



Prior Weston Primary School

Wellbeing & Safeguarding Newsletter



Autumn Term 2: 2023/24

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safeguarding Leads for Prior Weston Primary School & CC:

- Bernie Lead DSL
- Fiona Lead DSL
- Simone DDSL and Inclusion Lead
- Bev DDSL
- Aoife DDSL
- Touvonna DDSL
- Rae DDSL
- Nicola DDSL

Safeguarding
Governor: Grazia Piras

For a copy of our school's Child Protection and Safeguarding 2023 Policy, please visit the 'Safeguarding' page on our [School Website](#)



Dear families

At Prior Weston Primary School, safeguarding and promoting the welfare of children is **everyone's responsibility** and our top priority. Anyone who comes in to contact with children and their families has a role to play.

This Week we are focusing on children's wellbeing and children staying safe on line.

It is really good to check your child's device and to supervise them when on line, see our recommendations in this newsletter

Best wishes

Bernie Frain-Atallah (Designated Safeguarding Lead)

New women-only gym and fitness sessions

GLL, the social enterprise which runs our leisure facilities in the borough, have expanded their offer of women-only activities across Islington, enabling more women to get active and have fun in a safe, supportive environment.

Activities include football, fitness and mind and body classes, swimming (including lessons for beginners and improvers), and gym sessions, as well as women-only health suite sessions, perfect for a post-workout sauna or for a bit of relaxation time.

Sessions range from beginners to more advanced, so there is something for everyone. You can find out more about the range of sessions on the Better website.

[Women-only activities](#)

CHILDCARE OFFERS FOR PARENTS

The Childcare Choices campaign aims to raise awareness and understanding of the support available from the government with the costs of childcare.

Working parents often find school holidays really difficult, it is more important than ever that parents and carers are able to access the financial support they qualify for. You could be entitled to:

- Up to £2,000 a year of Tax-Free Childcare per child
- Help with up to 85% of their childcare costs for children up to 16 with Universal Credit.
- 30 hours of free childcare for 3 and 4 year olds

More information please see below:

childcarechoices.gov.uk

Children's Wellbeing and Cyberbullying

We have been made aware that some of our children in years 5 & 6 are not being kind and safe online. Please as a matter of urgency speak to your children and check their activity on social media and games. Children should not be left unsupervised on devices and social media platforms.

What Is Cyberbullying?

Cyberbullying is when someone uses technology to harass, threaten, embarrass, or target another person. It happens on devices like smartphones, computers, tablets, and gaming systems. Cyberbullying hurts people, and in some cases is against the law. Sometimes cyberbullying can be easy to spot — for example, if your child shows you a text, comment, or post that is harsh, mean, or cruel. Other acts are less obvious, like posting someone's personal information, or using photos or videos that hurt or embarrass another person. Someone might make a fake account or screen name to harass and **bully**, so you don't know who the bully is.

What Are the Signs of Cyberbullying?

Many kids who are cyberbullied don't want to tell a teacher, parent, or trusted adults, often because they feel ashamed or fear that their devices will be taken away at home.

Signs of cyberbullying vary, but may include:

- being emotionally upset during or after using the Internet or the phone
- being very secretive or protective of one's digital life
- spending more time than usual in their room
- withdrawal from or lack of interest in family members, friends, and activities
- avoiding school or group gatherings
- slipping grades and "acting out" in anger at home
- changes in mood, behavior, sleep, or appetite
- suddenly wanting to stop using the computer or device
- being nervous or jumpy when getting a message, text, or email
- avoiding discussions about computer or phone activities

How Can Parents Help?

- **Offer comfort and support.** Talking about any bullying experiences you had in your childhood might help your child feel less alone.
- **Let your child know that it's not their fault.** Bullying says more about the bully than the victim. Praise your child for doing the right thing by talking to you about it. Remind your child you're in this together. Reassure your child that you'll figure out what to do.
- **Notify the school.**
- **Encourage your child not to respond to cyberbullying.** Doing so just makes the situation worse.
- **Keep records.** Keep screen shots of the threatening messages, pictures, and texts.
- **Block the bully.** Most devices have settings that let you electronically block emails, messages, or texts from specific people.

