

# SAFEGUARDING NEWSLETTER

Issue 1 – November 2017



## WELCOME

Welcome to Issue 1 of the Maltby Academy Safeguarding Newsletter for parents and carers.

## KEEPING STUDENTS SAFE AND WELL

At Maltby Academy we are all responsible for keeping children safe and well and make safeguarding a priority. This includes keeping up to date with issues which might pose a risk to children, and of help and support which is available. We try to keep the information on our website live and up-to-date but if you have any queries please contact:

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*Mrs Graham: Designated Safeguarding Lead*

*Mrs Smith: Deputy Designated Safeguarding Officer*

*Mrs Quarmby: Complex Case Officer*

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The NSPCC logo, featuring the letters 'NSPCC' in a bold, white, sans-serif font on a green background.

At Maltby Academy we are mindful of the potential dangers posed to children when they go online and strive to educate them on keeping safe. For parents and carers, the NSPCC have some fabulous tips on keeping children safe online, including the Be Share Aware Campaign. For advice on setting up parental controls, managing privacy settings and advice on social networks, as well as guidance on how to talk to children about staying safe online, it is worth visiting:

<https://www.nspcc.org.uk/preventing-abuse/keeping-children-safe/online-safety/>

### Good advice for children:

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**DON'T** give out personal information. This includes full name, phone numbers, address, email and name of school. Anyone who knows them will not need this information.

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**AVOID** usernames which may give away personal information e.g. birth dates and locations.

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**KNOW** how to block any unwelcome attention online and report any concerns to CEOP.

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**WORK** with parents/carers to decide which photographs are appropriate to share and which ones aren't (remember that the making, sending and sharing of sexually explicit images of children under 18 years of age is a criminal offence).

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**TALK** to parents/carers if they are worried about anything and to share their online life with them.

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We would also advise parents once again to be aware of the '**Blue Whale Suicide Challenge**' game which is still circulating and is accessed via a social media platform.



Participants in the online game are given ever increasingly harmful tasks in the form of challenges which culminate in self-harm and suicide.

## SLEEP

A good night's sleep is important for our mental and physical health and for how we manage our day to day lives. Electronic devices stop our brains from winding down at the end of each day as the 'blue light' they emit delays the production of melatonin, the hormone which makes us feel sleepy. Top tips for a good night's sleep are:



- Turn off any technology 1-2 hours before going to bed
- Take a warm bath or shower
- Engage in something relaxing — read a book, listen to music, do some mindfulness exercises
- Make sure your room is cool and uncluttered
- Do not check mobile devices for messages in the middle of the night

### DID YOU KNOW?

50% of adults claim to not sleep well yet...

95% of adults use an electronic device that emits light in the hour before bed and more than half check emails overnight.

60% of adults 18-64 years keep phones next to them when they sleep

Rotherham Borough Council launched the STILL campaign to coincide with World Mental Health Day on 10 October 2017 to encourage children to think about themselves and their friend's mental health:



**STOP:** Take time to think about how your friends are feeling.

**THINK:** Has there been a change in your friend? Are you worried about them?

**SHOW INTEREST:** Make the time to ask how your friends are feeling and show you care. Talk to them.

**LISTEN:** When a friend talks, listen and don't judge. You may not have the answers but hopefully you can get them to talk to an adult they trust for help. You can tell an adult that you are worried about them.

**LIVE LIFE:** To help enjoy life to the full and reduce stress there are some simple things you and your friends can do that will help like take up a hobby, keep active, get a good night's sleep, take a break in the fresh air and switch off mobile devices for a short time each day.

## TOP TIPS FOR GOOD MENTAL HEALTH



**CONNECT** – Connect with the people around you: your family, friends, colleagues and neighbours. Spend time developing these relationships.

**BE ACTIVE** – Take a walk, go cycling or play a game of football. Find the activity that you enjoy and make it a part of your life. Join in school extra-curricular activities.

**KEEP LEARNING** - Learning new skills can give you a sense of achievement and a new confidence.

**GIVE TO OTHERS** – Even the smallest act can count, whether it's a smile, a thank you or a kind word. Larger acts, such as volunteering at your local community centre, can improve your mental wellbeing and help you build new social networks.

**BE MINDFUL** – Be more aware of the present moment, including your feelings and thoughts, your body and the world around you. Some people call this awareness "mindfulness", and it can positively change the way you feel about life and how you approach challenges.