



SOUTH BOROUGH PRIMARY SCHOOL

Wellbeing and Safeguarding Update



Telephone: 01622 752161

E-mail: sbps_office@swale.at

Website: www.southboroughprimary.org.uk

Twitter: @sbpsmaidstone

Term 1 2021 - 2022

Exec. Headteacher: Mrs J Olivier

Head of School: Mr M Currie

Deputy Headteacher: Mr L Clarke

Safeguarding - what is it?

Welcome to South Borough's first ever Safeguarding and Wellbeing Update. We will aim to bring you all the latest help and advice on issues we feel are relevant to our community.

According to the NSPCC, safeguarding is the action that is taken to promote the welfare of children and protect them from harm.

Safeguarding means:

- protecting children from abuse and maltreatment
- preventing harm to children's health or development
- ensuring children grow up with the provision of safe and effective care
- taking action to enable all children to have the best outcomes.

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

Can I leave my child at home alone?

A child who isn't old enough or who doesn't feel comfortable should never be left home alone. If this is the case, it's best to look into childcare options that might work for your family.

There's no legal age a child can be left home alone, but it's against the law to leave a child alone if it puts them at risk. The NSPCC recommend not leaving a child under 12 years old home alone, particularly for longer periods of time.



Worried about a child?

If you're worried about a child, even if you're unsure, you can contact the NSPCC. Call on 0808 800 5000, email help@nspcc.org.uk or fill in their [online form](#).

REMINDERS

Suggestions?

The next safeguarding wellbeing newsletter will be out in Term 2. If you have any comments or suggestions about what you would like to see in it, please let Miss Ballard know by emailing sbps_office@swale.at

Safeguarding and Wellbeing Diary Dates

Saturday 13th November
World Kindness Day

Monday 15th November
Anti-bullying Week

24/25/26 November
Anti-bullying workshops

Wednesday 1st December
Parent Workshop with the Emotional Wellbeing Team 'Understanding Resilience'

Wednesday 26th January
Parent Workshop with the Emotional Wellbeing Team 'Understanding Behaviour'

Wednesday 23rd March
Parent Workshop with the Emotional Wellbeing Team 'Understanding Anxiety'

Look out for more dates to be added...



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Online Safety

Online safety is the act of staying safe online. It is also known as internet safety, e-safety or cyber safety. It includes all technological devices which have access to the internet from PCs and laptops to smartphones and tablets.

Have a look at the [Internet Matters Website](#) for simple, practical advice about keeping children safe online.

Online safety tips for parents of primary school children

Agree on boundaries

Be clear about what your child can and can't do online – where and when they can use the internet, how much time they can spend online, the sites they can visit and the type of information they can share. Agree with your child when they can have a mobile phone or tablet.

