

Safeguarding Newsletter November 2020

Welcome to this half term's newsletter where we will be looking at a few topics, which are particularly relevant to our school. Once more we find ourselves in a lockdown which has impacted on many of our families. As a result, you should have already received an email about our Christmas food parcels, which we are going to put together, ready for collection on Thursday 17th December. If you feel you need one please do not hesitate to contact the school office on 01603 441417 or via e-mail (office@falcon.norfolk.sch.uk). Any requests will be treated in the strictest of confidence.

Financial Support

With many people being furloughed again or losing their jobs, some people are in need of further financial support. The Norfolk Assistance Scheme offer financial support by way of food, emergency cash or white goods. To find out more visit <https://www.norfolk.gov.uk/care-support-and-health/support-for-living-independently/money-and-benefits/norfolk-assistance-scheme>

If you are unsure whether you meet the criteria then ring NAS on 01603 223392 and explain the situation, if they cannot help they will signpost to other support agencies.

I also have more information about some other grants available so please contact me (Michelle Margree) via the school office if you would like more information.

Online Safety

Since our return to school in September there has been an increase in the amount of concerns raised about children's online activity, particularly amongst the older children, several of whom are getting involved in arguments online with friends. Therefore, we have been carrying out extra online safety sessions in the upper school focussing particularly on online behaviour and teaching children about their digital footprint. It would be really useful if you could also reinforce the message at home that when something is posted online it is permanent.

We would also encourage you to ensure you have set up an appropriate level of parental controls on all electronic devices. If you are unsure how to do this then you can go to <https://www.internetmatters.org/> and click on 'Set Up Devices Safely', where you will find how to set up a range of devices.

Another area which keeps cropping up is children's use of apps, and in particular TikTok. As the online world is forever changing it is impossible to know about all the apps that appear. Therefore, it is well worth taking a look at <https://www.net-aware.org.uk/>. This is a NSPCC website where you can search an app and learn a bit about its age restrictions, what it involves and its safety ratings for various areas.

Although we are aware that several children in school use TikTok, the actual age rating is 13 and some of the content on this app can be upsetting to children. When a child first uses it, TikTok will store the type of videos they like and so even if they have seen just a few seconds of an upsetting or violent video there is a greater chance of being shown one again. Nevertheless, TikTok do have a family pairing mode which means parents can pair their own personal account with that of their child. This enables parents to manage a child's account, setting it to private, disabling comments and switching off the search content. Despite this though, parents still need to be aware that this app is aimed at children older than 13 and therefore the content may not be appropriate for lots of children.

Mental Health

This year's World Mental Health Day, on 10th October, came at a time when the uncertainty of what the future holds has magnified concerns and anxieties. The World Health Organisation report that it is expected that the need for mental health and psychosocial support will substantially increase in the coming months and years. This year's theme set by the World Federation for Mental Health was 'mental health for all'

Norfolk County Council has highlighted the work of Norfolk and Waveney Mind and The 12th Man Campaign, run by the Outsiders. The Outsiders supports men to talk openly about mental health and offers training to anyone whose work, hobby or sporting activity gives them the opportunity to have a conversation with men such as barbers, tattooists, taxi drivers, people who work in pubs, cycling and football clubs. For more information look at 12th Man Campaign (<https://12th-man.org.uk/>)

Norfolk and Waveney Mind campaign 'Do one thing today' to support your mental health encourages everybody to do something positive everyday to boost their mental health. How often do you take the time to do something positive for yourself? Well now's the time to start, take a look here [World Mental Health Day](#) and look after your health.

To see what support is available for children and young people look here [Children and Young People](#) and here [Just One Norfolk](#)

Parent Support Advisor

In school we have a Parent Support Advisor whose service is provided by the Benjamin Foundation and who works Tuesdays and Wednesdays supporting families. Her name is Julie and she is able to provide help with children's behaviour at home as well as signposting to lots of other services which can provide additional support to families. Again, if you feel this is a service your family would benefit from then contact us via the school office (office@falcon.norfolk.sch.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

Parentline: 07520 631590