



## Safeguarding and Child Protection Edition

Welcome to the third issue of our Parent and Carer Safeguarding Newsletter.

One of the key roles we have in schools is to help children to learn how to keep themselves safe. We do this in age appropriate ways right from pre-school and it is interwoven into our curriculum and through assemblies. It is also revisited throughout their time at Etching Hill.

With the Summer holidays fast approaching we are currently talking to the children about personal safety and the ways in which they can help to keep themselves safe. This will range from sun and water safety, to road safety and stranger danger, particularly useful for our older children who may be allowed to go out and play without you during the holidays.

Whilst many people look forward to the summer holidays and see it as a great time to do things with family and friends, this isn't the case for everyone. Some children (and adults) struggle with the lack of structure or miss the daily interaction and socialisation that school provides. At these times children may be on-line more or be more vulnerable and this is something for parents to look out for. We will be sharing ideas of things that are happening in the local area and holidays club options in our school newsletter

There are many links on our website to help with any e-safety worries that you may have. Childline has dedicated support for the holidays too—which can be accessed through their website: <https://www.childline.org.uk/info-advice/home-families/seasonal-events/summer-holidays/>

We hope that you find the information contained in this newsletter useful, and please remember there are many links to information and guidance on our website.

**It is really important to chat with your children on an ongoing basis about staying safe online. Not sure where to begin? These conversation starter suggestions can help.**

- Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- Ask them about how they stay safe online. What tips do they have for you, and where did they learn them? What is OK and not OK to share?
- Ask them if they know where to go for help, where to find the safety advice, privacy settings and how to report or block on the services they use.
- Encourage them to help someone! Perhaps they can show you how to do something better online or they might have a friend who would benefit from their help and support.
- What more could you do to use the internet together? Are there activities that you could enjoy as a family?



## Bullying: What is it?

DFE guidance (2012) defines bullying as “behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally”. Bullying can be direct (either physical or verbal) or indirect (for example, being ignored or not spoken to). It results in pain and distress to the victim. Bullying is the systematic and persistent use of aggression with the intention of hurting another person. Bullying can take many forms:

### **Physical Bullying**

Physical bullying occurs when children use physical actions to gain power and control over their peers. Examples of physical bullying include kicking, hitting, punching, slapping, shoving, and other physical attacks.

### **Verbal Bullying**

Perpetrators of verbal bullying use words, statements, and name-calling to gain power and control over their peers. Typically, verbal bullies will use relentless insults to belittle, demean, and hurt another person.

### **Homophobic Bullying**

Homophobic bullying is when people behave or speak in a way which makes someone feel bullied because of their actual or perceived sexuality.

### **Racist Bullying**

This refers to a range of hurtful behaviour, both physical and psychological, that make the person feel unwelcome marginalised and excluded, powerless or worthless because of their colour, ethnicity culture, faith community, national origin or national status.

### **Cyber-Bullying**

Cyber bullying uses digital technologies such as computers and smartphones, and software such as social media, texts, websites and other online platforms. Cyber bullying can happen at any time. It can be in public or in private.

## **Useful Websites**

[www.anti-bullyingalliance.org.uk/](http://www.anti-bullyingalliance.org.uk/)

[www.bullying.co.uk/](http://www.bullying.co.uk/)

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

[www.nationalbullyinghelpline.co.uk](http://www.nationalbullyinghelpline.co.uk)

## Bullying Vs Falling Out

There is a difference between bullying and the ‘falling out’ that children can experience in school. Often issues can be very easily resolved, and with adult intervention, friendships can be restored. Falling out with peers and one off incidents between children are inevitable in all schools. Such issues will not be regarded as ‘bullying’ by school and are dealt with using a problem solving and restorative approach so that they can be quickly resolved.

It is vital that both children and parents can identify the difference between bullying and common issues that can occur between children in school. Before concluding that your child is being bullied, it is important to establish the full facts by speaking to your child’s teacher or a member of the senior leadership team.

## Preventing Bullying

Preventing and raising awareness of bullying is essential to keeping incidents in our school to a minimum. Through assemblies as well as PSHE lessons (following the Jigsaw Programme), pupils are given regular opportunities to discuss what bullying is, as well as incidents we would not describe as bullying, such as two friends falling out, or a one-off argument. Pupils are taught to tell an adult in school if they are concerned that they or someone they know is being bullied. Where a child feels unable to discuss this with an adult in school, children are invited to record their concerns and each class has a way of doing this. Parents are also encouraged to contact school if they have concerns about bullying.

Our school values and rules are discussed daily, promoted in assemblies and displayed throughout the school. Through pupils following these, and staff reinforcing them daily, bullying should be significantly reduced.

## **Instances of bullying are incredibly rare at Etching Hill, however we have clear policies and systems in place to Respond to Bullying:**

Initially teachers will address any incidents in a supportive manner to avoid further distress, this may be through:

- One to one conversations
- Small group discussions
- A PSHE lesson if the child is more at ease with this.

