



Headteacher: Mrs Barbara Conroy BA Ed (Hons) NPQH

Dear Parent/Carer,

As we go into the Summer holidays, please find below some helpful tips and advice on how to report any Safeguarding concerns, emotional health & wellbeing and keeping your child safe online.

Safeguarding

If you have any concerns for the wellbeing and safety of a child, please call the NSPCC on 0808 800 5000 or Children's Social Services on 03000 411111. If a child or young person is at risk of immediate harm, please call the Police on 999

Mental health and wellbeing

- [Every Mind Matters](#) which supports looking after your own and other's mental health
- [Young Minds](#) Discover information, advice & support for young people and families affected by mental health.
- [Kooth](#) Online Mental Wellbeing Community
- Public Health England's [Rise Above](#) platform

[Parentkind](#) is a charity that champions parents so that they can participate in their child's education and school life to the full. They have some really good tips and advice on their website about how you can support your child's learning over the holidays.

Keeping your child safe online

With children spending more time online to do schoolwork and other activities, there could be an additional risk.

It is important that you talk to your children about online safety, show an interest in what they are doing online, including knowing the sites they will be accessing and who your child is interacting with online. In talking to your children, you can discuss age-appropriate 'ground rules' such as how much time they spend online doing different things, what games and apps are appropriate to use and what your children like and dislike about being online.

You should also consider setting up and reviewing age-appropriate parental controls. Setting parental controls can be a quick and effective tool to help protect children online.

Here are some useful links to help you keep your children safe online:

- government guidance on [keeping children safe from online harms](#) such as child sexual exploitation, cyberbullying and harmful content
- government guidance on [staying safe online](#) including parental controls, fact-checking information, communicating with family and friends while social distancing is in place and taking regular breaks from the screen

- [Thinkuknow](#) is the education programme from the National Crime Agency (NCA) providing age-appropriate resources for children and support for parents
- [Parent Info](#) is a collaboration between Parentzone and the NCA providing support and guidance for parents from leading experts and organisations
- [Childnet](#) provides a tool kit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support
- [Internet Matters](#) provides age-specific online safety checklists, guides on how to set parental controls on a range of devices and a host of practical tips to help children get the most out of their digital world
- [LGfL](#) provides support for parents and carers to keep their children safe online, including 6 top tips to keep primary aged children safe online
- [Net Aware](#) provides support for parents and carers from the NSPCC and O2, providing a guide to social networks, apps and games
- [Let's Talk About It](#) provides support for parents and carers to keep children safe from online radicalisation
- [UK Safer Internet Centre](#) provides tips, advice, guides and resources to help keep children safe online, including parental controls offered by home internet providers and safety tools on social networks and other online services

Age-appropriate practical support for children on reporting concerns is available from:

- [Childline](#) – for general support
- [UK Safer Internet Centre](#) - to report and remove harmful online content
- [CEOP](#) - for advice on making a report about online abuse

Yours sincerely,



Mrs C Bush
Designated Safeguarding Lead/
Wellbeing and Family Support Officer