



Safeguarding Newsletter

ADVICE FOR PARENTS & CARERS



Summer Holidays

The summer holidays bring around so many opportunities for fun and relaxation away from the school setting and for children being with their families and loved ones. However we are aware there is an opportunity for risks to present themselves. Therefore in this edition of our Safeguarding newsletter, we want to provide you with some summer tips for keeping children safe online as well as external support should you or your child need it.



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Kooth is a free online service offering emotional and mental health support for children and young people

www.kooth.com

Uniform Drive

Recently we wrote home to our parents to inform them of a uniform recycling scheme that we are trialling, in an attempt to be more sustainable and support our local community.

If you require any support with uniform for your child for September, please email us at uniformrecycling@wes.swecet.org with your requests and we will do our best to accommodate.

Equally, if you want to support our uniform drive, please bring any pre-loved uniform to our main reception.



Online safety tips for parents & carers to KEEP CHILDREN SAFE ONLINE OVER SUMMER

School's out ... for summer! Yes, it's that time of the year again: around six weeks at home for ecstatic youngsters. For many young people, a bumper stint off school means a welcome chance to spend even more time with their games console, phone, tablet or smart TV. So whether your children are likely to be scrolling on Snapchat, nestling in front of Netflix or frying foes on Fortnite, we've put together some top tips to help you keep them safe online this holiday.

THERE'S NO NETWORK LIKE HOME

Teenagers, especially, tend to be delighted to find that a coffee shop, restaurant or shopping centre offers free WiFi. These public networks are much less secure than home WiFi, though, so discourage your child from making online purchases or entering personal details when out and about.



LIGHTS OUT, SCREENS OFF

This is a golden rule: try to limit how much screen time your child has towards end of the day. Staring at the screen of a phone or tablet for too long before bed severely impacts a child's quality of sleep – which can play havoc with their concentration, mood and energy levels the next day.



FOCUS ON FACTS

The internet is phenomenal at spreading gossip. When children of certain ages aren't in daily contact at school, the digital rumour mill can go into overdrive. Remind your child not to believe everything they're told online – especially if the person involved isn't around to provide their side of the story.



KEEP TALKING

It sounds blindingly obvious, but having regular chats with your child about who they're talking to online, what games and apps they're using and what shows they're streaming is a huge benefit. It doesn't have to be every day or even every week, but it can signal potential issues well in advance.



PRIVATE INFO STAYS PRIVATE

It's worth checking your child's social media or gaming profiles occasionally to make sure they aren't inadvertently giving away too much information. Details such as their full name, address or where they go to school could all be used to track them down by individuals with sinister intentions.



LIMIT SOCIAL AUDIENCES

When they're old enough, young people love to broadcast their summer holiday highlights all over social media. The unfortunate truth, however, is that we don't always know who might be viewing this content. Check the settings to ensure that only friends and family can see your child's posts.



DEMONSTRATE GOOD HABITS

Children often learn their digital behaviour from watching the grown-ups around them. So make sure your child observes you being positive and supportive on social media, for example – and, especially, sees that you know when it's time to switch the screen off, even though you're having fun.



WATCH FOR EXCESSIVE GAMING



With no school, children often take every opportunity to fit in 'just one more go' on their favourite game – sometimes at the cost of their daily routine, or having family time. A little extra gaming is to be expected in the holidays, but it could become problematic if it evolves into a recurring habit.

IT'S 'THE GREAT OUTDOORS' FOR A REASON

For most northern hemisphere-dwellers, this time of year is a rare opportunity to enjoy the outside world in pleasant weather. Remind your child how amazing it is to feel the sun on their back and fresh air in their lungs. Disney+ and Minecraft will still be there on drizzly Sundays in October.



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Online
Safety®

#WakeUpWednesday