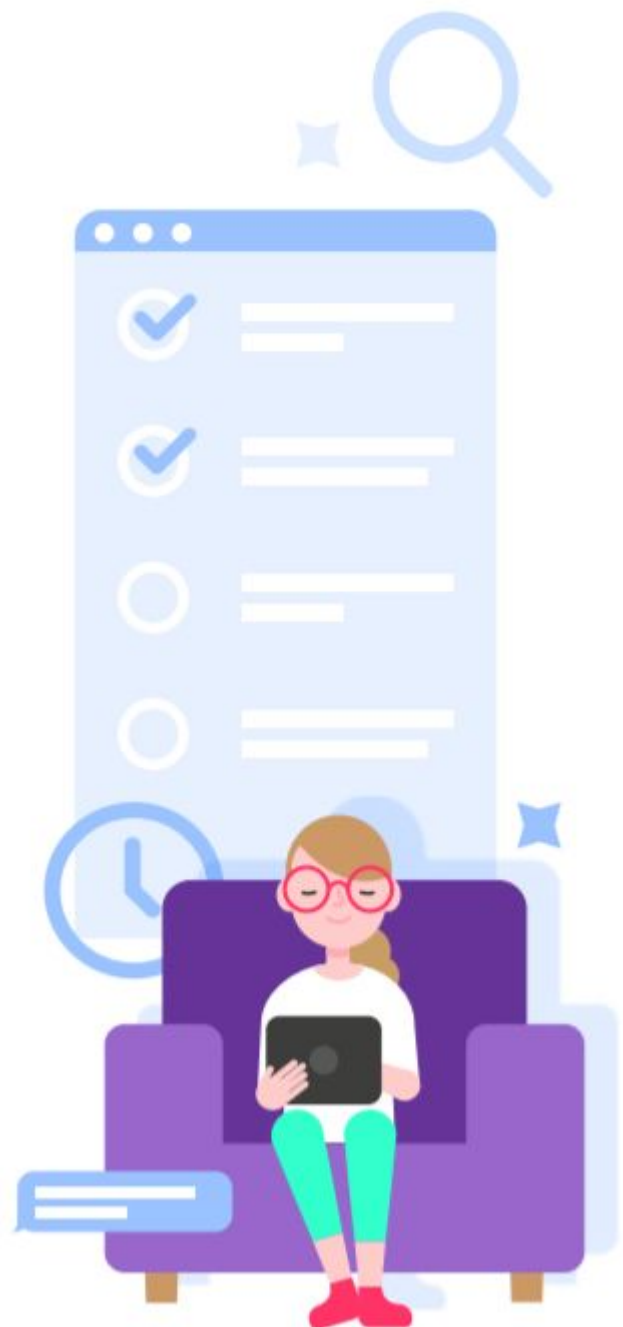
When you do give them their first device make sure that it is set up appropriately for them with the right parental controls in place. It's a good idea to **introduce tech-free meal times** and encourage them to **keep phones out of the bedroom at night** to help them build a healthy screen time balance.

Put yourself in control

Set parental controls on your home broadband and any internet-enabled devices. Set up a user account for your child on the main device they use and make sure other accounts in the household are password-protected so that younger children can't access them by accident.

Explore together

The best way to support your child online is to **talk to them about what they do online** and what sites and apps they like to use. Be inquisitive and ask them to show you their favourites to check they're suitable.





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Search safely

If you let your child search independently, **make sure safe search is activated on Google and other search engines**, as well as restricted mode on YouTube. You can set your default search to one designed specifically for children, such as Swiggle, and can save time by adding these to your Favourites.

Check if it's suitable

The age ratings that come with games, apps, films and social networks are a good guide to whether they're suitable for your child. **For example, the minimum age limit is 13 for several social networking sites**, including Facebook, Instagram, Snapchat and TikTok.

Make use of platforms and services designed with children in mind like CBBC, YouTube Kids, Sky Kids, BBC iPlayerKids. Although sites aimed at under-10s like Spotlite (Formerly Kudos) also have social networking elements. See other similar social networking sites built for kids in our ['Social networks made for kids' guide](#).

Stay involved

Encourage them to use their tech devices in a shared space like the lounge or kitchen so you can keep an eye on how they're using the internet and also share in their enjoyment.

Talk to siblings

It's a good idea to talk to any older children about what they're doing online and what they show to younger children. **Encourage them to be responsible and help keep their younger siblings safe.**



48% of parents believe that their children know more about the internet than they do and 73% of children agree

Need to brush on up on your online safety this school year?

We've got information, advice and support to help you get up to speed on all the big issues around children and technology. Showing you the best ways to keep them safe online, whatever they're doing.

