



Learning Opportunities

SAFEGUARDING NEWSLETTER

March 2022

Advice for Parents and Carers



Welcome to our latest Safeguarding newsletter.

We aim to provide you with useful links, tips and the latest, relevant help and advice on issues we feel will be of importance to you.

If you would like any more information, please do not hesitate to contact the school



Rail Safety

We have received a message that in our local area, there is a high number of young people trespassing on railway tracks.

Network Rail, in partnership with Learn Live, are working to help raise awareness across the UK educating children about the dangers of the train tracks and have asked that we share the following safety video.

The time taken to watch the video could help save lives and provide important safety information to young people.

We would like to encourage you to watch the safety videos with your child. You will have to register for free to watch it beforehand.

Secondary school version: Age 11-16
<https://learnliveuk.com/network-rail-secondary-school-safety-talk/>

<https://learnliveuk.com/i-am-train-safe/>

Your Mental & Emotional Health Matters

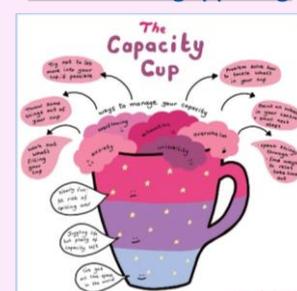
Looking after ourselves as parents or carers can feel impossible sometimes. With so many demands on us, taking a moment to relax or do something we want to do can feel like a step too far. However, recognising our own needs and taking steps to meet them is not indulgent or selfish, it is essential if we are to have the physical and emotional energy to look after others. If we neglect our own needs, we may become exhausted, stressed and resentful.

We've got limited emotional capacity and can only take so much in. So when our 'cup' gets full we are at risk of mental health difficulties, feeling overwhelmed and burnout.

It's important to recognise when your 'capacity cup' is getting full. Acknowledge that you might not be able to take anything else on, or need to take some out.

Remember that it is important to take care of yourself - our Designated Safeguarding Team are always here to offer support - email

dsl@learningopps.org



Age Restrictions for Social Media Platforms

It is important to make sure you are up to date on the latest social media, apps and games that your children are accessing. Lots of the apps children are using have age restrictions on them due to the risks they present. NetAware provide guidance and tips on what the children can access, recommended age limits, the risk they may present and how to put safety controls in place. It also gives useful guidance on how to keep your children safe online.



EMOJI SLANG

Do you know what your child is texting or receiving? The Urban Dictionary is a great place to check words that you are unfamiliar with:

<https://www.urbandictionary.com/>

EMOJI SLANG

DO YOU KNOW WHAT IT MEANS

GENERAL	VIOLENCE
<ul style="list-style-type: none"> 'Ghosted' - to be ignored To be shocked Idiot/stupid 'Capping' lying 	<ul style="list-style-type: none"> 'Dead Meat' Stab Punch Gun/Shoot
SUICIDAL IDEATION	DRUGS
<ul style="list-style-type: none"> Self harm Suicide Suicide Suicide 	<ul style="list-style-type: none"> Marijuana Heroin, Cocaine, Crystal meth Getting high Buying drugs/County Lines
SEXUAL	
<ul style="list-style-type: none"> Male genitalia Female genitalia Bottom Virginity 'Spicy' risqué behaviour 	<ul style="list-style-type: none"> Sharing an explicit image Shy/Nervous Hour glass shape body Sexual desire Sexual activity

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Five top tips to manage children's screen time

Help your child make the most of their time on and offline

- 1 Set a good example with your own device use**
 Children will tend to model their behaviours on you, so if you start reading a book, they may follow your lead.
- 2 Talk together about the time they spend online**
 Understand what they're doing, and explain your concerns.
- 3 Agree an appropriate length of time that they can use their device**
 Put in place a family agreement to set some boundaries and don't break them.
- 4 Get the whole family to unplug and create 'screen free' zones at home**
- 5 Use technology and apps to help manage screen time**
 For example, the Forest app enables them to grow a beautiful forest each day they don't use their phone for a set amount of time. The iPad's 'Guided Access' limits the time you can access any given app, which can be great for younger children.

60% of parents are concerned their kids don't have interests outside the web
12% of 12-year-olds are most concerned about lack of offline interests
 Children aged between 11 and 16 post on average 26 times a day

Research of 1,500 parents of children using the Internet between age 6 and 16 in 2013 and September 2016, carried out by Opinion Leader.

Our School website features a Safeguarding area which includes links to our policies and our parents / carers & visitors Safeguarding leaflet

<https://learningops.org/safeguarding/>

Useful Contacts



NSPCC - <https://www.nspcc.org.uk/>

Young Minds - <https://www.youngminds.org.uk/>

Safer Internet - <https://saferinternet.org.uk/>

Wishing you all a safe & Happy Easter