



Keston Primary School Safeguarding Newsletter

Keston Primary School
Keston Avenue, Coudroon, CR8 1HP Tel: 01737 559102

**OUR
Safeguarding
Team**

Designated Safeguarding Leads

 Mrs Stevens Assistant Headteacher	 Mrs Green Headteacher	 Mrs Storey Assistant Headteacher	 Mrs Eason Assistant Headteacher
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Deputy Designated Safeguarding Leads

 Miss Clarkson Class Teacher	 Mr Newman Phase Leader	 Miss Stater Class Teacher
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Speak to a member of our safeguarding team if you are worried about a child.

Our Safeguarding Team liaise with children's social care and other external agencies to support families.

Staff can contact children's social care directly in an emergency where no member of the

Seeking Help

Being a parent can be challenging in everyday situations. Now, more than ever, taking care of your mental health is important. With the cost of living increasing, if you're struggling, it's okay to reach out for support from friends and families. There are also plenty of organisations that are here to help.

Throughout our Wellbeing Curriculum at school, children have the opportunity to talk about their emotions and share any worries or concerns with their teachers.

If you need emotional or financial support, at Keston, we are here for you and can often point you in the right direction of a service who can help you out. Please contact a member of the safeguarding team, who will be more than happy to listen and help.

Winter Safety

Winter is a great season for outdoor activities; however, cold weather, ice and snow can be fun but also dangerous for children. The following tips will help parents and children enjoy winter activities safely:

- Children shouldn't play outside alone. Establish a buddy system with one or more friends and have them look out for one another. Children younger than 8 years of age should always be supervised outside.
- Never send children outside unsupervised in extreme snow and ice weather conditions.
- Check often to see that your child is warm and dry. Younger children should take regular breaks and come inside for a warm drink.
- Help children choose play areas with a warm shelter nearby (e.g., near home or a friend's home).
- Apply sunscreen to exposed skin, even when it's cloudy.

Are you worried about your child's behaviour?

We are here to support you if you are worried about your child's behaviour. Below are some tips that you may find helpful:

- Listen to your child without judgement.
- Promote positive behaviour.
- Use positive praise.
- Make sure their class teacher is aware.
- Be consistent.
- Understand their triggers.

If you would like support with your child's behaviour, talk to your class teacher. We are here to help you.

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Safeguarding In Our Curriculum

We believe that one of the best ways to safeguard children is to equip them with the knowledge and skills to be able to keep themselves safe. Safeguarding themes are interwoven throughout our Wellbeing curriculum and the opportunities we offer in school. Look at our website to see how our Wellbeing curriculum is covered across the school:

<https://www.kestonprimary.org.uk/wellbeing/>

Attendance

We are sure that like us, you as parents and carers realise the importance of attendance and punctuality. At Keston, we continue to work hard to try to raise attendance levels and to reduce instances of lateness.

There is much evidence to show that good attendance plays a vital role in helping your child to achieve their potential. We also know that poor attendance can lead to other problems for children.

How can you help your child attend school regularly?

- Talk to your child about school. Take a positive interest in your child's work, including homework;
- Make sure your child understands why school is important;
- Get everything ready for school the night before;
- Arrange appointments before or after school or during the school holidays;
- Take holidays during school holidays and not during term time;
- Set your alarm and your child's alarm clock- see who can beat the clock!
- Only grant days at home for genuine illness (you will know!)
- If your child is slightly under the weather, still send them into school- children often start feeling better as the day goes on and they get busy, and if the school is worried, we will call;
- Children can attend school if they are taking medicines - speak to the school office. We can give children certain medications with your permission.

