



Safeguarding Newsletter – May 2021

10 Top Tips to Support Mental Health and Wellbeing Through Nature Online and Offline

Online:

1. **Give something back to nature.** A swift internet search should bring up details of any local conservation projects you could volunteer for, or litter-picking events that you could enrol the family in. It doesn't have to be a long-term commitment: most schemes are grateful for every bit of help!
2. **Search your preferred music player for some soothing natural sounds.** A few minutes' gentle audio of rainfall, ocean waves or birdsong are all great ways of unwinding at the end of the day to get you ready for an excellent night's sleep.
3. **Give geocaching a go.** If you've not heard of it, geocaching is a modern twist on the traditional treasure hunt. Participants look for items hidden in outdoor locations, using a GPS-enabled device like a mobile phone or tablet. We'd recommend that an adult accompanies young adventurers.
4. **Share what you see.** While you're out exploring nature, take a photo or video of anything you find that inspires you. Not only will it be a nice memory for you to look back on, but you could also share it safely on social media and maybe motivate others to engage with the natural world!
5. **Watch the stars.** Looking at the night sky can be incredibly calming. There are some comprehensive stargazing websites and apps to help you locate and recognise different stars. It can take 20 minutes or so before you can see stars fully in the dark, even on clear nights, so allow your eyes time to adjust.

Offline:

6. **Ditch the phone.** Now the weather's improving, go for a walk in a green space nearby. If you're already familiar with your chosen route, you could always leave your phone at home to be completely free of the usual distractions and notifications.
7. **Put down some roots.** Planting flowers, shrubs, herbs or vegetables can be extremely rewarding. Not only does it help us to connect with nature – it also provides an ongoing project to draw pleasure from. If your home doesn't have a garden, no problem: a window box will do the job just as well!
8. **A different kind of tweet.** Most gardens in the UK attract a wonderful variety of birds, and just watching them for a few minutes can be immensely therapeutic. There are some excellent apps and sites to help you name any species you don't already know or even play a game: identifying bird song, like bird song bingo!
9. **Feed your feathered friends.** Hang a bird feeder where you can easily see it from a window. Then enjoy the feelgood factor of satisfied avian visitors perching where you can see them. For something more advanced, you could try building a nesting box to fix onto a fence or under a windowsill.
10. **Art and soul.** Younger children will enjoy drawing or painting animals or nature scenes, or writing a poem or song lyrics about nature. For extra art or crafting fun, you could collect natural materials – leaves, feathers, tree bark or seeds, for example – to use in your creations.

Belfairs Designated Safeguarding Leads:



Mrs Foster
Asst. Principal

Mr Zweistra
Vice Principal

Mr Evans
Asst. Principal

Mrs Morenas
Asst. Principal

Covid-19 Information & Updates

We are regularly posting information and links on our dedicated page for Covid-19 [here](#).

For any queries please email us at:
enquiries@belfairs.southend.sch.uk

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What Parents and Carers Need to Know about ChatRoulette

In the words of its creator, ChatRoulette "pairs random users for webcam-based conversations". Reporting more than two million monthly users, it claims to be the largest random video chat website worldwide. Users are matched arbitrarily (hence 'roulette') and you can end a video chat whenever they like – at which point, they are connected (again, at random) to someone new. Once considered outdated, ChatRoulette unexpectedly flourished in the early months of lockdown, with the number of daily users doubling to above 100,000.

- **ChatRoulette is an 18+ app and strongly associated with adult content.** Following its launch in 2009, inappropriate – usually sexual – content was reported to have become 'rampant' on the site. An early study found that one in eight matches on ChatRoulette involved someone naked, exposing themselves or engaging in a sexual act. A recent study by our researcher shows that this is now as high as 7 out of 8 calls.
- **Blackmail Scams.** It's not especially difficult for another Chatroulette user to record the feed from your webcam. Scammers have been known to lure people into committing a compromising act during a video call (often using an attractive, flirtatious accomplice as a 'honey trap') and then threaten to release the footage to their friends and family, in an attempt to blackmail them.
- **Damaging Self-Esteem.** Many users purposely go on Chatroulette to mock, insult and ridicule other people. In addition to this kind of deliberate trolling, the ease with which someone can end a call and move on to the next chat participant can lead to a continued sense of rejection. We would advise that anyone who suffers from self-esteem issues or low self-confidence should avoid using Chatroulette

Parent Forum Events Available Online Now:

Equality & Diversity
[Click here to view](#)

Exam Dispensation
[Click here to view](#)

**Supporting Students
Mental Health &
Wellbeing**
[Click here to view](#)

Upcoming dates:

Wednesday 16th June
Personal Development

**Further information can
be found at:**
<https://www.belfairsacademy.org.uk/parents/parents-forum>

Dove Reverse Selfie Advert #HaveTheSelfieTalk

By age 13, 80% of girls distort the way they look online. Let's change that. Social media is a big part of young people's lives -- but retouching apps and the pressure to post the 'perfect selfie' are hurting their self-esteem and confidence. Have the selfie talk with a girl you love to reverse the damage and celebrate real beauty. The Dove Self-Esteem Project can show you how.

[Click here to watch the Reverse Selfie Advert.](#)

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)