



Keston Primary School



Safeguarding and Wellbeing Newsletter: Autumn 2

Welcome to our safeguarding newsletter. As we look forward to the Christmas holidays, we are focusing on internet safety as well as sign posting you to organisations that may be helpful to you and your family over the festive period.

Safeguarding Audit

On Thursday 17th November, Keston had an external Safeguarding Audit organised by PACE Academy Trust. This covered all aspects of safeguarding. We are pleased to tell you that after a very intensive day, the final judgement was that Keston's Safeguarding procedures are highly effective. The auditor spoke to members of staff, our safeguarding governor, school council and approximately 30 children in the playground.

Some of the things our children talked about:

When pupils talked about their teachers, they said they were *'The nicest of the nice and the kindest of the kind'* and teachers know *'everything'* about their learning and that is why they are *'the absolute best'*.

- Pupils confirmed that staff always listen to them and give good advice to help sort out any issues. Relationships between staff and pupils are a real strength.
- Pupils could instantly name staff members that they could turn to get support for any concerns or worries.
- Pupils notably didn't make a single negative comment about their schooling.



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

During the school holidays:

If, as a member of the public, you have concerns that a young person is being harmed or needs support, you should contact the Croydon Single Point of Contact team **SPOC**.

SPOC : Phone: 020 8255 2888

Monday to Friday, 9am to 5pm

Out of hours

Phone: 0208 726 6400

Monday to Friday, 5pm to 9am

Anti-Bullying Week 2022

In November, Keston celebrated Anti-Bullying Week. This is a national week where schools come together to prevent and stop bullying.

The theme this year was 'Reach Out' and we discussed with the children how we could reach out if we needed help or saw bullying taking place. As part of the week, we discussed the different forms bullying can take, how we could prevent bullying, and who we could talk to in or out of school.

To start the week, we wore odd socks as a celebration of how we are all different and unique. There were a wide range of activities, including roleplay, different scenarios and meaningful discussions about the impact of particular actions.

If you are worried about bullying in any form please do not hesitate to come and speak to us. You may also find useful information on the Anti-bullying Alliance Website, which has guidance for parents and children. A link to the website may be accessed [here](https://www.anti-bullyingalliance.org.uk) or by visiting the website [anti-bullyingalliance.org.uk](https://www.anti-bullyingalliance.org.uk)



CROYDON

www.croydon.gov.uk

Croydon Healthy Homes

Croydon Healthy Homes is Croydon Council's free advice service aimed at Croydon residents on low incomes, and those vulnerable to the effects of living in a cold home. Advice is especially beneficial to families with young children, older residents and residents with pre-existing medical conditions.

The team of qualified energy assessors can offer support in a variety of ways including advice about tariffs, payment methods, debt and discounts. There are no eligibility criteria, so visit the website to make an application. [Croydon Healthy Homes](#)

If you're feeling alone and need support

Let Shout be the teammate you need

shout
85258
here for you 24/7

Text **SHOUT** to **85258**
for free and confidential support,
around the clock

supported by
HARRY KANE
FOUNDATION

HARRY KANE FOUNDATION IS A REGISTERED CHARITY INCORPORATED IN ENGLAND. CHARITY NUMBER: 1194822

If you need someone to talk to anonymously, 'Shout' can be there for you. You can text 'Shout' for free to 85258 at any time of the day or night for support. Your messages are confidential and can be a great source of support during challenging times, especially in the middle of the night.

In support of the 'Shout' service and other mental health charities, footballer Harry Kane is helping to normalise conversations around mental health, promote positive habits that support mental wellbeing and tackle the stigma surrounding the subject. Harry will use his position to encourage others to look after their mental health, be their best and know that it is alright to ask for help.



Purley Food Hub

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

If you need this service please contact Mrs Stevens, in confidence, using the school safeguarding email address:

safeguarding@keston.croydon.sch.uk

Staying safe online.

Some of our pupils may receive new devices, games consoles or even phones for Christmas. Many will have access in one way or another to internet-enabled devices. The poster on the following page offers useful advice for parents on how to ensure their child stays safe online and has a positive experience using technology. We teach this in school as an integral part of computing. Remind your child about why some material is not suitable for them and the importance of age restrictions on games, films and all things internet related.

Have you visited LGFL yet?

A reminder that parents will find a wealth of information and advice on how to keep their child safe online on the LGFL (London Grid for Learning) platform.

This may be accessed using

parentsafe.lgfl.net

or clicking [here](#)

London DigiSafe

parentsafe.lgfl.net

LINKS, VIDEOS, GUIDES & SETTINGS TO HELP

PARENTS KEEP CHILDREN SAFE: ONLINE & BEYOND

Staying safe online poster.

We think the poster below is worth reading carefully. The original copy on the parentsafe.lgfl.net website may be accessed by clicking [here](#)

We wish all Keston families a restful, happy and safe Christmas.
We look forward to seeing children back in the New Year.



For Parents To Keep Your Children Safe Online

Children and young people are bound to spend lots more time on devices since Covid. **DON'T FEEL BAD** – lots will be schoolwork or healthy ways of catching up with friends or having fun. There are many ways to keep them safe, healthy and happy.



Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.

Check the safety settings are turned on



Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.

Get your children to show you their apps and games



You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?

Don't try to hide news about scary things in the news



If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

Remind them of key online safety principles



There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at reporting.lgfl.net, including ones to tell your kids about (they might not want to talk to you in the first instance).



Follow the links above, visit parentsafe.lgfl.net for much more or follow us @LGfLDigiSafe on Twitter or Facebook