



## Safeguarding Newsletter – December 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.

### Free Online Safety Video: Put your phone down this Christmas!

Christmas is an exciting time, with a whole lot going on around us, so it's all too easy to let our fascination with the online world distract us from what's really important – spending time with our families.

National Online Safety are here to provide trusted adults with advice and support (and hopefully a few laughs) with a new song for parents and carers all about not spending Christmas glued to our phones!



**view the National Online Safety Videos for Parents, please click on the link below:**

<https://nationaleducationgroup.cmail20.com/t/t-l-ngwit-airltwdh-y/>

### Sadfishing – What you need to know?

'Sadfishing' is described as a behavioural trend where people make exaggerated claims about their emotional problems to generate sympathy and attention. The term was created at the beginning of the year by a blogger using the term to describe certain celebrities who embellish their emotional difficulties to generate sympathy and gain more followers. The term has now gained traction and is seen as a growing trend on social media. The challenge with sadfishing is that sometimes real problems can become overlooked or young people can even be bullied for having shared their problems online.

### Advice for parents:

#### **Create a culture of openness:**

Maintain and commit to having a culture of openness at home where your child can express their feelings without judgement, and you acknowledge their world and current difficulties. Support your child to navigate growing up in a world with social media and their developing sense of self.

#### **Ask more than once:**

Being a parent of a teenager means a constant negotiation between keeping them safe and letting them go. If their behaviour has changed or they have a prolonged bout of low mood or stress, let them know you are there for them when they are ready to talk. Sometimes this may mean asking them more than once. This gives them the message that you are there for them and that they are not alone.

#### **Promote healthy face to face relationships:**

Where possible, help your child maintain healthy relationships with friends who are helpful and supportive. This may mean inviting them over regularly, providing transport to and from activities with the group of friends, or helping your child organise activities. Spend time helping to encourage healthy, supportive face to face relationships.

#### **Positive attention:**

Provide opportunities during the week for time together. Teenagers sometimes prefer side by side conversations like going out for walk, at the dinner table or driving in the car somewhere. Regularly commit time to a family evening together where you can share time and/or an experience together like a home movie and popcorn, a game (even an online game which may be suitable), shopping or cooking.

#### **Talk about the importance of boundaries:**

Discuss the consequences of oversharing, particularly on social media. Maintaining a healthy privacy outlook is important when we are perhaps sharing our feelings with people who are not known to us. But as friendship and trust develop, it is healthy to share more information and talk more openly.



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## 12 Social Media tips for children with new devices

With Christmas only a week away, students will be using social media to share their excitement with friends and family. Being active on social media is a great way to show others how much fun you are having but it is important that you know how to use apps safely and securely so that bad things don't happen. By following these safety tips students can make sure that their personal information stays private and that their posts are positive and healthy as well as enjoyable.

1. **Do not** accept friend requests from strangers
2. **Never** share your personal information with people who do not know.
3. **Do not** share embarrassing photos or videos of others online
4. **Never** send naked pictures of yourself to **anyone**.
5. Create a positive online reputation
6. Limit your screen time
7. **Block** online abusers
8. Report inappropriate content **immediately**
9. Only use apps which you are old enough to use
10. **Always** secure all your social media profiles with a password
11. **Always** talk to your trusted adult if social media is making you unhappy.
12. Ask parents to set up parental controls for social media.

**If in doubt, always ask a parent/carer or a responsible adult so they can help.**

## 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: 0800 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

## Self regulation – Adam Barrett

On Thursday 21<sup>st</sup> November Adam attended the academy to undertake a couple of activities with a number of students.

Adam also spent an hour as a reward Enrichment Q&A with a group of 50 students. All students prepared a range of questions for Adam and found the experience very enriching.

Mr Williams received several positive phone calls from parents thanking the academy for rewarding their children with this opportunity. Following the Q&A Adam then held an assembly for Year 9 Boys on the following topics all related to Adam's journey through Belfairs as a student through his career in football and what it takes to be successful:

- Self-Regulation
- Self-discipline
- Leadership
- Aspiration

Adam feedback that he really enjoyed the experience and would be open to returning to the academy in the New Year to work with girls in the academy.

