



## Safeguarding Newsletter – May 2019

### Mental Health Awareness Week

13<sup>th</sup>-19<sup>th</sup> May



We marked Mental Health Awareness week across the Academy in Tutor Sessions and College Assemblies. The focus for this year's initiative was 'body image' and students were led through a series of activities and presentations to support their development and to challenge harmful stereotypes.

Parents can access a range of information around mental health issues here:

[www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved](http://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week/get-involved)

### Online Safety



Following the tragic case of 14-year old Breck Brednar who was killed in 2014 after being groomed online, Essex Police have released a powerful short film aimed at highlighting the dangers of online grooming.

We suggest that all parents take the time to watch the film which can be accessed through the following link:

<https://www.youtube.com/watch?v=hZIYSC E-ZiY>

### Managing Anxiety



At any age, children can find going to school difficult. They may be very unwilling to get up, get ready; they may feel sick, or complain of stomach/headaches; they may get angry or upset. The longer it goes on, the more worrying it can be for the child and their parents.

Some children feel anxious about the thought of school when they are at home, but settle down during the school day, while others only display anxiety while at school.

#### **Some tips for parents to consider:**

1. **Tackle it early** – the longer anxiety about school persists, the deeper it becomes. Seek professional help from your GP.
2. **Talk to your child**, listen to their fears and respect their feelings. Try out practical strategies that help them to be in control of their anxiety. For example, younger children could try a making a 'worry box' where at a certain time each day they write down their worry, post it in the box, close the lid and don't worry any more about it that day. For teens and young adults support them in finding anxiety-reducing activities like sports, a creative hobby or youth club.
3. **Talk to the school** – make them aware of what is going on and agree on strategies to make things easier.
4. **Try to reduce your child's fear** of failure and disappointment. Help them to recognise that these happen to everyone and it's ok.
5. **Make sure their routines are consistent**, including time for regular meals, homework, and fun.

Dragonfly Publishers have produced a free booklet containing advice and guidance around dealing with anxiety for parents to download.

**You can find it at:**

**[www.dragonflyimpact.co.uk/anxiety-booklet-pdf](http://www.dragonflyimpact.co.uk/anxiety-booklet-pdf)**



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### Sharing Images Online



This term all students in the academy were reminded of the laws around sharing images online.

#### **What the law says:**

Sending photos and videos can be seen as harmless, but creating or sharing explicit images of a child is illegal, even if the person doing it is a child. A young person is breaking the law if they:

- take an explicit photo or video of themselves or a friend
- share an explicit image or video of a child, even if it's shared between children of the same age
- possess, download or store an explicit image or video of a child, even if the child gave their permission for it to be created

**IT IS A CRIMINAL OFFENCE TO CARRY OUT ANY OF THE ABOVE AND THESE OFFENCES CAN CARRY LIFE LONG CONSEQUENCES FOR THOSE INVOLVED.**

### Who to contact?

If you would like to contact outside agencies for advice, help or guidance, please contact one of the numbers below:

**First Contact Team (Social Care):**  
01702 215007 (Mon-Fri)

**Out of Hours Team (Social Care):**  
08456061212 (365 days)

**NSPCC Helpline:** 0808 800 5000

**Childline:** 0800 1111

**Police:**  
999 (Emergency) or 101 (Non-Emergency)

### Keeping Safe Online

The school holidays are an ideal time to review your child's online activity. National online safety organisation 'Childnet' has drawn up a list of tasks for families to complete together. Why not have a go at the following:

#### **Take time to do a privacy check up**

During the summer holidays, young people may want to keep in touch with their friends through social networking sites or games. It's a good time to ask them about what sites they use, and do a privacy check-up.

Encourage them to use the privacy tools on the services they use, so that the content they post is only available to people they know and trust in real life.

To help set these up, the UK Safer Internet Centre has a [guide to the privacy settings of different sites](#). You can also download the UK Safer Internet Centre's [safety checklists](#) for popular sites such as Instagram, Snapchat and Facebook.

#### **Become an expert**

Although it can sometimes feel like young people are the experts when it comes to different apps and games, it's important to remember that as an adult you are the expert in keeping them safe.

To learn more about the [apps, games and services children are using](#) you can spend some time on them, familiarise yourself with their [reporting and blocking features](#) and ensure that you have the knowledge to be able to help them if they face a problem over the summer holidays or in the future.

Our recent blog for parents and carers '[but everyone else is playing it!](#)' looks at how to decide what games and apps are suitable for children and young people.

### A big thank – you...

The Safeguarding Team at Belfairs, and in particular, Mr Williams, would like to extend our thanks to parents and carers who have supported us with the launch of the cycle helmet initiative.

We are proud to say that this has had a big impact with students, parents and those in our local community and we are delighted with response from all stakeholders. Striving to do all we can to keep our young people safe will always be at the forefront of what we do here at Belfairs.

### Belfairs Designated Safeguarding Leads:



**Mrs Foster**  
Assistant Principal



**Mr Zweistra**  
Vice Principal



**Mr Evans**  
Assistant Principal