



Prior Weston Primary School

Wellbeing & Safeguarding Newsletter

Summer 1: 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,

This week we focus on online safety and wellbeing and ask if being online is affecting children's mental health?

There are many positives to being online, but we do need to be aware of the negative aspects including those that may impact our child's mental health and wellbeing, for example: social media (spending too much time on social media, comparing ourselves to others, filtered images and desire to achieve likes)

- Cyberbullying
- Seeing inappropriate content
- Constantly connected/information overload
- Excessive screentime
- Negative impact on our sleep

Further information

- Childnet discusses digital wellbeing in more detail and includes top tips and conversation starters: <https://www.childnet.com/help-and-advice/digital-wellbeing/>
- The NSPCC provides further information about mental health: <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/depression-anxiety-mental-health/>



WhatsApp Group warning

Whilst WhatsApp has an age rating of 13+ (recently lowered from 16), a BBC investigation has found that children as young as nine have been added to WhatsApp groups and seen inappropriate content. If your child is using WhatsApp, check their group settings as by default, group privacy settings are set to 'everyone,' which means anybody can add your child to a group without their approval. You can change this setting to 'My Contacts' so only contacts can add them to groups without their approval and if somebody who is not a contact wants to add them to a group then they will need to send them an invite.

You should talk to your child about the risks of joining groups and show them how to use the reporting/blocking tools. You can find out more about the BBC investigation here:

<https://www.bbc.co.uk/news/articles/cy0l4z8n1p9o>

Smartphone Free Childhood

Smartphone Free Childhood is a parent-led movement whose mission is to protect children from the dangers of using smartphones too young.

The premise behind this movement is that all parents/carers of a class all agree not to give their children smartphones (therefore the level of peer pressure is reduced) for a set time or until a specific age. Are you ready to join? Find out more here:

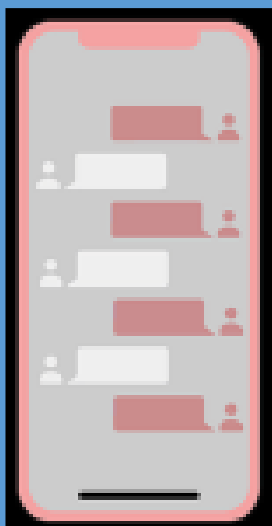
<https://smartphonefreechildhood.co.uk>

You may feel your child does need a phone, particularly if they are walking home by themselves but there are alternatives to the smartphone, including a watch, which are listed here:

<https://smartphonefreechildhood.co.uk/alternatives>

If your child already has a smartphone then Internet Matters have a section on their website with advice on smartphone safety:

<https://www.internetmatters.org/set-up-safe/>



Online Gaming Safety Tips:

For parents/carers of neurodivergent young people

Internet Matters have published guidance outlining the benefits and risks of online gaming and how you can support your neurodivergent child. You can read the guide here:

<https://www.flipsnack.com/internetmattersorg/guidance-for-parents-of-neurodivergent-gamers-internet-matters/full-view.html>

Encountering violent online content starts at primary school.

New research commissioned by Ofcom reported that “all children who took part in the research came across violent content online, mostly via social media, video-sharing and messaging sites and apps. Many tell us this is before they have reached the minimum age requirement to use these services.”

You can read more about Ofcom's findings here:

<https://www.ofcom.org.uk/news-centre/2024/encountering-violent-online-content-starts-at-primary-school>

Talking about online toxicity with boys!

Vodafone have published an article highlighting research which shows that “69% of preadolescent boys have encountered misogynistic content online”. This article discusses how to approach this issue with your child and what to do if they start repeating negative views seen online.

<https://www.vodafone.co.uk/newscentre/smart-living/digital-parenting/how-to-talk-to-your-teenage-sons-about-online-toxicity/>

Meet our school nursing team at the Prior Weston school health clinic on the 8th June from 9.30am.

The School Health Team will provide a visible and accessible School Health Service for children in mainstream schools through the provision of support and advice maximising the young person's potential to achieve a positive state of health and wellbeing.

The aim of the service is to work in partnership with families, health, education and social care.

The School Health Team comprises of:

- **School Nurses: SCPHN** are Specialist Community Public Health nurses who are highly qualified nurses with an additional degree in public health which specifically relates to the health needs of the school aged population.
- **School Nurses:** These are experience paediatric nurses working in the community.
- **Community Staff Nurses:** a registered nurse with additional experience in public health, child health and development.
- **Nursing Associates:** have completed 2 years of the nursing foundation course and have excellent skills in health education and will work closely with young people on specific targeted work.
- **Health Care Assistant:** have experience and specific training to work with children and young people in schools and in the community.
- **School Health Administrator:** supports the administrative function of the team including the duty line.

How can School Nurses help?

We offer support and advice regarding the following:

- Supporting schools and families to ensure care plans for those children with long term conditions are appropriate for the school environment.
- Physical and emotional health and wellbeing.
- Advice regarding weight, relationships, sexual health, smoking and substance misuse
- Advice and signposting for schools when managing children and young people with health or behavioural needs

We support:

- All children who have an identified health need and have been identified as having a concern which meets the criteria for engagement with social care.
- Some health and wellbeing issues may be resolved by signposting young people and families to the Whittington Health website to find supportive information and advice that parents, young people and professionals may find useful.

Parents can now refer a child to the school health team by completing a referral form. Parents can also self-refer via the onsite health and wellbeing clinic or by calling the duty line 020 3316 8021 (Monday-Friday 8.30am-4.30pm).