



Keston Primary School

Safeguarding and Wellbeing Newsletter: Spring 2

Welcome to our safeguarding newsletter.



Contact Details

Are your child's contact details up to date? If you change your home phone/email/mobile number, please let the school office know. A reminder that the office requires **two** contacts.

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 are concerned 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

Mobile Phones and Smart Watches

If a mobile phone is brought into school by a Year 5 or 6 child, a form should be completed by an adult. The phone must be handed to the child's class teacher who will ensure it is safely stored for the duration of the school day.

Mobile phones are at no point allowed to be out or used by children.

We are also aware that some children have Smart watches. Smart watches are internet and camera enabled and therefore should not be worn. Children are allowed to wear analogue watches only.

Children are allowed to wear step-counting watches (such as Fitbits) as long as they are not internet enabled, have a camera or any games functions.



Art and Mental Health Week

We have recently enjoyed celebrating Arts and Mental Health week. The theme for Mental Health week was 'Let's Connect'. During this week we looked at the importance of our connections with others and their impact on our mental health. We discussed how having healthy relationships with family, friends and others is vital for wellbeing.

During the week we encouraged children to be reflective, thinking about how they might recognise and express their different feelings. Children were reminded of who they might talk to if they have a problem. We used artists from around the world to connect with and convey our ideas, using different themes such as loneliness, body image, the power of words, kindness matters, the art of friendship and connecting with nature.

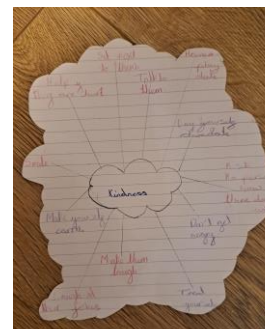
If you are concerned about your child's mental health or would like some advice or tips to help, take a look at some of the links in this newsletter for ideas, support, helplines or articles. We are of course always available to talk and help.

Links to helpful websites:

[young minds](http://youngminds.org.uk)

place2be.org.uk

sscpd.co.uk



Increased Online Safety Awareness

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

Under 13



Roblox

PopJam

FaceTime

13+



Twitter

Facebook and Messenger

Viber

WeChat

Monkey

Yubo

Dubsplash

Instagram

TikTok

Skype

Google Hangouts

Reddit

Snapchat

Pinterest

16+



WhatsApp

Telegram Messenger

Tumblr

17+



Line

Sarahah

Tellonym

Sourced from NSPCC website October 2019



Safeguarding Awareness (Football Association)

Every week millions of children are playing football, many of whom do so with organised clubs and organisations. The Football Association, as part of its safeguarding response, has devised, and created a safeguarding course for parents/carers.

The course aim is to help parents make informed choices about the football settings where they enrol their children. The course helps parents to recognise best practice and see where there may be concerns, so that they can act and report them quickly and effectively. The free course can be accessed [here](#)



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

Additionally, we are collecting food and hygiene products for Keston families. If you would like to contribute to this, there is a collection point by the school office.

Help Is At Hand (HIAH)

HIAH is a phone-based service that offers immediate crisis support for parents, carers and guardians without having to leave their homes. Their experienced team will assist with the immediate mental wellbeing of any parent or carer and provide a focus, to better understand how they can manage themselves, their young person or their child. Their phone lines are open from 12pm to 6pm, Monday to Friday: 07592 037 823 Alternatively you can contact them via email on: outreach@croydondropin.org.uk



croydondropin.org.uk
CDI - Croydon Drop In

Good Thinking

Good Thinking is a Digital Mental Wellbeing website that has various support for young people, parents and carers, employers and employees and faith and belief communities. You will find help on topics such as sleep, anxiety, low mood and stress. There are podcasts, apps, workbooks, and guides together with self-assessments that you can take. [Good Thinking](#)



"Hi Mum" Scam Alert

We have been made aware of a phishing scam known as 'Hi Mum' that has been circulating through text messages or instant messaging services, such as WhatsApp. The scam involves the impersonation of friends or family members in order to gain access to your personal information. We strongly encourage you to read the article below for guidance on identifying phishing scams and how to deal with them if you have been targeted. Scam Alert – The 'Hi Mum' WhatsApp Scam - Ineqe Safeguarding Group or click the link [here](#)

