

KESTON PRIMARY SCHOOL SAFEGUARDING NEWSLETTER



Spring 2024

Safeguarding in our Curriculum

At Keston, we are passionate about ensuring that our pupils have the tools they need to stay safe. That is why we have woven important safeguarding themes into every aspect of our Wellbeing Curriculum. We believe in fostering strong collaboration between home and school to ensure that children's safety remains our top priority.

Are your contact details up to date?

If you change your home phone, mobile or work contact number, please let the school know, so that we have the most up-to-date contact details.

WELL-BEING WEEK

We will be celebrating Children's Mental Health week. This year's theme is 'My Voice Matters' which is about empowering children and young people by providing them with the tools they need to express themselves. During Children's Mental Health Week, we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

Here's what children have expressed they may need from you:

**MY VOICE
MATTERS**

Conversation Starters

- 1 We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- 2 I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- 3 Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.

TELL ME ABOUT
YOUR DAY

WHAT WAS THE BEST
THING ABOUT TODAY?

WHAT IS THE BIGGEST
STRESS / WORRY IN YOUR
LIFE RIGHT NOW?

WHAT'S YOUR
ONLINE LIFE LIKE?

WHO WOULD YOU TALK
TO IF YOU WERE FEELING
WORRIED ABOUT YOUR
MENTAL HEALTH?

WHAT CAN I DO
TO HELP YOU?

New Extracurricular

In this digital era, it is essential for us as adults to prioritise online safety for our children. Our primary goal is to ensure their well-being by empowering them to navigate the digital world responsibly.

Here are the minimum age requirements for various social media platforms, messaging services, and live-streaming apps.

While children may express interest in joining these platforms earlier, it is our responsibility to guide and protect them from potential risks. We encourage open and honest conversations with children about the reasons for these age restrictions, emphasising the need to safeguard their emotional and online well-being.










Child Friendly Search Engine

Swiggle is a child-friendly search engine parents and carers can set as the default search page for their child. It can be used for project and homework research safely.

swiggle

Parental Controls

Here you will find a guide to setting Parental Controls on some of your family's favourite devices and Apps, such as Social Media, TV/Streaming and Smart Devices.

	Facebook Age rating: 13+ Main features: newsfeed to share text, photos & videos, instant messaging, marketplace, friends, likes and comments.
	Instagram Age rating: 13+ Main features: photo & video sharing, livestreaming, stories, DMs, hashtags.
	Snapchat Age rating: 13+ Main features: photo & video messaging, snaps, location sharing
	TikTok Age rating: 13+ Main features: making & sharing short videos, lip-syncing.
	X (Twitter) Age rating: 13+ Main features: tweets (text with restricted character count), photo and video sharing, hashtags.
	Twitch Age rating: 13+ Main features: popular with gamers, Twitch is a live streaming site and app for users 13+ that lets you stream live gameplay for others to watch and comment on in real time.
	Discord Age rating: 13+ Main features: online voice, text and video messaging platform .
	WhatsApp Age rating: 16+ Main features: text, photo & video sharing, one to one and group chats, disappearing messages. End to end encrypted. Live location sharing.
	Facebook Messenger Age rating: 13+ Main features: messages, photos, videos and audio recordings, and play games with your Facebook and Instagram friends and phone contacts. You need a Facebook or Instagram account to use Messenger.

URGENT AND OTHER SUPPORT AVAILABLE

childline

Anyone under 19 can confidentially call, chat online or email about any problem big or small.

Sign up for a free Childline locker (real name or email address not needed) to use their free 1-2-1 counsellor chat and email support service.

Opening times:
24/7
0800 11 11

SAMARITANS

Whatever you are going through, you can contact the Samaritans for support. N.B. This is a listening service and does not offer advice or intervention.

Opening times:
24/7
116123
jo@samaritans.org

THE MIX

Essential support for under 25s

Offers online information as well as helpline support to under-25s about anything that is troubling them. Email support is available via their online contact form.

Free 1-2-1 webchat service and telephone helpline available.
Opening times:
4pm - 11pm, seven days a week
0808 808 4994



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.