Park View Academy Safeguarding Newsletter Spring Term 2024



Report any concerns

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead, Mr Kenny, or Deputy Safeguarding Lead, Miss Walker. They can be contacted via the school office.



If you suspect a child is being abused or is in danger of being abused, please contact a Designated Safeguarding Lead or contact the Multi Agency Safeguarding Hub (MASH) on: 443 2600. If a child is in immediate danger, call the Police immediately on 999.

> We are an Operation Encompass School



Knowsley Council Early Help Hub

We know that some families may be finding it stressful and harder to cope during these difficult times. We don't want people to struggle and we have a team of staff who can talk you through any issues and offer you some advice and guidance.

Contact the Freephone helpline on 0800 073 0043 and ask for your information to be passed on to the Early Help Hub and one of our staff will call you back.

Or you could complete the online form by clicking the ask for help and support on the Knowsley News link.

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead MASH: Multi-Agency Safeguarding Hub CP: Child Protection CIN: Child Protection CCDP: Child Exploitation and On-Line Protection Centre KCSIE: Keeping Children Safe in Education PREVENT: Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism CAMHs: Child and Adolescent Mental Health Services SEND: Special Educational Needs & Disabilities

@DT Parkview

Dear Parent/Carer

Welcome to our second safeguarding newsletter of this academic year. Spring term was very busy with Child Mental Health Week, Time to Talk Day and Safer Internet Day all being highlighted to the children. On top of that, we have had police assemblies around Stranger Danger and gangs as well as the road safety team in for year 1 + 2. Year 5 and 6 took part in County line workshops over 2 days. We have also held Attendance Panel meetings and school nurse drop-ins for parent/carers over the Spring term.

I would like to remind all of you that at Park View, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes into contact with children and families in our community has a role to play.



Believe Achieve Succeed



Are your contact details up to date?

It is vitally important that if you change your home phone/mobile number/email/ address/names of contacts, that you immediately let the school know, so that we have the most up-todate contact details.

Thank you!



For more information contact:

Knowsley Mental Health Support Team Beckett Unit. Hollins Park Hospital Winwick

Tel: 01925 664 120 Web: www.merseycare.nhs.uk/ mhst-knowsley



What is the PREVENT Strategy?

Prevent is a government strategy designed to stop people becoming terrorists or supporting terrorist or extremist causes.

The Prevent Strategy covers all types of terrorism and extremism, including the extreme far-right wing and extreme Islamist groups.



How does the Prevent strategy apply to schools and parents?

From July 2015 all schools have a duty to safeguard children from radicalisation and extremism. This means we have a responsibility to protect children from extremism and violent views the same way we protect them from drugs or gang violence.

The Prevent strategy is not just about discussing extremism itself, which may not be appropriate for younger children. It is also about teaching children the British Values: the Rule of Law, Democracy, Individual Liberty, Tolerance and Mutual respect.

Devices before bedtime affecting your child's sleep quality?

Given the important of sleep for a child's mental and physical health, ensuring that children are consistently getting enough sleep at night is critical. Experiments confirm that the blue light emitted by electronic screens can reprogram the brain to delay the onset of sleep. If you are concerned about the impact of your child using a device before bedtime and the effect it may be having on your child's sleep, there are a number of steps you and your child can take. Start by trying the following interventions:

- 1) Set a technology curfew. Establish a nightly routine that involves ceasing the use of technology at least one hour before bedtime. Plan in other calming activities like reading or colouring.
- 2) Create technology-free zones. Store phones and other devices outside of the bedroom. It reduces the temptation to use devices before going to sleep and eliminates the possibility of being woken up by texts, calls and other alerts.
- 3) Alter settings. Many electronic devices include options for 'night mode' or 'dark mode' that change the screen background to black, reducing blue light exposure.

NHS recommended sleep durations are:

3 - 5 year olds 10 - 13 hours; 6 - 12 year olds 9 - 12 hours

Don't forget to also download the free National Online Safety App which can help you keep up-to-date with new developments in keeping your child/ren safe.





Get support with ealth related

School Nurse Drop in dates Summer term Tuesday 14th May 2.00 pm-3.00pm Main office Tuesday 11th June 2.00 pm- 3.00pm Main office Tuesday 9th July 2.00 pm- 3.00pm

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Main office

Mersey Care

NHS

Knowsley Mental Health Support Team (MHST)

for parents and carer



CHAT ABOUT CONTENT

It may feel like an awkward conversation (and one that young people can be reluctant to have) but it's important to talk openly and non-judgementally about sexting. Remind your child that once something's online, the creator loses control over where it ends up – and who else sees it. Likewise, it's vital that children understand that some challenges which become popular on the platform may have potentially harmful consequences.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.

@DT_Parkview

In 2021, Snapchat rolled out a new safety feature: users can now receive notifications reminding them of the importance of maintaining connections with people they actually know well, as opposed to strangers. This 'Friend Check Up' encourages users to delete connections with users that they rarely communicate with, to maintain their online safety and privacy.

KEEP ACCOUNTS PRIVATE

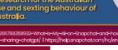
Profiles are private by default, but children may make them public to gain more followers. Snap Stories are visible to everyone your child adds, unless they change the settings. On SnapMaps, their location is visible unless Ghost Mode is enabled (again via settings). It's safest not to add people your child doesn't know in real life – especially since the addition of My Places, which allows other Snapchat users to see where your child regularly visits and checks in.

Although My Al's responses can often give the impression that it's a real person, it's essential that young people remember this certainly isn't the case. Encourage your child to think critically about My Al's replies to their questions: are they accurate and reliable? Remind them that My Al shouldn't replace chatting with their real friends, and that it's always better to talk to an actual person in relation to medical matters.

BE READY TO BLOCK AND REPORT

If a stranger does connect with your child on Snapchat and begins to make them feel uncomfortable through bullying, pressure to send explicit images or by sending sexual images to them, your child can select the three dots on that person's profile and report or block them. There are options to state why they're reporting that user (annoying or malicious messages, spam, or masquerading as someone else, for example).









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