

SAFEGUARDING NEWSLETTER



SPRING 2022 – Issue 1

Latest advice for Parents and Carers

Welcome to the first edition of our new monthly newsletter that will keep you up to date with essential information regarding safeguarding. For our first issue, we will be focussing on Online Safety. Please remember that if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to a member of our school's safeguarding team.

Designated Safeguarding Lead: Kimberly

Mental Health Lead: Cassim

Deputy Safeguarding Officers who can also be contacted: Jas, Darshan, Catriona, Catherine, Beverley

Chair of Governors: Sonia Gable

At Cranbrook, to help us keep our children safe and give them a chance to be listened to, we have a range of **Pupil Voice opportunities** to allow them to be heard and have their views respected. Throughout our school we have our **Safety Team** (specific adults) posters displayed in every teaching space and around the corridors. The poster has photographs of our Safety Team members- all of our staff here are trusted adults but the Safety Team adults are additionally trained to help the children even further if needed. We also have our very own '**Peer Mentors**'. These selected children have been trained to help and support children at lunchtimes with any issues and endeavour to resolve them. In addition we have our own **School Councillors**; two representatives from each class and they meet altogether regularly to discuss any issues, ideas or concerns that have arisen from their regular class council meetings. Each class has its own '**Talk Box**' which is checked throughout the day to respond to any concerns the children have, whether it's about playtimes, friendships and worries outside of school. At the moment the school councillors are working on how we can fundraise for new playground equipment, which can make play time and lunchtimes even more exciting.

How to set up your child's new devices

As a parent or carer, it's important to remember that even if a child is tech-savvy, they need to be taught how to be tech-safe. Online safety experts have created few steps to help you make that first device or updated device safer for your children or young person in your care. Click on the image below for safety guidance on setting up devices.



Parental Controls

Parental controls allow you to block and filter upsetting and inappropriate content. They work across your WiFi, phone network, individual apps and devices.

Parental controls can help you to:

- Plan what time of day your child can go online
- Create content filter to block apps that may have inappropriate content
- Manage the content different family members can see

Many parents put off using parental controls as they think it will be difficult to set up and complicated to use. Please use this [step by step guide](#) to make it easy and straightforward.

The 6 Apps and services every parent should know about

Some will be familiar to you already some less so, but all are worth knowing about. If you take an interest in things your child enjoys doing, they are far more likely to open up to you in the event that something goes wrong.

Click on the image below for brief guides to Skype, Tiktok, Snapchat, Youtube, Whatsapp, and Instagram.



Age Restrictions for Social Media Platforms



What is mental health?

We all have mental health. Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change on a daily basis and over time and can be affected by a range of factors.

It's important to look after your mental health, as you would look after your physical health. Your state of wellbeing affects how you cope with stress, relate to others and make choices. It also plays a part in your relationships with your family, community, colleagues and friends.

Good mental health among children and young people

When children and young people have good levels of wellbeing it helps them to:

- Learn and explore the world
- Feel, express and manage positive and negative emotions
- Form and maintain good relationship with others
- Cope with, and manage, change, setbacks and uncertainty
- Develop and thrive

When children and young people look after their mental health and develop their coping skills, it can help them to boost their resilience, self-esteem and confidence. It can also help them to learn to manage their emotions, feel calm and engage positively with their education- which can, in turn, improve their academic attainment.

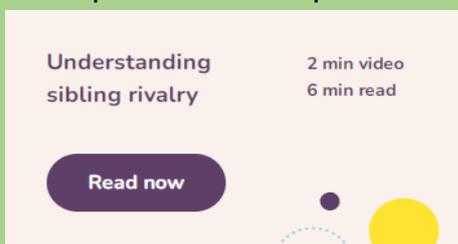
How can I help my child?

Parenting Smart is a hub of short, useful articles written by Place2Be's parenting experts. Each article, aimed at parents of children aged 5 to 11, shares practical advice on a number of different topics. Click on the images below for a short video and a quick read on the topic in each caption:

Understanding sibling rivalry

2 min video
6 min read

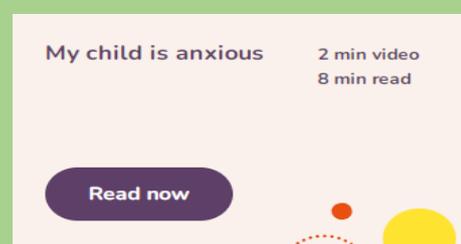
Read now



My child is anxious

2 min video
8 min read

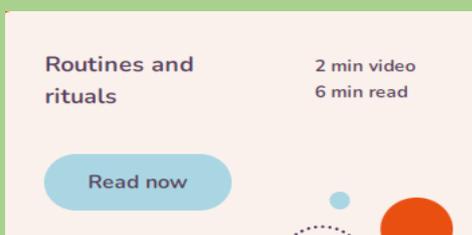
Read now



Routines and rituals

2 min video
6 min read

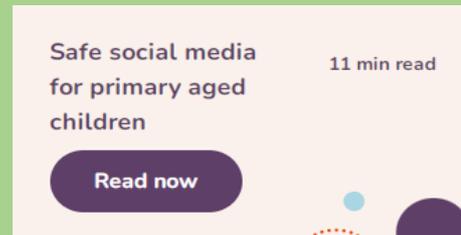
Read now



Safe social media for primary aged children

11 min read

Read now



Safeguarding

At Cranbrook Primary School we would like all of our children, irrelevant of their context, to feel safe, secure and happy, so that they can voice their feelings and have the resilience to overcome barriers to their learning and become confident, successful and responsible citizens. Our school is committed to Safeguarding and promoting the welfare of all of its pupils. We recognise that some children may be especially vulnerable to abuse and that children who are abused or neglected may find it difficult to develop a sense of self-worth, to view the world in a positive way or achieve academically. We will always take a considered and sensitive approach in order to support all of our pupils.

What is Safeguarding?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding children and child protection guidance and legislation applies to all children up to the age of 18.

Safeguarding means:

- Protecting children from abuse and maltreatment
- Preventing harm to children's health or development
- Ensuring children grow up with the provision of safe and effective care
- Taking action to enable all children and young people to have the best outcomes.

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

Contact

As a resident or a professional in Redbridge, you may have concerns about a child's welfare or safety. Any concerns should be reported by contacting Children's Social Care:

Tel: 020 8708 3885

E-mail: CPAT.referrals@redbridge.gov.uk

During the evening or at weekends, please call the Emergency Duty Team on 020 8708 5897.

If a child is in immediate danger, please call the police on 999.