



Elmtree Echo Special Edition

Safeguarding #4



Respect - Ambitious - Curious - Resilient - Inclusive



Safeguarding Team

Safeguarding children is everyone's responsibility. Governing boards must also ensure that the school designates an appropriate senior member of staff to take lead responsibility for child protection.

Key aspects of the 'Designated Safeguarding Lead' (DSL) role include

- Making sure all staff are aware how to raise safeguarding concerns
- Ensuring all staff understand the symptoms of child abuse and neglect
- Referring any concerns to children's social care
- Monitoring children who are the subject of child protection or child in need plans
- Maintaining accurate and secure child protection records
- Raising awareness of the school's safeguarding policies and procedures, and ensuring they are implemented and reviewed regularly

As a school, we have a team of trained and experienced DSLs who work together to support these functions. They form our 'Safeguarding Team'.



Mrs Ohene, Designated Safeguarding Lead



Jan Martin- ODBST Executive Safeguarding Lead



Miss Gettings, KS1 Leader, Deputy DSL



Mrs Garman
Family Liaison Officer
Deputy Designated Safeguarding Lead

Elmtree Infant and Nursery School



I am safe I feel safe

**I am safe
I feel safe**

I can cross safely with the School Crossing Patrol



16

**I am safe
I feel safe**

I understand how to keep physically healthy



17

**I am safe
I feel safe**

I know that the school is safe and secure



18

**I am safe
I feel safe**

I know the PANTS rules



19

**I am safe
I feel safe**

I keep my teeth healthy



20

**I am safe
I feel safe**

I know how to keep myself clean



21

**I am Safe
I feel Safe**

I stay safe online



To support our families, we will have focus pieces with information and guidance in some of our safeguarding newsletters. This edition's focus is on:

Domestic Abuse

Women's Aid defines domestic abuse as an incident or pattern of incidents of controlling, coercive, threatening, degrading and violent behaviour, including sexual violence, in the majority of cases by a partner or ex-partner, but also by a family member or carer.

We know that any type of domestic abuse can seriously harm children and young people, and witnessing domestic abuse is child abuse. Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. And this can last into adulthood.

What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

Domestic abuse can include, but is not limited to, the following:

- Coercive control (a pattern of intimidation, degradation, isolation and control with the
- use or threat of physical or sexual violence)
- Psychological and/or emotional abuse
- Physical or sexual abuse.
- Financial or economic abuse.
- Harassment and stalking.

Online or digital abuse.

Anyone can be a victim of domestic abuse, regardless of gender, age, ethnicity, religion, socio-economic status, sexuality or background.

If you are concerned about how someone treats you or your children, please talk to someone. We know talking to someone else about your personal life can be hard, but getting in touch with us, or one of the organisations featured below, can be your first

DOMESTIC ABUSE

Affects the whole family

Domestic abuse can affect anyone.

If you are experiencing domestic abuse, please seek help using the contacts in this newsletter. Alternatively, we are here to listen and help. Ask to speak with any of our safeguarding team, or send an email to dsl@elm.odbst.org

When can you leave a child at home?

The law doesn't say an age when you can leave a child on their own, but it's an offence to leave a child alone if it places them at risk. Parents should use their judgement as to how mature their child is before deciding to leave them alone, e.g. at home or in a car.

The National Society for the Prevention of Cruelty to Children (NSPCC) says:

- Children under 12 are rarely mature enough to be left alone for a long period of time
- Children under 16 shouldn't be left alone overnight

Babies, toddlers and very young children should never be left alone

Parents can be prosecuted if they leave a child unsupervised 'in a manner likely to cause unnecessary suffering or injury to health'.

Under the Children and Young Persons (England and Wales) Act 1933, parents and carers can be prosecuted for neglect. This means that they can be fined or sent to prison if they are judged to have placed a child at risk of harm by leaving them at home alone, regardless of where in the UK the child lives.

