation starter: Ask your child what things might show how Jessie is feeling (for example, crying or laughing).

What next? Watch Jessie & Friends Episode 1 - Watching Videos.

Sharing Pictures (6-7 year olds)

The **Sharing Pictures** badge asks players to decide whether Tia should **TAG** or 'reply' to the pictures she has been sent online. This is to help your child recognise when they should tell a trusted adult about something that has been shared with them that worried, scared or upset them.



Conversation starter: Ask your child how each of the pictures make them feel and why some pictures would be ok to reply to but others are not (for example, explain that sharing pictures of someone without their permission is not ok).

What next? Watch Jessie & Friends Episode 2 - Sharing Pictures.



Online Gaming (6-7 year olds)

The **Online Gaming** badge asks players to decide which messages the characters should reply to in an adventure game. This helps your child understand when is appropriate to respond to other users in an online game and when they should **TAG**.

Conversation starter: Talk about how people can pretend to be friendly online to trick young people into doing something (for example, saying they will help you win the game if you give them your password).

What next? Watch Jessie & Friends Episode 3 - Playing Games.

Chatting Online (6-7 year olds)

The **Chatting Online** badge asks players to choose which of the online messages that Mo has received he should **TAG** about. This is to help your child identify potentially inappropriate messages online and when they should tell a trusted adult about what they have received.



Conversation starter: Discuss why your child thinks some messages should not be replied to (for example asking for personal information or to keep secrets).

What next? Download the [Jessie & Friends Storybooks](#) to keep the conversation going.



Keeping Your Child In Mind

Keeping your child in mind is our 4-week programme for parents who are ready to reflect on their own relationships, communication styles and parenting to make positive changes for themselves and their children.

Our aim is to support parents to understand the importance of positive family relationships and enhance the emotional health of children and parents. It will also support parents where a difference in parenting styles has caused a communication breakdown.

Keeping your child in mind at a glance

- 4-week course for 2 hours per week
- parents attend without children
- suitable if your child has SEND

Topics covered

Keeping your child in mind covers:

- Self awareness
- Appropriate expectations
- Boundaries and positive discipline
- Understanding empathy

To register for this course, you can either speak to a member of our DSL Team, our SENDCo or our family liaison officer and we can register the course for you. Or, you can go to this link and click "family member" and register for the course yourself.

https://buckinghamshire-dash.achieveservice.com/en/AchieveForms/?form_uri=sandbox-publish://AF-Process-e4b0523f-bd09-4703-a8c5-08a20fa42329/AF-Stage-8bbb28be-add0-434f-8c2e-a73a98a9f524/definition.json&redirectlink=%2Fen&cancelRedirectLink=%2Fen&consentMessage=yes



EAL Resources for Online Safety

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/ufiles/SupportingYoung-People-Online.pdf>

Leaflets available in other languages here <https://www.childnet.com/resources/supportingyoung-people-online>

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese

ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone / email / mobile number, that you immediately let the school know, so that we have the most up to date contact details.

Thank you.

USEFUL ONLINE SAFETY WEBSITE

Internet Matters – Contains a wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

Self Harm Guidance—YoungMinds

Self-Harm is a significant issue among young people. The causes behind self-harm can come from many places, sometimes it's a reaction to difficult emotions. In other cases it can be related to poor self-worth and self confidence. In any case it is not only a traumatic practice for many, it is also physically perilous. Attempts at self-harm can sadly result in unforeseen injuries that may take years to heal, and produce life-long mental and bodily scars. To find out more about self-harm and how to deal with it in education, please follow the link below:

<https://www.youngminds.org.uk/young-person/my-feelings/self-harm>

YOUNG MINDS
fighting for young people's mental health



Monday	Tuesday	Wednesday	Thursday	Friday
<p>My First Playtime 10am to 11:30am</p> <p>Drop in My First Playtime</p>	<p>Grandparents Group 10am to 11:30am</p> <p>Drop in Details on next page Grandparents Group</p>	<p>Midwives Clinic</p> <p>Appointment only Details on next page Midwives Clinic</p>		<p>Midwives Clinic</p> <p>Appointment only Details on next page Midwives Clinic</p>
<p>Midwives Clinic</p> <p>Appointment only Details on next page Midwives Clinic</p>	<p>Little Swans</p> <p>Invite only Details on next page Little Swans</p>			<p>Midwives Breastfeeding Clinic</p> <p>Appointment only Details on next page Breastfeeding Clinic</p>
<p>Health Visitor Drop In Monday afternoons</p> <p>Drop in Details on next page Health Visitor Drop In</p>	<p>Midwives Clinic</p> <p>Appointment only Details on next page Midwives Clinic</p>		<p>Play and Explore 1:30pm to 3pm</p> <p>Drop in Play and Explore</p>	
	<p>How to Move Up to Secondary School Commences 21 February</p> <p>Booking required Details on next page How to Move Up to Secondary School</p>	<p>Stress, Anxiety and Low Mood Commences 11 January</p> <p>Booking required Details on next page How to Deal with Stress, Anxiety and Low Mood Course</p>	<p>Community Pantomime Friday 12 January</p> <p>Booking required Details on next page</p>	





