

Meet the Safeguarding Team



Eddy

Lead DSL



Carol

Deputy DSL



Hannah

Deputy DSL



Marie

Deputy DSL

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up to date.

All can be contacted via the office or by telephone on:

01652 631280

For a copy of our school's Safeguarding Policy, please visit the Policies page on our [school website](#).

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

If a child is in immediate danger, call the Police on 999

Concerns can also be reported using the numbers below:

North Lincolnshire Children's Services Single Point of Contact on:

01724 296500 (9am to 5pm Monday to

Thursday, 9am to 4.30pm Friday)

08081 689667 (free phone)

01724 296555 (answerphone – out of office hours and at weekends)

101 – Police non-emergency

Dear Parents and Carers

Welcome to our new Safeguarding Newsletter.

We aim to bring you all the latest, relevant help and advice we feel will be of importance to you.

Safeguarding & Child Protection is of paramount importance for the children of Options Barton School so we have decided to have a termly newsletter that shares key information and advice with parents and carers, so that we can all work together with the same aim of keeping children safe in school, at home and in the wider community.

As this term contained Internet Safety Day, there is a strong focus on staying safe online in this edition, and I also thought it might be useful to add a short list of Safeguarding acronyms and vocabulary – see below.

Many thanks, and please do contact the school or the Safeguarding Team if you have any concerns, queries or questions.

Eddy Wharton

(Designated Safeguarding Lead)

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

SPOC: Single Point of Contact

LADO: Local Area Designated Officer

CP: Child Protection

CI: Child in Need

FPT: Family Partnership Team

TAF: Team Around the Family

CEOP: 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

Social Media

Staying safe online when using social media



Social media is a website or app that enables users to communicate and engage with others online. Users can share information such as posts, pictures, or videos, and users can respond through varying levels of engagement such as comments, reactions, or 'likes'.

Best practices for parents and carers

Know what privacy features are available

There are a range of privacy features and parental controls you can set up on social media accounts. These often include preventing unwanted contact from strangers and limiting the exposure of posts. Consider what restrictions work best for your family, ensure age restrictions are adhered to, develop understanding within the household of safer internet use and consider how privacy features could be lifted as time goes on.

Have a conversation

Social media gives a lot of freedom towards how children and young people express themselves. It's important to discuss the risks associated with engaging with strangers online, giving out too much personal information, sharing content that may be harmful or posting content that can damage someone's reputation. Discussing these areas can help them navigate social media in a way that allows them to experience the benefits whilst also being aware of the potential risks.

Be available to talk

Children and young people can encounter issues online that may cause upset or panic. Ensure that you or someone you trust is available to talk to them no matter what issue they may be having. Try to help them resolve the problem without causing more worry and know where to go for further support if the situation calls for it e.g. correct reporting channels and helplines such as Childline etc. Allowing family members to feel confident to come forward for support can help prevent problems from growing.

Prioritise wellbeing

Social media can offer many benefits towards children and young people throughout their development but it can sometimes bring negative effects that may result in poor mental health if not managed correctly. Ensure rules and boundaries are in place at home to make sure family members are able to step away from social media and enjoy family time offline. Maintain a healthy offline/ online balance and know when to put devices down.

GOOD TO KNOW – MINIMUM AGES FOR POPULAR APPS



Facebook (minimum age 13) – lets users create their own profiles, share status updates, pictures, videos and chat with other users and also has a messenger app.



Instagram (minimum age 13) – allows users to alter photos, upload them and share to other social networking sites. Photos and videos can be sent directly to specific users.



Snapchat (minimum age 13) – a photo-sharing app where users can send photos or videos to their friends. These will display on screen for up to ten seconds before being deleted, although it is possible to take screenshots of messages and download other apps designed to capture and save Snapchat content.



TikTok (minimum age 13) – TikTok users can make their own short videos on the mobile app and often like to have music accompany these. The users have creative control over the videos. Other TikTok users can 'react' to videos they see by filming their responses alongside the original video, or 'duet' by making a video alongside another video.



X (minimum age 13) – a social network that lets users send and read messages limited to 280 characters.