- **Babies, toddlers and very young children should never be left alone**
- Children under the age of 12 **are rarely mature enough to cope in an emergency and should not be left at home alone for a long period of time**
- Children under the age of 16 should **not be left alone overnight**
- A child should never be left at home alone **if they do not feel comfortable with this**, regardless of their age

If a child has additional needs, these should be considered (e.g. medication, toileting, etc.).

Further guidance is available from the NSPCC website: <https://www.nspcc.org.uk/keeping-children-safe/in-the-home/home-alone/>



[Staying home alone](https://www.nspcc.org.uk/keeping-children-safe/in-the-home/home-alone/)

Explore the NSPCC's expert advice on when and how to safely leave your child home alone, including legal guidelines, readiness indicators, and safety tips.

www.nspcc.org.uk

Food banks and family support

Chesham Community Fridge

The Chesham Community Fridge project is run by [King's Church Chesham](#) in

conjunction with the [Hubbub Foundation](#).

Opening hours:

- Wednesday 10am to 12 midday
- Saturday 10am to 12 midday

Address:

- food delivery and collection on Chesham Broadway, to the left of [Broadway Baptist Church, HP5 1EG](#)

How it works: Bring a sparkling clean canvas handled bag for life and we will exchange it for a pre-bagged selection of food from the fridge.

Applying for support

If you or your family are on a low income and experiencing financial hardship, [contact our Helping Hand Team](#) to apply for support.

For other forms of support including:

- help with heating, bills and home essentials
- help buying or accessing food
- advice on benefits, debt and money
- help finding a warm space

see [Help with the cost of living \(Helping Hand\)](#).

For an overview of UK Government support, [visit the Cost of Living Hub \(GOV.UK\)](#).

Get help to buy food and milk (the Healthy Start scheme)

If you're more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy healthy food and milk, on the [NHS Healthy Start scheme](#).

If you're eligible, you'll be sent a Healthy Start card with money on it that you can use in some UK shops. We'll add your benefit to this card every 4 weeks.

You can use your card to buy:

- plain liquid cow's milk
- fresh, frozen, and tinned fruit and vegetables
- fresh, dried, and tinned pulses
- infant formula milk based on cow's milk

You can also use your card to collect:

- Healthy Start vitamins – these support you during pregnancy and breastfeeding
- vitamin drops for babies and young children – these are suitable from birth to 4 years old

Parents/carers could benefit from financial support totalling over £1,200 in their child's first 4 years.

Neglect

What is Neglect?

Neglect is defined in 'Working Together to Safeguard Children' 2018 as 'the persistent failure to meet a child's basic physical, emotional and/or psychological needs, likely to result in the serious impairment of the child's health or development.' Nationally it is the most common form of maltreatment in England.

Neglect can be a challenge for professionals to identify as can often be passive and not always by commission but by omission; however that does not mean that neglect should not be addressed and challenged.

Neglect may involve:

- Physical neglect – lack of shelter, inappropriate clothing, food, cleanliness and/or living conditions.
- Medical neglect – the minimising or denial of a child's illness or health needs (including dental health) and/or a failure to seek appropriate medical attention or administer medicine and treatment.
- Nutritional neglect* – not providing adequate calories or nutritional intake for normal growth (failure to thrive). This in extreme cases could be in the form of malnutrition or cases of obesity.
- Emotional neglect – lack of responsiveness to a child's emotional needs, including a lack of affection, love and validation, lack of nurture and stimulation, or undermining a child's self-esteem and sense of identity – potentially through ignoring, or isolating them.

Lack of supervision and guidance – failing to provide an adequate level of supervision (in or out of the home) and guidance to ensure a child's safety and protection from harm e.g. lack of a stair gate, medication not put out of a child's reach, child out in the community with no adult supervision.

Emotional neglect vs emotional abuse

Most experts distinguish between emotional neglect and emotional abuse by intention: emotional abuse is intentionally inflicted, emotional neglect is an omission of care.