Parental Controls

Phones and computers are essential parts of children's lives but internet access comes with a multitude of risks. Here are some parental controls that can help with this:

- Cover all devices
- Don't neglect shared technology
- Consider time controls
- Block app spending
- Remember not all controls will block everything
- Password protect devices
- Review controls regularly
- Check your children's devices



National Online Safety Top Tips for Parents

- LIMIT SCREEN TIME**
In today's digital age, technology is an important part of a child's development so completely banning them from their device will mean they are missing out on a lot, including conversations and communication with their friends. Parents can balance them from using their devices, we suggest setting a screen time limit. Work out what you think is a suitable and healthy amount of time for your child to be on their device per week. Remember that your child may need to use devices for their school homework so only set screen limits on recreational time on their device. Once you have established this, have the conversation with them to discuss why you are implementing a screen limit. There will be others in your child's friendship group who will not have screen limits set and will be sending messages when they do not have access to their phones.
- LEAD BY EXAMPLE**
Children model their behavior on their peers, so if their parents are constantly on their device, they will see this as acceptable. Try limiting your own screen time and follow the same rules you have set for them. If you have asked your child to not use their device at the table, make sure you don't. Try setting house rules that the whole family abide by.
- REMOVE DEVICES FROM THEIR BEDROOM**
Setting a rule about removing devices from bedrooms will help your child to get the sleep they need and be more focused the next day at school. 20% of teenagers said that they wake up to check their social network's accounts on their devices. Even by having a device switched off in their bedroom, they may be tempted to check for notifications.
- LESS TIME MEANS LESS EXPOSURE**
There are many risks associated with devices, such as cyberbullying, grooming, sexting, viewing inappropriate content. Less time spent on screen means that a child will be less exposed to these risks.
- MOBILE-FREE MEAL TIMES**
Have you tried to settle your child by giving them a tablet at the dinner table or restaurant? This may seem like a quick fix to calm them down but it really is encouraging them to use their device as a distraction from conversation and dealing with their emotions. We suggest removing all technology from the dinner table and having conversations with your family about how their day has been.
- ENCOURAGE ALTERNATE ACTIVITIES**
It may seem like an obvious solution, but encouraging children to play with their friends, read a book, or playing outdoors will help them settle in and have fun without their device. Playing football, trampolining, reading, going for a walk, swimming and all healthy replacements for screen time. Try to join them in their outdoor activities to show your support.
- STATISTICS**
 - 52% of children aged 3-4 go online for nearly 9hrs a week
 - 82% of children aged 5-7 go online for nearly 9.5hrs a week
 - 93% of children aged 8-11 go online for nearly 13.5hrs a week
 - 99% of children aged 12-15 go online for nearly 20.5hrs a week

Anti Bullying Week/Celebrating differences Week.

On the week of Monday 11th – Friday 15th November we will be celebrating Anti-bullying Week. Throughout this week, we learn about the different types of bullying, the impact it has and how we can access support for ourselves and others. This year's theme is 'Choose Respect'. Treating each other with respect, no matter what, is integral to our school and is embedded and modelled throughout all areas of our curriculum. We will use this opportunity to highlight and celebrate the many differences we have with each other and talk about why they makes us unique.

If you are worried, please come and speak to your class teacher or for more information and support please visit:

<https://anti-bullyingalliance.org.uk/>

<https://www.nationalbullyinghelpline.co.uk/about.html>

ANTI-BULLYING WEEK 2024
Monday 11th to Friday 15th November
CHOOSE RESPECT #ANTIBULLYINGWEEK
ODD SOCKS DAY 2024 Tuesday 12th November

Urgent and other support available

- shout 85258**
Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or visit [Shout Crisis Text Line](http://ShoutCrisisTextLine.com)
- SAMARITANS**
Samaritans 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org
- Crisis Texts**
Crisis Texts helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](https://www.crisistexts.org/)
- PAPYRUS**
Papyrus provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)
- childline**
Childline confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or online chat with a counsellor
- Good Thinking**
Good Thinking is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps
- THE MIX**
The Mix provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or Email
- Beat**
Beat provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the Youthline (under 18s) 0808 801 0711 or Studentline 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)
- koeth**
Koeth is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine