



Safeguarding Newsletter – October 2019

Mobile Phone Ban Launch

In order to further safeguard our students and ensure that pupils are focused on their learning, Belfairs Academy became a 'Mobile Phone/Smart Devices' free site from September 2019.

Students are now not permitted to use their phones or Smart Devices anywhere on the academy premises.



This has ensured that students are not distracted from their studies and academy staff can spend more time supporting pupils with their learning. The Senior Leadership Team would like to extend sincere thanks to students, parents and carers who have supported the academy with regard to this issue, the benefits of which are already very clear.

The Impact of Cyber-bullying on Mental Health

During **National Mental Health Week**, on Tuesday 8th October, our Year 7 & Year 9 students enjoyed an innovative performance delivered by Ben Brown on cyber-bullying and the impact this has on mental health.

Artist, Ben Brown is currently working with the Prime Agency to spread the importance of safe use of social media to young people. Ben engaged our students through both performance and presentations including his own personal experiences, as well as those of close friends and relatives, that have suffered or are suffering with mental health.



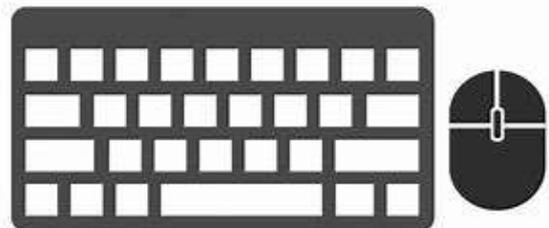
Ben was impressed with the level of knowledge our students had in regards to mental health and our students found his performance very engaging. For more information on the Prime Agency and their work please [click here](#).

NSPCC Advice for Parents – Online Gaming

What are the risks of online gaming?

- **Children may view inappropriate or upsetting content** if they play games that aren't suitable for their age. This could include sexual or violent material. It might be in-game content or produced by other players.
- **Some players can be abusive towards others** or try to exclude them from the game. Some players may also hack another user's account or try to steal and destroy their virtual possessions. This can be as upsetting for a young person as if it happened in real life.
- **Children may play with adults they don't know.** People of all ages play games. Some adults may exploit this and try to build an emotional connection with a child for the purpose of grooming.
- **Some children may find it hard to stop playing games** or find that gaming is getting the way of them doing other activities.

BEWARE THE RISKS OF ONLINE GAMING



5 ways to help children play safe:

1. **Know the games content** – always check age ratings as a minimum. It is important to try and check the game out yourself before allowing your child to play it.
2. **Know how to mute, block and report** – ensure your child is aware that people may not be who they say they are online. Make sure your child knows how to mute, block and report if something doesn't feel right.
3. **Be share aware** – Remind your child to never give out personal information, photos or videos.
4. **Activate safety settings** – Turn on parental controls to help prevent children from downloading age inappropriate content or seeing harmful material.
5. **Keep the conversation going** – Have regular chats with your child about keeping safe online and ensure they understand what is inappropriate. Remind them to talk to a trusted adult if they aren't sure or hear something that upsets them.



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Self-Regulation

A key focus for our students this academic year, is self-regulation. Across the academy we are teaching students how important it is to self-regulate and how to use this positively around the academy. Mr Williams has spoken to all year groups and explained the meaning of self-regulation as well as positive techniques students can use both in and out of the classroom. Included below is a link that all students have been shown this week in their assemblies.

How do we use self-regulation?

Students were reminded of the expectations whilst at Belfairs, in regards to their own behaviour and their behaviour towards others.

Students were reminded to:

- Engage in lessons – don't be ashamed to put your hand up and always remain on task.
- Keep Left initiative – ensure this is always adhered to in corridors and stairwells.
- Walking sensibly, not pushing one another or messing around.
- Use of language – be positive and celebrate success together.
- Behaviour towards one another – being mindful of others feelings and needs.
- Always show respect to all those around you.

[Click here to view 'Self Regulation Skills: Why they are fundamental'](#)

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): 0845 6061212
(365 days)

NSPCC Helpline: 0808 800 5000

Childline: 0800 1111

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

Belfairs Designated Safeguarding Leads:



Mrs Foster
Asst. Principal



Mr Zweistra
Vice Principal



Mr Evans
Asst. Principal



Mrs Morenas
Asst. Principal

Bonfire Night - Keeping safe

Despite annual safety warning, firework celebrations continue to end in painful injuries for too many adults and young people. Remind your children of the laws surrounding fireworks and the serious dangers should they break these laws.



What is the impact of firework misuse?

Used irresponsibly, fireworks can cause damage to property and do significant harm to people and animals. Not only is there a danger from fireworks exploding, they can also pose a serious fire risk as well.

This is why members of the public may only use fireworks on private property, such as their back gardens, and only licensed professionals can use them in public places. Fireworks should never be used inside.

Key facts:

- It is against the law for you to carry fireworks if you are under 18
- Fireworks must never be sold to anyone under the age of 18
- It is an offence under the Explosives Act 1875 to tamper with or modify fireworks

What you can do

If children are setting off fireworks in your area, our first advice is to ask them politely to stop. It's possible they're unaware that they are breaking the law. If you know their parents, perhaps ask them to intervene. If you're having an ongoing problem with people setting off fireworks, please [report it to Essex Police](#).

Halloween – Tips for Parents



Be Fire Aware – Halloween is a time for extravagant costumes however, many can pose a fire hazard. Remind children of the increased danger and to keep away from flames.

Be Road Aware – Many halloween costumes rely on dark fabrics to add to their spook factor and are therefore often less visible to drivers. Remind children to take extra care when crossing the roads.

Paint not masks – Masks are great for a quick halloween transformation however they do impair vision and can be a trip hazard. Encourage your child to use face paint/make up instead of wearing masks.

We wish you all a safe, happy and enjoyable time on Bonfire Night and Halloween with your families.