



# Keston Primary School

## Safeguarding and Wellbeing Newsletter : March 2022



A reminder that information about safeguarding may be found on our school website. If you are concerned for a child's welfare call the school office and ask to speak to a member of the school safeguarding team. Alternatively you may email using : [safeguarding@keston.croydon.sch.uk](mailto:safeguarding@keston.croydon.sch.uk)

### Listening to children

Every member of staff at Keston is there to listen to children and help them. All staff have annual safeguarding training. In addition we have child friendly posters in every classroom reminding children who they could speak to if they are worried.



### What is a Designated Safeguarding Lead?

Governing bodies ensure that schools assign an appropriate senior member of staff to take lead responsibility for child protection.

At Keston we have a safeguarding team with a designated safeguarding lead (**DSL**) and five deputies (**DDSL**)

Key aspects of the "Designated Safeguarding Lead" role include:

- Making sure all staff are aware how to raise safeguarding concerns
- Ensuring all staff understand the symptoms of child abuse and neglect
- Referring any concerns to social care
- Monitoring children who are open to social care or require additional support
- Maintaining accurate and secure child protection records
- Raising awareness of the school's safeguarding policies and procedures, and ensuring they are implemented and reviewed regularly

### Contact Details

#### **Important for safeguarding and in case of an emergency.**

Are your contact details up to date? Do we have more than one emergency contact? If you change your home phone, address, email, or mobile number, please inform the school office.

## Children's Mental Health Week.

The theme of this year's Children's Mental Health Week was Growing Together. The week aimed to encourage children (and adults) to consider how they have grown and how they can help others to grow. Growing Together is about growing emotionally and finding ways to help each other grow. Challenges and setbacks can help us to grow and adapt and trying new things can help us to move beyond our comfort zone into a new realm of possibility and potential. However, emotional growth is often a gradual process that happens over time and sometimes we might feel a bit 'stuck'.

At Keston, we held our own 'Wellbeing Week' to consider all the ways in which we can take care of our mental health. As parents and carers, you play an important role in your child's mental health.

Click the link to find some handy top tips and activities to try at home:

[children's mental health week](#)



## NSPCC's PANTS Rules

Within our Wellbeing curriculum, we aim to ensure the prevention and appropriate management of peer on peer abuse.

Using resources from the NSPCC's 'PANTS' campaign, we promote 'The Underwear Rule' which aims to raise awareness of the importance of talking to children about keeping safe from sexual abuse.

'The Underwear Rule' teaches them that:

- their body belongs to them
- they have a right to say no, and
- they should always tell an adult if they're upset or worried.

Within our Wellbeing lessons, we also cover the topic of consent, the right to privacy and how to respond to unwanted or unacceptable physical contact.



## **Additional safeguarding support services**

**Young Minds** (children's mental health)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

**Childline** [www.childline.org.uk](http://www.childline.org.uk)

**Anti-Bullying Campaign** [www.bullying.co.uk](http://www.bullying.co.uk)

**Department of Education (DofE)**

[www.education.gov.uk](http://www.education.gov.uk)

**Child Exploitation & Online Protection (CEOP)**

[www.ceop.gov.uk](http://www.ceop.gov.uk)



### Peer on Peer Abuse

Ofsted is concerned about the high prevalence of sexual harassment and online sexual abuse amongst children, stating that "for some children, incidents are so commonplace that they see no point in reporting them". To read Ofsted's review of sexual abuse in schools please visit: [OFSTED review](#)

#### Primary schools

We recognise that all children are vulnerable to and capable of abusing their peers. This includes verbal as well as physical and sexual abuse. Within our Wellbeing curriculum, we aim to ensure the prevention and appropriate management of peer on peer abuse.

Boys and girls mix together in every social environment, at every age. Many children will, thankfully, not encounter sexism, harassment or abuse based on gender. However, it is important that we teach all children, of all ages, what is acceptable interaction and what is not, alongside what to do if they are subjected to unwanted attention. The OFSTED report recommended that school leaders should create a culture where sexual harassment and online sexual abuse are not tolerated, and where they identify issues and intervene early to better protect children and young people.

#### Safer Internet Day

On 8th February, we celebrated Safer Internet Day 2022 with the theme 'All fun and games? Exploring respect and relationships online'.

From gaming and chat, to streaming and video, young people are shaping the interactive entertainment spaces they are part of.

Safer Internet Day 2022 celebrates young people's role in creating a safer internet, whether that is whilst gaming and creating content, or interacting with their friends and peers. Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children. Further information can be found on the UK Safer Internet Centre's website:

<https://saferinternet.org.uk/safer-internet-day/safer-internet-day-2022>

#### Kiddle

Child friendly search engines help us to ensure that children are using the internet in a safe way. Kiddle.co is a visual search engine for children powered by Google which offers a safe web, image and video search. You can access it here [www.kiddle.co](http://www.kiddle.co)



We need to be aware that those who wish children harm will find their way round the safeguards included in these search engines, so while these search engines may make searching safer for children they are not a replacement for online safety filters.

UK Safer Internet Centre provides excellent independent advice on setting up internet filters at home. [saferinternet.org.uk](http://saferinternet.org.uk)

#### **Worried about a child?**

Call the NSPCC free helpline or contact them online. Children may contact ChildLine any time for support .



## Discord

New apps and features are released every day that promise to help keep everybody connected. One of the most popular online spaces for children and young people to connect is Discord. Discord is a free online platform (owned by Amazon) that hosts voice, video, and text chat. It was founded in 2015 by two friends who wanted a better way for gamers to connect with each other whilst on-line gaming.



The global COVID-19 pandemic saw an increase in active users for the platform which now sees Discord calling itself a “space for everyone to find belonging.” Discord’s simple design is especially appealing to children and young people. However, this creates a prime environment for someone with harmful intentions to easily build rapport with a young person based on similar interests. Risks can include sexual exploitation, inappropriate or illegal content, lack or privacy settings and harsh or inappropriate language and bullying. Click on the link for guidance and advice:

[world according to discord](#)

## Equality and Diversity

Equality and Diversity is the concept of accepting and celebrating people's differences. It is about treating individuals with respect, equally and fairly. At Keston, equality and diversity is an integral part of our curriculum and is carefully planned by all teachers. We have been reviewing our resources throughout the school to ensure we have a diverse range of materials which appeal to everyone in our school community. Miss Barakeh has been working with the School Council discussing how to improve the school environment further, and their input has been invaluable.

This term at registration, the children have been saying ‘Good morning’ and ‘Good afternoon’ to each other in a different language each week.

We have been looking across the school at the different languages spoken by children. Each class now displays the languages spoken by the children.



## Purley Food Hub

Purley Food Hub have continued to support families in our local community providing weekly food deliveries.

If you are in need of this service, please contact Mrs Stevens, in confidence.

