

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 <u>must</u> 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 stepcounting 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 place2be.org.uk ssscpd.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 16+ 13+ Roblex Telegram Messenger Facebook and Messenger Skype FaceTime Google Hangouts WeChat Reddit 17 +Mankey Snapchat **Pinterest** Dubsmash Instagram Tellonym.



<u>Safeguarding Awareness (Football Association)</u>

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

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



shout 85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required

Text "SHOUT" to 85258 or visit

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SAMARITANS

Samaritans 24/7 365 days a year - they are here to listen and provide support

provide support Call: 116 123 or email: jo@samaritans.org

Crisis

resources here

Crisis Tools helps professionals support young people in crisis short accessible video guides and text resources Sign up for free

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

ONLINE ON THE PHANE ANYTHM

Childline confidential telephone counselling service for any child with a problem

Call: 0800 1111 anytime or online chat with a counsellor

Urgent and other support available

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 provides free, confidential support for young people under 25 Call: 0808 808 4994 (11am – 11pm every day) or Email



Beat provide support to help young people who may be struggling with an eating problem or an eating disorder Call the Youthline (under 18's) 0808 801 0711 or Studentline 0808 801 0811 (9am – 8pm during the week and 4pm – 8pm on weekends and bank holidays)

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Kooth 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