

Safeguarding Newsletter May 2020

We recognise that these are difficult times for many families in our school. Therefore, I am writing to provide you with some information about how to access support if you need it and other useful things now that we are a few weeks into the new social distancing restrictions.

Online Safety

As children are working remotely and accessing a lot more online learning than they would normally I thought it worth just drawing your attention to important things you can do to help keep your child safe online. Firstly, make sure you have parental controls set. If you need help with this <https://www.internetmatters.org/parental-controls> tells you how to do this on a range of devices. Secondly, if your child takes part in any online video meetings with classmates they should be dressed and in a communal space such as a living room. Also, please talk to your child about what they are doing online and who they are talking to. In next week's home learning the children will have some online safety lessons that you can do with them which will cover a range of topics. Furthermore, remind your child that if something happens which makes them feel unsafe online they must talk to a trusted adult or call Childline (0800 1111). Other useful websites which provide advice on how to keep children safe are:

- [Internet matters](#)
- [London Grid for Learning](#)
- [Net-aware](#) - support from the NSPCC
- [Parent info](#)
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- [UK Safer Internet Centre](#) – to report and remove harmful content online content

Mental Health

Negative experiences and distressing life events, such as the current circumstances, can affect the mental health of children as well as their parents. Norfolk and Suffolk NHS Foundation Trust (NSFT) has set up a [24/7 helpline](#) (0808 1963494) offering immediate support for mental health difficulties during the coronavirus pandemic. This support is available to people of all ages. Also, MindEd is a free online educational resource looking at children and young people's mental health, which can support parents and carers through these exceptional circumstances.

Food bank

Over the last few weeks our Falcon Food Bank has gone from strength to strength and we have managed to provide lots of our families with food parcels thanks to donations from a wide range of sources. If you find yourself struggling for food please contact the school office and we can arrange for a food parcel to be

delivered. Alternatively, there are several other food banks operating locally, details of which can be found in the Early Help bulletins.

Early Help Bulletins

Each week I have been receiving bulletins from the Early Help team containing lots of useful information, ranging from how to access financial support to details about other community help projects. I have put these under a 'bulletins' tab in the safeguarding section of the school website. These are definitely worth looking at if you are in need of advice.

Ability Net

AbilityNet offer FREE tech support by phone or online, which could be helpful for those who are shielding, new to online shopping or would like to keep in touch with family and friends using Zoom, Facetime, Whatsapp, etc. They can be contacted on 0800 269545 and there are free resources available at <https://www.abilitynet.org.uk/>.

Other Useful Numbers

CADs (the Children's Advice and Duty Line)-03448008020 (If you are concerned about a child's welfare)

or

Early Help-Broadland-01603 217612/ City-01603 224101.

Red Cross: 0808 281 0000

Just One Number : 0300 300 0123

Samaritans: 116 123 free from any phone

Leeway: 0300 561 0077

Young Minds: 020 7089 5050

Childline 0800 1111

Finally, we know that people often find it difficult for lots of reasons to ask for help but please do not struggle on. Everybody's lives have changed and it is really important to seek support or even just talk to someone. If you need any advice, signposting or are concerned about the welfare of a child, please do not hesitate to contact me, Michelle Margree (safeguarding lead,) at school by ringing 01603 441417 or by e-mailing the office. Your children will soon also have access to a folder on their class' shared drive containing phone numbers and websites they may find useful if they feel unsafe or need someone to talk to.