**internet
matters.org**

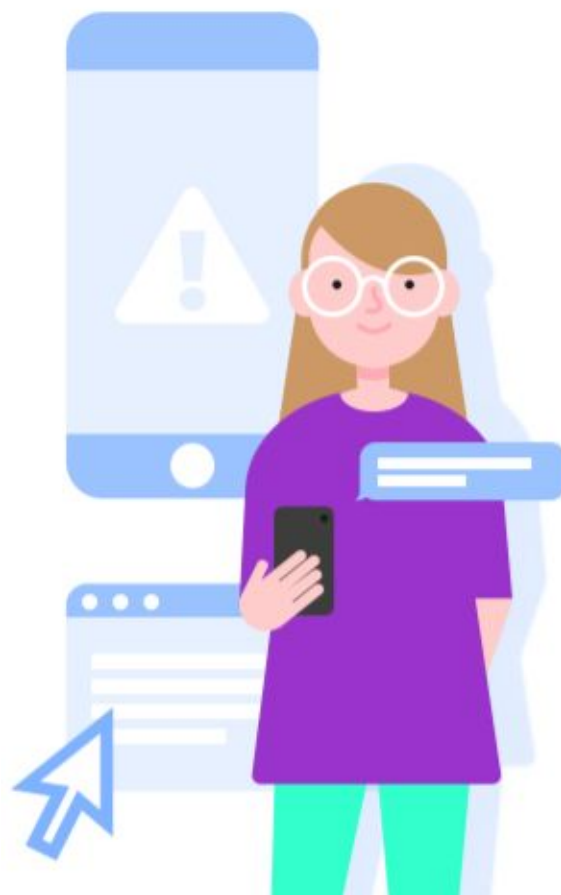


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Learn about it: Teach your child some simple rules

- Make sure your child knows **not to share personal information** like their phone number or email address online.
- Encourage them to **only talk to real-life friends or family** if they are on sites with a social media or chat element like Roblox.
- **Use privacy settings** wherever they exist to keep their information private - help your child to set these up. Remember that the default on many sites is public.
- **Be a good online friend** and don't say nasty things even if it's just a joke.
- Direct them to use **secure and legal sites to download** music and games to avoid experiencing the risks associated with streaming content from unauthorised sites. Visit our ['Dangers of digital piracy' advice hub](#) for more advice.
- Advise them to **Check attachments and pop-ups for viruses** before they click or download anything and ask if they aren't sure. You can set up their phone/tablet so you need to grant permission before they are able to download an app or game.
- **Encourage them to use Public Friendly WiFi** when they're out and about to filter inappropriate content but also use the parental control tools on the device just in case they do connect to an unfiltered WiFi - the most likely place for this to happen could be at a friend's house.
- **Help them to better understand the different online platforms they use** and judge the quality and reliability of online resources.



Visit internetmatters.org for more advice

 InternetMatters

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Emotional Wellbeing Team

Don't forget, Sam (our Emotional Wellbeing Practitioner) is available to provide mental health support for children, young people and their families. She provides low intensity interventions for young people experiencing common emotional wellbeing difficulties such as low mood, anxiety and behavioural difficulties. If you think your child would benefit from the support, please complete the form found [here](#) on the website and return it by email to the school office.

Sam will also be running termly Parent Workshops. The next one is 'Understanding Resilience' on Wednesday 1st December at 1.30pm. Read below to see what parents had to say about the most recent workshop.

As well as Sam, we also have two Mental Health First Aiders in school to support you and your family; Miss Ballard and Mrs Samways. Please don't hesitate to get in touch with one of them or any member of staff if you would like some support.

Parent Workshop with Sam

On Wednesday 6th October, our Emotional Wellbeing Practitioner Sam held a workshop for parents about 'Understanding Resilience'.

Thank you to the parents who attended - it was a really informative session where parents were given time to develop their own toolkit for supporting their children in becoming more resilient.

Future workshops include:

- Understanding behaviour
- Understanding anxiety
- Smooth transitions to secondary school

More information will be available nearer the time.

