

Safeguarding NewsLetter

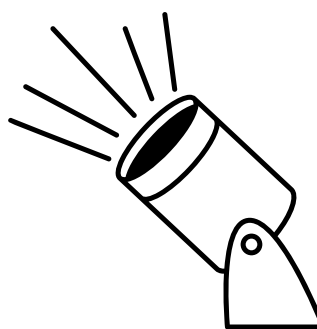


Spring

Dear Parents and Carers,

Welcome to Dussindale Primary School's safeguarding newsletter! Our goal is to provide our school community with important information and resources to help keep our students safe. We will provide regular updates on the latest policies and procedures related to safeguarding, as well as tips and advice on how to effectively safeguard students in our school. We hope that this newsletter serves as a helpful tool for all families in our school community to ensure the safety and well-being of our students. Thank you for helping to make our school a safe and secure place for learning and growth.

Spotlight Online Safety



Online Safety

Using online facilities to help with learning, keep in contact with others and to give some 'down time' is part of all of our lives, but it is important that we all know how to keep children safe when doing so.

Did you know?

All social networking platforms and apps have minimum age limits. Some social networks use technologies that might not be appropriate for some ages, or engage with communities that are made up of people much older than your child.

What are the risks of an underage social networking account?

- Many sites include an instant message function which allows private conversations. Not everyone your child meets online will be who they say they are.
- Most social networking sites have an app version, meaning your child will have access to the social network from their smartphone or tablet. Some app versions of social networks use the location of the phone.
- Chat rooms and forums can connect people who are complete strangers and can be un-moderated.
- Information shared between friends can be easily copied and may spread.
- It isn't easy to take back information that has been posted – and can be impossible if it's already been shared.
- Chat rooms and forums are one of the places online groomers go to connect with children. They can also be places where people use inappropriate language. This is sometimes done through video chat programmes.

Designated Safeguarding Leads

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



Mrs Carolyn
Bradley
DSL



Mrs Louise
Norgate
ADSL



Miss Sarah
Dorling
ADSL



Miss Jade
Copeman
ADSL


Spotlight

...continued


What can I do to keep my child safe?

1. Think about online routines: Have a conversation with your child about online safety and agree some rules to help keep them safe.
2. Have a conversation about online pressures and cyberbullying: Remember to talk to your child about what they are doing online and who they are talking to. Check in with them regularly and remind them they can talk to you, another trusted adult, like a teacher, or a ChildLine counsellor about anything they are worried about.
3. Set up devices safely: Make sure you set it up with your child, exploring any safety features. Remember to use parental controls!
4. Keep children safe on conferencing apps: Supervise your child when they use these apps; remind your child not to share chat links or passwords on social media; explore any security features like how to report and block; talk to your child about what they are sharing.

Emotional Wellbeing



We understand the importance of the PSHE curriculum and its power to equip our children with the knowledge, understanding and emotions they need to be able to play an active, positive and successful role in today's society.



As a school, we have recognised that our children need support developing their emotional resilience and personal perspective. To fully support them in this and to make our children society ready we have chosen to teach PSHE through the scheme Jigsaw.

This scheme has a strong emphasis on emotional literacy, building resilience and nurturing mental and physical health. Jigsaw lessons also include mindfulness allowing our children to advance their emotional awareness, concentration and focus.

This term our focus is celebrating difference. This unit focuses on similarities and differences, teaching about diversity such as disability, racism, power, friendships and conflict.



Your free, safe and anonymous online mental wellbeing community

Whether you are looking for advice or simply aren't feeling your best, Kooth offers a range of features and tools to support you.

Magazine

Helpful articles, personal experiences and tips from young people and our Kooth team.

Chat with the team

Chat to our helpful team about anything that's on your mind. Message us or have a live chat.

Discussion boards

Start or join a conversation with our friendly Kooth community. Lots of topics to choose from!

Daily journal and goal setting

Write in your own daily journal to track your feelings or emotions and reflect on how you're doing.

Mini activity hub

Select from a growing menu of fun, therapeutic and useful activities.



How to sign up

- 1 Head to **Kooth.com**
- 2 Click on the **'Join Kooth'** button on the homepage.
- 3 Choose your **area** and **location** from the drop down menu.
- 4 Select the **year** and **month** you were born.
- 5 Click on the **gender, ethnicity** and **background** that most closely describes you.
- 6 Create an **anonymous username** and secure **password**.
- 7 Let us know how you found out about Kooth from the drop down menu.
- 8 Select **Next Step** to complete your registration!

Where to find us



kooth.com



[@Kooth_UK](https://www.instagram.com/Kooth_UK)



[Kooth_UK & Kooth Podcast](#)



[Kooth-Podcast](#)

Mental Health

We are delighted that we have the Broadland Mental Health Support Team working with our school to support pupils and their families.