Tumblr (minimum age 16) – a social networking site where users can post blogs and follow other people's blogs. Some of the content on this site includes sexual and/or pornographic images.



WhatsApp (minimum age 13) – a free-of-charge, real-time messaging service. Users can share images and videos, take part in 'group chats' and share locations. As it's based on knowing the user's phone number, you can only message users if you already have this information.



YouTube (minimum age 13) – allows users to watch, create and comment on videos. The dislike button can create insecurities with content posted even if comments are turned off for the video.

Keeping children safe online

From understanding apps to setting parental controls, we've got information and resources to help you understand online safety and talk about it with children and young people.

The [NSPCC website](#) publishes excellent guides for parents about all aspects of on-line safety. From suggestions on how to start conversations about staying safe online to understanding the games, apps and devices children use. It's all free and easy to access. Follow the link.

NSPCC

Further support, advice and information can also be found by visiting

[Social Media - UK Safer Internet Centre](#)

Scroll down to the bottom of the page to access a range of targeted support.

This term schools across the country celebrated **Children's Mental Health Week**. The theme this year was **'This Is My Place'**, highlighting the importance of **'belonging'**, both in the community and on-line, for children and young people's mental health and wellbeing.

Why does belonging matter for mental health?

Our mental health flourishes when we feel connected and valued. When children and young people have a strong sense of belonging they:

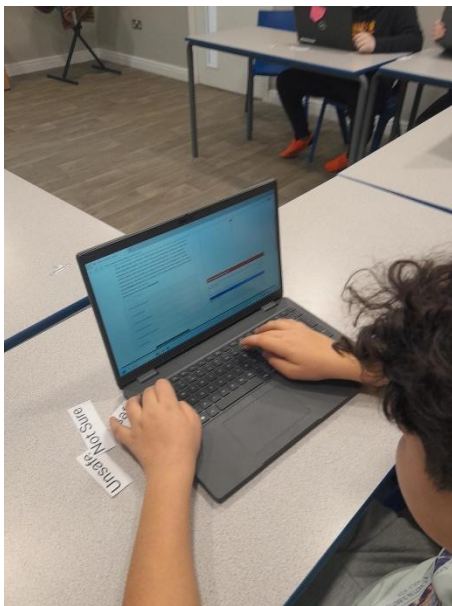
- *Feel more confident to be themselves and try new things*
- *Develop resilience to cope with challenges and setbacks*
- *Build stronger relationships and communication skills*
- *Have better self-esteem and understand their own worth*
- *Feel motivated to contribute positively to their communities*

1 in 5 children now have a diagnosable mental health condition. By taking part in Children's Mental Health Week, we helped ensure that children and young people across the UK feel listened to and know that they are not alone.



Supporting your child to navigate both the positives and risks of online belonging is an important part of keeping them safe and promoting good mental health.

This 'sense of belonging' links well with On-line safety, as we know that the internet plays a significant role in helping some of our children find a sense of belonging. Online communities, social media, gaming platforms and forums can allow young people to connect with others who share similar interests, identities or experiences. For some, especially those who feel different or isolated, these spaces can offer reassurance, understanding and friendship. However, online spaces also carry risks. Not everyone online is who they claim to be and some communities may encourage harmful behaviours, unrealistic expectations or unhealthy relationships. Young people may be exposed to inappropriate content, pressured to share personal information or influenced by views that negatively affect their wellbeing. When online connections begin to replace real-life relationships or secrecy increases, this can increase vulnerability



At Options Barton School, we held Primary and secondary assemblies focusing on On-line Safety. Pupils also completed online quizzes, games and a range of age and ability appropriate activities.



The 'Sense of Belonging' is an ethos we strongly believe in at Options Barton School, and we strive to make our environments welcoming, safe and a place pupils want to access and come back to.



Finally, just a reminder that we are a **Nut Free School**. Please can you ensure you do not send your child to school with any food that contains nuts, or states on the packaging that it **Many contain nuts, Contains sesame seeds, or May contain sesame seeds.**

Please check all items as even things like bread, chocolate spread and breadsticks often have these warnings on them. We thank you for your continued support with this.