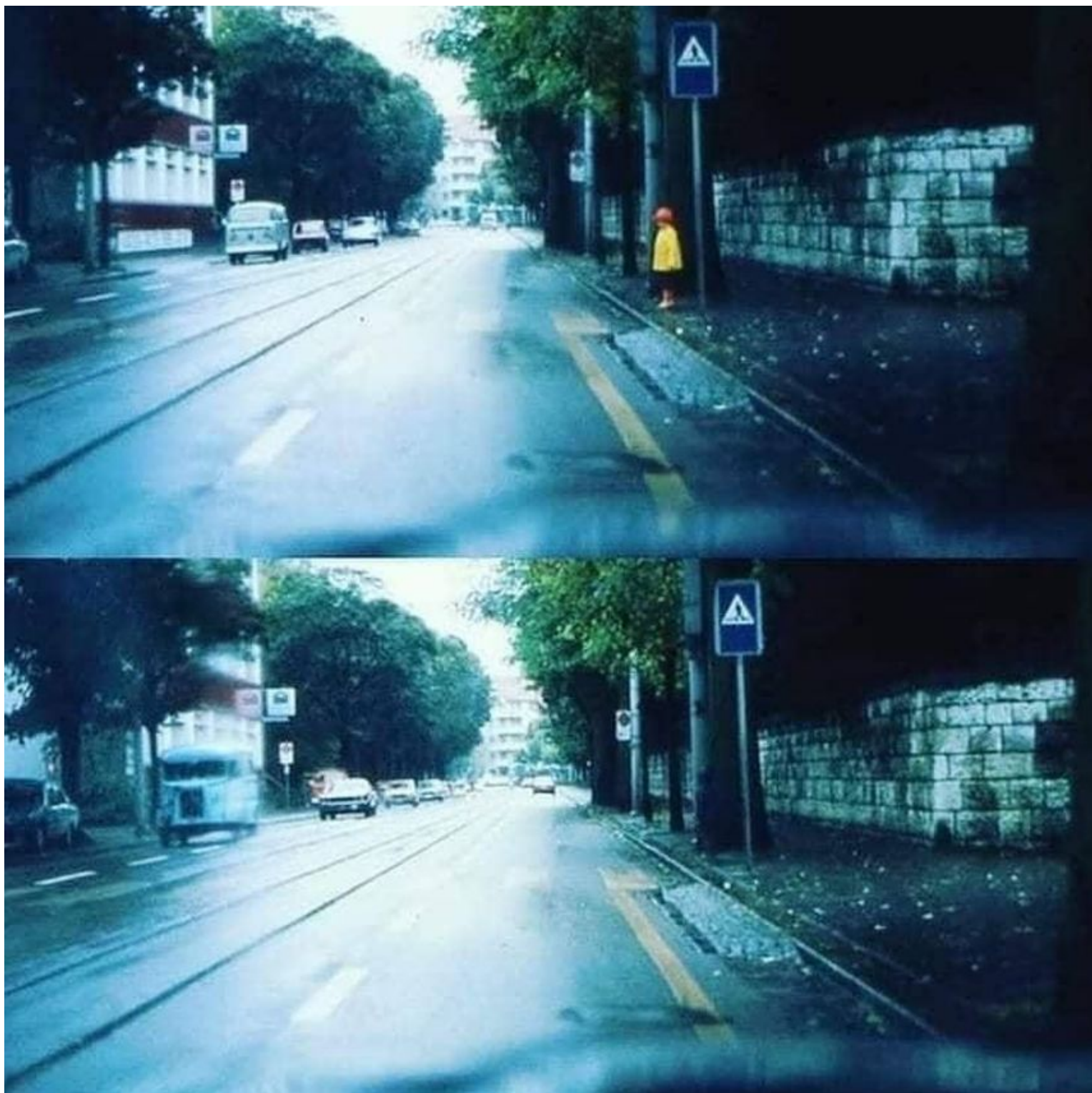




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Road Safety



The same child is standing at the same place in both of these photographs. What a difference bright colours could make to your child's safety on a grey, wintery day! Encourage your child to wear bright colours and even reflective strips which can be bought cheaply online.



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Support Service Directory

Big White Wall

A safe community to support your mental health, 24/7

www.bigwhitewall.com

Citizens' Advice

0800 1448 444

www.citizensadvice.org.uk

Cruse bereavement care

0808 808 1677

Holding On, Letting Go

supporting
bereaved children and their
families
03445 611 511

Kent Live Well Services

Porchlight Community Service Link -Housing, debt and
benefits, including online support
0800 567 7699

www.livewellkent.org

Kent Safeguarding Children Board

03000 419 292

Kent Together

Kent County Council 24 hour helpline 03000 111 1110

Maidstone Family Food Bank

(Tues and Thurs 10.00—14.00)

01622 625818

Men's Advice Line

Advice and support for men experiencing domestic
abuse

0808 801 0327

Mental Health Matters

24/7 helpline

0800 107 0160 from landlines

0300 330 5486 from mobiles

Refuge for women and children

National Domestic Abuse 24/7 Helpline

0808 2000 247

Samaritans 24/7 Helpline

116 123

Sleepstation

Help for insomnia and

Anxiety

0845 260 6106

The Money

Advice Service

0800 138 1677

Suggestions?

If you know of, or would recommend, a support service please let Miss Ballard know by emailing
sbps_office@swale.at so that it can be included in the directory.