Wellbeing Support

For younger children an activity such as 'My worry cup' can be visual way for a child to show how worried they are without having to talk about it.

Children can draw different sized water drops to represent the sizes of their worries.



things to say to your anxious child

1. I'm here with you. You're safe.
2. Do you want to do some dancing or running to get rid of the worried energy?
3. Tell me about it.
4. What would you like to say to your worry? What might your worry say back? Then what?
5. Let's draw it.
6. What does it feel like in your body? Where is the worry? How big is it?
7. Match your breaths to mine.
8. Let's think up some endings for what could happen (anxious ones, goofy ones, AND realistic ones).
9. What's something we could do to help you feel better?

Do you need health advice for your child aged 0-19? 

Visit:
JustoneNorfolk.nhs.uk

Norfolk's online NHS
resource for families

Text:
Parentline
07520 631590

Call:
Just one Number
0300 300 0123

Mon - Fri:
8am - 6pm
Sat:
9am - 1pm



Qwell
Free. Safe. Anonymous
For parents or carers of children with
Special Educational Needs and disabilities

Articles & Advice | Live Chat | Forums

Open to families in Surrey
www.qwell.io

Qwell is an online
mental health platform
for adults. Need to talk?
Chat to our friendly
counsellors

Remember to look after yourself
too!

A great app for Adult Wellbeing-
Qwell

What Parents & Carers Need to Know about ROBLOX

PEGI RATING
7+

Roblox is one of the most popular video games on the market. By 2020, the game's makers were claiming that more than half of children in the USA play it. As a 'sandbox' title, Roblox offers a huge amount of creative freedom: it lets players create their own gaming experiences with the Roblox Studio to build custom levels and games, which can then be shared with other players online. Roblox fosters creative thinking and enjoys a robust online community of fans.

WHAT ARE THE RISKS?

CONTACT WITH STRANGERS

Roblox encourages players to communicate online (including a group chat facility). This could expose children to risks such as scammers, online predators, harassment, griefers and more. The in-game chat has some filters, but isn't perfect: players can still send harmful messages to others – such as general hostility – while predators can reach out to children directly.

PUBLIC SERVERS

Roblox has private or VIP servers which allow people to play exclusively with their friends, but this costs money. Most Roblox players will instead be on public servers that anyone can join. Servers can host games which focus on all kinds of aspects, including direct player interaction. Some games and servers, therefore, will put children more at risk of contact from strangers than others.

ONLINE DATERS

These are also called 'ODers' and are quite common in Roblox. An ODer is an individual who joins a game with the intention of finding someone to date online – and eventually meet in person. Such online dating is against the Roblox community guidelines, but this usually doesn't deter ODers. Some player-built Roblox game worlds have even been designed with online dating specifically in mind.

IN-APP PURCHASES

Roblox is actually free to download and play, but bear in mind that there are some hidden costs. Players are encouraged to make purchases in the game, for example, using real money. People can also buy extra Robux (the in-game currency) to spend on cosmetic items in the game, and some private or VIP servers also have a cost.

Advice for Parents & Carers

SET PARENTAL CONTROLS

Roblox comes with several parental control options, which are explained well on the game's official website. It's essential to enter the correct date of birth for your child, as that allows Roblox to automatically apply the appropriate chat filters. The game also allows parents and carers to set monthly spending restrictions and monitor their child's account.

DISABLE PRIVATE MESSAGING

Roblox's private messaging function raises the risk of children being contacted by people they may not want to speak with – potentially leading to bullying, harassment, toxicity and scam attempts. The game allows you to disable messages from anyone who hasn't been added as a friend on your child's account.

PRIVATE SERVERS

If your child has some genuine friends to play Roblox online with, paying for a private or VIP server decreases the risk of contact from strangers. Even then, however, some players could invite other people – who might not necessarily be child friendly – into the private server. If your child is a Roblox fan, it's important to talk with them regularly about who they are playing the game with.

MONITOR SPENDING

If they don't understand they're using real money, it's easy for children to accidentally spend a sizeable amount in the game. Using parental controls to place limits on their spending will help avoid any nasty financial surprises. Ensuring that you have two-factor authentication on your payment accounts also makes it harder for your child to spend money inadvertently.

DEALING WITH STRANGERS

At some point in their development, your child will need to learn how to deal with strangers online. Show them how to block and report any users who are upsetting them or asking uncomfortable questions. Talking to them about what's OK to discuss – and what they should never tell a stranger online – will help them understand how to communicate with other people online safely.

Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



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#WakeUpWednesday

Sources: <https://www.theverge.com/2020/11/21/21333431/roblox-over-half-of-us-kids-are-playing-virtual-parade-for-tornite>
<https://corp.roblox.com/parents/>



www.nationalonlinesafety.com



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