Who does it affect

Neglect can happen at any age, sometimes even before a child is born, and can affect children of all ages. It tends to affect boys and girls equally. Often when a young person is experiencing neglect there may be barriers to them or their families engaging with interventions and support offered or provided

Neglect can have short and long-term effects on a child's development such as:

Impaired brain development

- Physical development difficulties
- Physical health difficulties, illnesses or even disease
- Mental health difficulties, including social, emotional and behaviour difficulties

Relationships and attachment issues

It may also lead them to take risk taking behaviour or ignore safety guidance.

How is it different from other types of abuse?

Neglect differs from other forms of abuse in that there is rarely a single incident or crisis that draws attention to the family. It is repeated, persistent, neglectful behaviour that causes incremental damage over a period of time.

How can school staff spot neglect?

Staff in education settings are likely to observe a range of signs that a child may be suffering neglect. These could include:

- A child may routinely present as unkempt, dirty or odorous
- The child may display poor coping abilities or attention needing behaviour, including acting out / aggression / impulsivity
- The child may display attachment seeking behaviour, with staff or peers
- A child may be very underweight with no obvious medical cause and may take food from other children. They may be obese
- There may be unexplained changes in the child, especially in their behaviour
- The child may repeatedly miss health appointments or treatments, or no appointments may be sought by the carer
- The child may take a dip in their academic attainment or progress, or may always have been academically low, including poor language skills or poor problem-solving skills
- The child may have low self-esteem or present as withdrawn or have difficulty in making friends
- The child may be persistently absent from school or have a pattern of absence, including lateness
- You may receive reports of the child being out in the locality on their own (beyond what would be expected for their age)

You may just have a 'gut feeling', something isn't right

It is important to remember that schools' systems such as analysing attendance, record keeping/chronologies, seeking medical appointment evidence, parent evenings etc. all have a part to play in identifying and evidencing those persistent or ongoing cases of neglect.

Keep your child safe on TikTok

At Elmtree, we want all our children to be safe online. Although the age recommendation for TikTok is 13 years and above, we think this information is important for our families.

What is TikTok?

A video-sharing app that's very popular with children and teenagers. Users can gain followers and watch other people's short-form video content or slideshows. Anyone can make and upload their own videos, which often include:

- Dance routines
- Lip-syncing to music
- Comedy sketches

There are also videos of news and world events – such as live footage of sports events, protests, natural disasters and world crises.

The age recommendation is **13 and above**, but it's easy for younger children to sign up too.

What are the main things to watch out for?

Some of TikTok's popularity comes from videos of 'viral' challenges (i.e. when 1 person attempts a particular skill and then others make their own videos copying it).

Most of these challenges are harmless (for example, copying dance moves or bottle flipping) but some can be dangerous. For example:

Eating or drinking inedible substances, eating and drinking a far greater quantity of something than is recommended, or purposeful overdosing on common medicines (e.g. 'the Tide Pod challenge', 'the nutmeg challenge' and 'the Benadryl challenge')

Holding your breath or being choked until you pass out (the 'blackout challenge')

Challenges with sexualized content (e.g. the 'silhouette challenge' or 'foopah', which feature indirect nudity using mirrors, shadows or reflections to avoid content filters)

Other things to watch out for on TikTok include:

Search results on TikTok are based on a number of factors, including trending content and content a child has seen or interacted with in the past. If a child has accidentally clicked on unsuitable content, the search algorithms may drive more unsuitable content to their 'For You' page (their personal feed)

Sexual, violent, racist and/or homophobic and misogynistic content and other forms of hate speech can appear on your child's 'For You' page. Watching the video and commenting, even if they comment negatively, can drive more related content to their feed

Content about eating disorders (known as ‘pro-ana’) and bullying

Advertising of products available through the TikTok Shop (TikTok’s marketplace)

Under-16s can't send or receive private messages. But once users have made contact, for example through comments on videos, they could still switch to another app like Snapchat to chat privately and swap images and videos.

7 steps to keep your child safe

1. Use Family Pairing (also known as family safety mode)

This feature lets parents/carers control some settings on a child’s account from their own phone, including screen time limits, muting notifications, filtering keywords and enabling Restricted Mode. You can also view your child’s account activity, restrict search functions and limit who can discover your child’s account.

