



Safeguarding Newsletter

September 2020

ENGLISH MARTYRS CATHOLIC VOLUNTARY ACADEMY
Part of the St Therese of Lisieux Trust

"We grow and learn as a family following in the footsteps of Jesus"

Safeguarding Team

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**PLEASE MAKE SURE YOU
HAVE COMPLETED
YOUR CONTACT FORM
AND HANDED IT BACK
TO SCHOOL AS WE NEED
TO HAVE A RECORD OF
EMERGENCY CONTACTS
FOR EVERY CHILD.
THANK YOU.**

Welcome to our Parent Safeguarding Newsletter Advent 1.

At English Martyrs we take safeguarding very seriously and together we can work to keep all our children safe. I have put lots of information into this newsletter to make parents aware of safeguarding procedures especially relevant to the coronavirus pandemic and I will update this information when appropriate.

Please note our safeguarding team opposite.

You can contact any of these individuals in connection with safeguarding issues, or if you feel you need help or support with family issues as we can signpost you to services which may be available in the local area. All staff in our school receive updated safeguarding training frequently and safeguarding issues are discussed weekly through our morning briefings or weekly staff meetings if necessary.

Mental Health

Transitioning back to school after such a long period away is no easy task for any of us! You may find that your child(ren) struggle to get back into routines including sleep patterns and come home shattered and emotional. It is important to acknowledge with your children that these feelings are normal and understandable.

Make yourself as available as possible to talk things through and create space for talking in different ways e.g. out on a walk, baking together etc. as there may be less pressure in these situations. Focus on the positives and ways we can manage our feelings e.g. regular exercise, breathing techniques etc.

Sleep routine

Sleep affects our ability to use language, sustain attention, understand what we are reading and summarise what we are hearing. If we compromise on our sleep we compromise on our performance, our mood and our interpersonal relationships. Sleep has also been shown to protect the immune system and it is recommended that on average a healthy amount is between 7 and 9 hours!

Qualifications

At the end of last academic year all staff were given the opportunity through resilient Rutland to obtain mental health qualifications. We now have 6 mental health first aiders in our school and all other staff have already completed or will by the end of this term a youth mental health course. Please seek support through school if you feel you need it if your child(ren) are experiencing difficulties. We can work together to support you. The mental health page on the website under the parents section has some excellent information.

Online Safety

We continually work with the children to equip them with valuable knowledge and skills, to help keep themselves safe when online, and more information for parents on this area can be found in our pocket guide currently on the website.

In school we have appropriate filters in place to prevent children accessing harmful content via the school's internet. We also focus our thoughts on this subject during online safety week and hold an informative assembly with workshop for the older children as well as continually updating parents.

I know that many parents have concerns about what children can access outside school especially as they get older and eventually transfer to secondary school. We would always recommend that access to the internet takes place in a family room, not in a child's bedroom at this age so you are fully aware of what they are looking at. Talk to your children about safe use of the internet and ensure that they ask parental permission at this age before accessing sites such as you tube etc. We would always recommend the use of parental controls available from some internet service providers, and impress on your child that they can talk to you if they are worried about something that has happened during their internet use. Explain to your child about how to use the Report Abuse button which is available on an increasing number of websites.

Access to games on devices such as Play Station or X Box should always be age appropriate.

Social networking and use of mobile phones can also raise concerns for parents and it is important to impress on your child that sending hurtful or abusive emails or texts could be serious and very hurtful, this is known as cyber bullying. Explain the risks to your child when you first allow them to have a mobile phone , laptop or portable device with a camera or internet use. Sexting, the taking of naked or sexually provocative images and posting them on social media sites or texting them is growing amongst the under 13 age group.

Mobile Phones

At English Martyrs we do not permit phones to be used during the day and if you wish your year 6 child to come to school with one then they should have it turned off and given to the class teacher / office for safe keeping. A letter signed by parents must be received before the phone can come onto the school site.

For further information or advice on any of the matters above visit:

<https://www.thinkuknow.co.uk/parents>

<https://www.google.co.uk/safetycenter/families/legends/>

www.stopitnow.org.uk

Child Protection

In school we have procedures that all staff must follow. If we are concerned that your child may be at risk from neglect or abuse we follow the procedure in our child protection policy. This is on our website. The procedures have been written to protect all pupils. They comply with our statutory responsibilities, and are designed to support pupils, families and staff. The procedures are based on the principle that the welfare of the child is the most important consideration.

In almost all circumstances we will talk to you about our concerns, and we will also tell you if we feel we must refer our concerns to social services. We will ask your consent to make a referral, but in some circumstances we may need to make the referral against your wishes. We will only do this if we genuinely believe this is the best way to protect your child and the fact that you did not consent to the referral will be recorded.

If we think that talking to you first may in some way increase the risk to your child we will report our concerns to children's social care and take advice from them.

Child protection is a very sensitive issue and it can raise many questions and a range of strong emotions. We will do everything we can to support our children, and you can be assured that any action we take will be in the best interests of your child.

If you have any concerns about a child or you see anything please report it to school or call Rutland County Council and ask to be put through to Rutland Childrens Services Duty Team on 01572 722577.