As always, be a role model for your kids. Help them understand the benefits and dangers of the digital world. If you don't get upset and use angry words in your own posts and replies, they're less likely to. Talk about healthy ways to respond — or not — when you disagree with others.

Talking to children about scary world events

News is everywhere. In the digital age, it is no longer possible to control the news we are exposed to or shield children from upsetting information. This weekend there has been lots of news again of war and traumatic events with lots of upsetting images on the news and on social media.

What you can do is help to minimise the negative impact it has on your children. You can do this through open and honest conversations at home, using the tips below:

A news blackout is rarely helpful

The important thing here is balance. Force-feeding children news or going to great lengths to shield them from it can be unhelpful. Avoid turning the television off or closing web pages when they come into the room. This can pique their interest to find out what's really going on – and that is when their imagination can take over.

Children are very likely to get a sense of the uncertainty or fear around what's going on, even if they're not old enough to understand or hear about exactly what's happening. Be careful that they don't overhear conversations about your fears. Children pick up more than we realise and may misinterpret or keep their feelings hidden from us.

Let them know the facts

Children may feel overwhelmed by things they've heard on the news, on social media or from their friends. If they are given clear and honest explanations of what is happening and know that it is okay to talk about scary or tricky subjects, it can give them the confidence to ask about them. Encourage your children to come to you with questions about what's happening.

If you find you don't have the answers, be honest and say so. Try reading or watching reputable news sources, that you have vetted. Watch together or share the current news by explaining what is happening verbally in an unbiased way. Always check the source.

Give them practical tips on looking after themselves and others, explaining the importance of open communication, healthy relationships, and ways to cope with stress. It's also a good opportunity to talk about the benefits of kindness.

Let your children know they are safe

All children want to know their parents can keep them safe. The best way to communicate safety is by talking about worrying news with open, confident, clear and truthful facts. Go through all the reasons that mean they are in a safe place rather than well-meaningly dismissing their feelings by telling them everything is fine.

Let them know that it is normal to be concerned

Try telling them that you also find events like this worrying. Let them know that you can balance these worries with the reality of them coming true. You would want them to leave this conversation realising that although bad things can happen, they don't happen very often, so they do not need to be scared all the time.

Tailor the conversation to their age

All children have different temperaments and sensitivities. Their ability to understand the world and take in and react to bad news will depend on their age. If you have more than one child, you might want to talk about the news with them individually and adjust what you say to their needs and level.

For more tips and information visit: www.mentalhealth.org.uk

Mobile Phones & Smart Watches

Please can we ask that Parents/Carers do not use your phone when you come to collect or drop off. Your child is excited to see you and tell you all about their day and are disappointed if you are unable to listen to them because you are on the phone. We also ask this from a safeguarding perspective, we need to ensure that no one is taking photos or recording inside the school.

Please note that, although we encourage children to wear watches in school, **please do not allow your child to wear a 'smart' watch, or any watch that has the same functionality as a mobile phone or PC, on the school site.**

Polite Notice to Parents & Visitors



**Please do not use
mobile phones
inside our school**



Prior Weston World Food Festival

Thursday 23rd November 2023

in the main foyer, there will be two sittings

4-5pm & 5-6pm

£2 per plate for adults & £1 per plate for children

We need you - Let's make this delicious festival a community event

(All funds made go towards future school activities)

Please bring food in on the morning of the event or just before on the evening

We need parents/carers and children to contribute a traditional dish from your home country that others can taste and enjoy such as - Italian, Algerian, Somalian, Afghan, English, French, Iranian, Irish, Danish, Turkish, Polish, Japanese, Indian, Pakistani, Bangladeshi, Columbian, Ukraine, Chinese, Scottish, Brazilian, Thai, Jamaican, Lebanese, Nigerian, German, Mexican, Estonian, Norwegian, Iraqi, Australian, Swedish, Spanish, American, or from anywhere in the world!

This is a community building and fundraising event organised by the Prior Weston Parent and Teachers Association