



Safeguarding Newsletter Term 2

Welcome to our termly newsletter that will keep you up to date with essential information regarding safeguarding. For this issue, we will be focussing on **online safety and children's mental health**. Please remember that if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to any member of staff or a member of our school's safeguarding team, details of which are available from the school office or via our school website.

Keeping Our Children Safe Online

I am quite confident many of the children will be receiving and using the internet and related technologies, including mobile phones, games consoles and social networks over the Christmas break. Socially, our children often use the internet for entertainment, interaction, and communication with 'friends'. Access to the internet can take place anywhere and at any time so we need to make sure our children are able to use the internet safely. Many children are unaware of the risks, for example, by having many online friends (who could be strangers), viewing unsuitable content or sharing too much personal information. As gaming is such a popular pastime for many of our children, the staff and Governors are keen to support you in keeping the children safe online. To assist you in keeping your children safe online, please find some useful guidance in the web links below including this useful article about digital Christmas gifts and what you need to know.

[This year's must-have tech gifts – and what you need to know | Parent Zone](#)

[Everybody Plays - Parents guides for many games](#) including [Fortnite](#), [Roblox](#) and [Minecraft](#)

[Parental controls and privacy settings guides for all common platforms](#)

https://www.thinkuknow.co.uk/8_10/ -A great website to use with children, a package of resources created by the National Crime Agency's CEOP Command, designed to help 8-10 year olds learn how to stay safe online).

<http://parentinfo.org>



Google Family Link

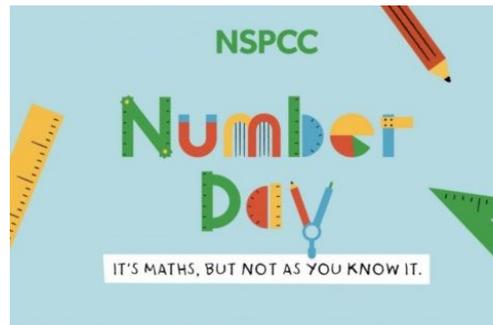
There is an app called 'Family Link Google' which a parent can download and link it to their child's android phone which means that they can control the use and set timers on the phone. It also means that if the child tries to download an app, a notification is sent to the parent's phone and they have to give consent in order for the child to be able to download it. It also lets parents set certain digital ground rules for their family.

First, a child will need a compatible device ([see which devices work with Family Link](#)). Then, parents can start by downloading Family Link onto their own device (Android or iPhone). If a child already has an account, Family Link will take their parents through linking their account to their child's account. As part of that process, the child may also need to download the Family Link (child) app on their phone to complete the process of linking the accounts. Parents can also use Family Link to create a Google Account for a child under the age of 13. Once complete, children can sign in to their device with their new account. Once the accounts have been linked, parents can use Family Link to help them do things like keep an eye on screen time and manage the content that they use. I thought this is a really useful app to know about, but as with all apps please make sure that you research it and fully understand its advantages and limitations before downloading and using it.

Stay Safe, Speak Out!



The 'Speak out. Stay safe,' assembly was delivered virtually (with a little help from Ant and Dec), to all children in school. This assembly introduced children to the NSPCC, their mascot Buddy and the rights of all children to speak out and stay safe. The children responded positively to the assembly and were able to reflect upon who their trusted adults are both at home and at school and how they can use their rights to keep safe.



Number Day: It's Maths, But Not As You Know It!

In order to support and celebrate the fantastic work that the NSPCC carries out, on Friday 5th February 2021 we will be taking part in 'Number Day' in school. There will be lots of fun-filled maths activities for the children to join in with. We will be inviting the children to 'dress as a digit,' or wear their normal clothes for a £1 contribution, all of which will go towards this fantastic charity. More details will follow next term.

Children's Mental Health

Mental health problems in children are quite common. About one in ten children aged between five and sixteen are diagnosed with a problem every year and about 75% of mental illnesses are thought to start before the age of 25. Sadly, it's often the case that a child will go untreated with significant consequences to that young person's life, to their family and community. At Oakham C of E and The Parks School, we believe that with more information and the right resources, we can work together to improve outcomes, giving all children a happier and healthier life.

For further information see the websites below.

Young Minds Call the Parents Helpline: 0808 802 5544

[Learning About Children's Mental Health through Film - Nip in the Bud](#)

[Believe in children | Children's charity | Barnardo's](#)

[YoungMinds - children and young people's mental health charity](#)

**YOUNG
MiNDS**




Barnardos

**At Oakham C of E Primary and The Parks School
Keeping Children Safe is Everyone's Responsibility.**