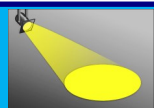
The leadership team will be informed immediately where any concerns are raised and will follow up to ensure that it is resolved.

If the alleged bullying continues, We do not advise that parents of the victim contact or confront the other child’s parents -

this can often makes the situation worse and more difficult to resolve.

In any case of alleged bullying, the Headteacher or Head of School, will establish the facts, and build an accurate picture of events over time, through speaking to the alleged perpetrator(s), victim(s) and adult witnesses, as well as parents and pupil witnesses if necessary and appropriate.

If the allegation of bullying is upheld, a restorative approach will be used. The perpetrator(s) should fully understand the consequences of their actions on the victim(s), and school will support the perpetrator to understand and change their behaviour. School will work to reconcile the pupils. If the bullying continues, parents will be invited into school for a meeting to discuss the problem further and mediating meetings, with both parents and pupils present may be used to resolve issues. Where appropriate, other consequences may also be implemented.



### Spotlight on: WATER SAFETY

During the summer months it is likely that many pupils will be visiting the beach or swimming pools. It is essential that children are taught how to stay safe in and near water. We are covering this in school but it would also be really helpful to talk through with your child how they can do this.

#### Stop and think - spot the dangers

- It can be very cold
- There may be hidden currents
- It can be difficult to get out (steep slippery banks)
- It can be deep
- There may be hidden rubbish, e.g. shopping trolleys, broken glass
- There may be no lifeguards there
- It is difficult to estimate depth
- It may be polluted and could make you ill.

#### Stay together

- It is always better to go to the water with a friend or family member
- Children should always go near water with an adult

#### Float

- If you fall into the water unexpectedly – float until you can control your breathing. Then call for help or swim to safety.

#### Call 999

- You may be able to help yourself and others if you know what to do in an emergency.
- If you see someone in difficulty, tell somebody, preferably a Lifeguard if there is one nearby, or go to the nearest telephone, dial 999, ask for the Fire Service at inland water sites and the Coastguard at the beach.



# 10 WAYS PARENTS CAN SUPPORT THEIR CHILDREN TO BUILD POSITIVE MENTAL HEALTH HABITS



**01**  
Encourage your child to openly talk about their feelings and thoughts



**02**  
When your child is worrying help them to effectively problem solve



**03**  
Support them to connect and build positive relationships with others



**04**  
Encourage them to look after their physical health (Sleep, food, exercise)



**05**  
Help them to stay focused on the present moment using mindfulness



**06**  
Highlight the importance of looking after both physical and mental health



**07**  
Be a mental health role model. Demonstrate positive behaviours



**08**  
Praise, encourage, motivate and regular support your child to build their self esteem



**09**  
Work together to learn some coping skills such as deep breathing



**10**  
As your child grows up encourage and support autonomy

 @BELIEVEPHQ





**Please find below some useful websites, worth taking a moment to look at:-**

<https://nationalonlinesafety.com/guides>—provides a wealth of support and advice for parents from roblox to dealing with grief.

<https://www.nspcc.org.uk/keeping-children-safe/>

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/talking-about-difficult-topics/>

<https://www.womensaid.org.uk/>

<https://www.nationaldahelpline.org.uk/>

<https://www.mankind.org.uk/>

<https://napac.org.uk/>

<https://galop.org.uk/>

<https://www.internetmatters.org/>

<https://www.childnet.com/help-and-advice/keeping-young-children-safe-online/>

**Who should you contact if you are concerned about a child?**

**Parents should not email school to report concerns in case the email is not picked up. You can, however discuss concerns in person with any members of the Safeguarding Team.**

**Staffordshire Children’s Advice and Support (SCAS) 0300 111 8007**

**8.30am – 5.00pm Monday to Thursday 8.30am- 4.30pm Friday Or EDS (out of hours) Tel No. 0345 604 2886**

**Or email: [eds.team.manager@staffordshire.gov.uk](mailto:eds.team.manager@staffordshire.gov.uk)**

**Non-emergency – call Staffordshire Police on 101**

**If you feel a child is immediate danger you should call 999**



**THE SAFEGUARDING TEAM**

If you have any concerns about a child's welfare or safety, please speak to a member of the schools safeguarding team.



Mrs Marie Smith—Designated Safeguarding Lead (DSL)



Mrs Alison Morganti  
Designated Safeguarding Lead (DSL)



Mrs Zoe Hasketh-Boston  
Deputy Designated Safeguarding Lead (DDSL)



Mrs Joanne Hill  
Deputy Designated Safeguarding Lead (EYFS)



Miss Beverley Smith  
Family Liaison Officer (FLO)

Mr Simon Maxfield  
Safeguarding Governor