Session/activity overview and further details		
<p>My First Play Time A session for families and carers with children aged 0 to 1 years Children can explore and learn whilst playing with a range of activities Activities such as messy play, arts and crafts, construction, and sensory play. No need to book</p>	<p>Play and Explore A session for families and carers with children aged 0 to 5 years (up to 10 years during school holidays) There will be a variety of activities including arts and crafts, games and outside play. No need to book</p>	<p>Midwives Clinic and Breastfeeding Clinic Anti and postnatal support for families. Contact your Midwife or go to the link below for more information. https://www.buckshealthcare.nhs.uk/birthchoices/</p>
<p>Little Talkers Little Talkers is a 5 to 6 week programme delivered by the Family Support Service. It offers support if you're concerned about your toddler's talking and understanding of language, but their social skills appear to be developing well. Email to book: earlyhelpduty@buckinghamshire.gov.uk or call 01296 383293</p>	<p>Little Swans Support for families who have had a premature baby. Invite Only. Contact your Health Visitor for more information Call 01296 838000 (Option 6, then Option 2)</p>	<p>Health Visitor drop in and Health Checks Come and speak to a Health Visitor to discuss any concerns you may have regarding your child's development Call 01296 838000 (Option 6, then Option 2) to find out more.</p>
<p>Grandparents Group A Play and Explore Session for Grandparents and their Grandchildren up to 5 years. There will be a variety of activities including arts and crafts, games and outside play. No need to book</p>	<p>How To Live Your Best Life How would your friends describe you? Is this the person you want to be? Would you like to feel more empowered to make different choices? Then our interactive 6 week course could be for you. Email to book: earlyhelpduty@buckinghamshire.gov.uk or call 01296 383293</p>	<p>Community Pantomime Pantomime provided by Rah Rah Theatre for Grandparents and their Grandchildren. This is for those who attend the Grandparents Group on Tuesdays. Please let the leaders of the group know if you would like to attend. Booking required.</p>

Sessions do not need to be booked in advance unless stated



What Parents & Carers Need to Know about

SNAPCHAT

AGE RESTRICTION
13+



Snapchat is an instant messaging app which allows users to send images, videos and texts to people in their friends list. One of Snapchat's unique features is that pictures and messages 'disappear' 24 hours after they've been viewed; however, this content isn't as temporary as many believe - with some users saving screenshots or using another device to take a photo of their screen. This year, Snapchat added 'My AI': a customisable chatbot with which people can chat and share secrets, as well as asking for advice and suggestions of places to visit.

CONNECTING WITH STRANGERS

Even if your child only connects with people they know, they may still get friend requests from strangers. The Quick Add option lets users befriend people the app recommends - but these 'friends' are merely a username, which could have anyone behind it. Accepting such requests reveals children's personal information through the Story, Spotlight and Spotlight features, potentially putting them at risk from predators.

EXCESSIVE USE

Snapchat works hard on user engagement, with features like streaks (messaging the same person every day to build up a high score). Spotlight Challenges tempt users into spending time producing content in search of cash prizes and online fame, while it's easy for children to pass hours watching Spotlight's endless scroll of videos.

INAPPROPRIATE CONTENT

Some videos and posts on Snapchat aren't suitable for children. The hashtags used to group content are determined by the poster, so even an innocent search term could still yield age-inappropriate results. The app's 'disappearing messages' feature also makes it easy for young people (teens in particular) to share explicit images on impulse - so sexting continues to be a risk associated with Snapchat.

ARTIFICIAL INTELLIGENCE

My AI is Snapchat's new chatbot, which replies to questions in a human-like manner. However, the software is still in its infancy and has significant drawbacks, such as biased, incorrect or misleading responses. There have already been numerous reports of young users turning to AI for medical help and diagnoses, which could be inaccurate and therefore potentially dangerous.

ONLINE PRESSURES

Although many of Snapchat's filters are designed to entertain or amuse, the 'beautify' effects on photos can set unrealistic body-image expectations - creating feelings of inadequacy if a young person compares themselves unfavourably with other users. Snapchat now also has 'priority' notifications (which still get displayed even if a device is in 'do not disturb' mode), increasing the pressure on users to log back in and interact.

VISIBLE LOCATION

Snap Map highlights a device's exact position on a virtual map which is visible to other users. There are options to restrict who can see this information: all friends, only you (Ghost Mode) or selected friends. Snapchat also has real-time location sharing, which is intended as a safety system to ensure friends have reached home safely - but which could also be used to track a young person for more sinister reasons.

Advice for Parents & Carers

TURN OFF QUICK ADD

The Quick Add feature helps people find each other on the app. This function works based on mutual friends or whether someone's number is in your child's contacts list. Explain to your child that this could potentially make their profile visible to strangers. We recommend that your child turns off Quick Add, which can be done in the settings (accessed via the cog icon).



CHOOSE GOOD CONNECTIONS

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.



DISCUSS AI

Although My AI's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My AI's replies to their questions: are they accurate and reliable? Remind them that My AI shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.



CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up - and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.



KEEP ACCOUNTS PRIVATE

Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life - especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.



BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).



Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS National Online Safety®
#WakeUpWednesday

Sources: <https://help.snapchat.com/hc/en-gb/articles/206574036832-What-is-My-AI-on-Snapchat-and-how-to-use-it> | <https://valuesnap.com/en-GB/how-safety-features-protect-from-ai-and-how-safety-enhancements> | <https://bitcraze.com/2023/04/16/snapchat-ai-location-sharing-challenge/> | <https://help.snapchat.com/hc/en-gb/articles/202304148644>



We know that for lots of families your circumstances may have changed recently, so if you feel your child may now be eligible for Pupil Premium, please complete the form and return it to the school office. If you are not sure, complete it anyway and we can run it through the Bucks System.



Free School Meals & Pupil Premium

Research shows that better food in schools is improving what children eat during the school day, and there's evidence of a clear link between what children eat at lunchtime in school, where they eat it and how they focus with their teachers in the afternoon.

All children in reception, year 1 and year 2 in state-funded schools in England are eligible for Universal Infant Free School Meals. This includes infant pupils in maintained infant and primary schools, free schools, academies, special schools and pupil referral units.

Free School Meals are also available to pupils in years 3 and above whose parents receive certain benefits and register using this application form. Please return this form to your child's school if you think you qualify for Free School Meals.



Pupil Premium - completing this form could also raise money for your child's school...



The Pupil Premium is a Government scheme that provides funding to schools of £985 - £1,385 per pupil whose parents receive one of the qualifying benefits listed on this application form.

The school can use this money to raise the attainment of disadvantaged pupils and close the gap between them and their peers

Q. How can I apply?

A. Simply complete this application form and return it to your child's school

Q. Why should I apply?

A. You and your school could benefit from Pupil Premium funding worth £985 - £1385 per pupil. As well as this, if your child is in year 3 or above this form is also used to apply for Free School Meals and could save you hundreds of pounds a year.

Q. My child is in Reception, year 1 or year 2 and automatically receives Universal Infant Free School Meals, do I still need to complete this form?

A. Yes! Pupil Premium is only paid to a school if the parent registers using this form and is receiving one of the qualifying benefits listed. Even though your child automatically receives free meals at school completing this application form may entitle your school to Pupil Premium funding.

To register for free school meals, including Pupil Premium, please complete this application form and return it to your child's school as soon as possible to avoid delay.



Buckinghamshire Council

2022/23

FREE SCHOOL MEAL & PUPIL PREMIUM APPLICATION FORM

CHILDREN WHOSE PARENTS/CARERS RECEIVE ONE OF THE FOLLOWING BENEFITS ARE ENTITLED TO FREE SCHOOL MEALS AND WILL GENERATE PUPIL PREMIUM FOR THEIR SCHOOL:

- ✓ **Income Support (IS)**
- ✓ **Income-based (not contribution-based) Job Seeker's Allowance (IBJSA)**
- ✓ The guaranteed element of the **State Pension Credit**.
- ✓ **Income-related employment and support allowance**
- ✓ **Support under Part VI of the Immigration and Asylum Act 1999**
- ✓ **Universal Credit** with an annual net earned income of no more than £7,400
- ✓ **Child Tax Credit** (with no Working Tax Credit) with an annual income of no more than £16,190
- ✓ Where they are entitled to Child Tax Credit and also Working Tax Credit during the four-week period immediately after their employment ceases, or after they start to work less than 16 hours per week, their children are entitled to free school meals.

Children who receive IS or IBJSA in their own right are also entitled to receive free school meals.

Administration for the provision of free school meals is undertaken by Buckinghamshire Council for those pupils attending an education establishment within Buckinghamshire. This form should be completed and returned to your child's school.

1. DETAILS OF PARENT/CARER WITH QUALIFYING BENEFIT – COMPLETE IN BLOCK LETTERS

SURNAME/FAMILY NAME as it appears on your benefit letter:

FORENAME: TITLE: DATE OF BIRTH: dd/mm/yyyy

NATIONAL INSURANCE NUMBER OR NATIONAL ASYLUM SEEKER NUMBER

ADDRESS

POST CODE DAYTIME TEL. NO(s)

2. DETAILS OF THE CHILD/CHILDREN

Surname/Family Name	Forename	Date of Birth	Name of School

3. DECLARATION

I declare that the information given on this form is true and complete and I undertake to inform the school if my entitlement to one of the qualifying benefits is terminated. I understand that the results of any free school meal eligibility check may also be used to assess my entitlement to other support/benefits, including free travel to school. The remainder of this declaration does not apply to pupils in Reception, Year 1 or Year 2 - I agree that you will use the information I have provided to process my claim for free school meals and will contact other sources as allowed by law to verify my initial, and ongoing, entitlement to free school meals. I understand that I may be liable for any costs incurred in providing free school meals for my child(ren), should I fail to inform the school of the termination of my benefit.

I have read and I understand the above declaration.

SIGNATURE _____ (Parent/Guardian) DATE _____