You’ll need to download TikTok and link your account to your child’s. Once you’ve created a profile, follow the instructions from [TikTok Help Centre](#) to set up Family Pairing, linking your device and your child’s.

<https://support.tiktok.com/en/safety-hc/account-and-user-safety/family-pairing>

2. Keep their account set to private and limit profile information

Accounts for users aged 13 to 15 are set to private by default. This means that only approved ‘followers’ can see your child’s videos.

If their account is public, their content becomes viewable on or off TikTok, may appear in search engines, and even news sites.

Even with a private account though, anyone can see your child’s profile information. Tell them not to share personal information publicly, like their full name or where they go to school. Encourage your child to only accept ‘follower’ requests from people they know and trust.

To check your child’s account is private, on their phone, simply [follow these instructions](#) provided by the TikTok Help Centre.

<https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/making-your-account-public-or-private>

If you have family pairing set up, you can check this using family pairing.

3. Enable Restricted Mode so your child doesn’t see inappropriate content

You can do this through the Family Pairing settings. Restricted Mode limits content containing mature and complex themes. Restricted Mode also disables going LIVE (live-streaming) from the account and gifting.

If you’re not using Family Pairing, you can enable Restricted Mode by [following the instructions here](#) from Tiktok Help Centre

<https://support.tiktok.com/en/safety-hc/account-and-user-safety/restricted-mode>

4. Consider setting a time limit on use

TikTok can be hard to put down – help your child rein in their use with a time limit.

You can do this through the Family Pairing settings, or on your child's phone by setting a daily screen time limit. You can do this by [following the instructions here](#). So long as your child is using the same account, this will apply across multiple devices.

<https://support.tiktok.com/en/account-and-privacy/account-information/screen-time>

5. Restrict in-app purchases to block spending

TikTok has its own marketplace, TikTok Shop, which allows sellers to advertise and sell products to other users. Your child might also be tempted to support their favourite TikTok personalities by gifting TikTok Coins, an in-app currency paid for with real money.

The steps to prevent this will differ depending on your child's device.

On **iPhone/iPad**, you can use Screen Time settings to disable in-app purchases by [following the instructions here](#). <https://support.apple.com/en-gb/102470>

You can also restrict spending on your child's device with [Family Sharing](#).

<https://support.apple.com/en-gb/108380>

On **Android** devices, you can enable purchase verification for any spending through Google Play. You can find further [instructions on this process](#) on the Google Play help page.

<https://support.google.com/googleplay/answer/1626831>

For children under 13, you can use the parental controls available through the Family Link app. You can find guidance on [how to set up Family Link](#) here.

<https://support.google.com/families/answer/7101025>

Keep an eye on your bank statements to check your child isn't getting round the controls.

6. Check settings on interactions like duets, stitching, direct messages and comments

Duets are where users reply to 1 person's video with another and then share it. The videos appear together, side by side. Users can also respond by 'stitching', where the original video is reposted and the response plays afterwards. This feature isn't available for users under 16 and set to friends only by default for users aged 16 and over.

Your child can also change settings for comments on their videos via the Privacy section, and for users aged 16 and over, change settings for who can send them direct messages, duet and stitch with them, and download their videos.

If you have Family Pairing set up, you can do this through the Family Pairing settings.

7. Make sure your child knows how to report content and users

Filters aren't perfect, so make sure your child knows how to report harmful or upsetting content or users. Make sure you both know the rules too – TikTok bans nudity, sexually suggestive or explicit content, bullying, graphic content, misinformation, gambling, pro-anorexia content, dangerous activities and challenges, and hate speech.

You can keep your child safe by showing them how to report or block unwanted or harmful content:

To **report an account**, [follow the instructions here](#) from the TikTok Help Centre.

<https://support.tiktok.com/en/safety-hc/report-a-problem/report-a-user>

To **report a video, comment, series, LIVE or other problem**: [follow the instructions](#) from TikTok Help Centre:

<https://support.tiktok.com/en/safety-hc/report-a-problem/>

To **delete a follower**, [follow the instructions here](#) from the TikTok Help Centre

<https://support.tiktok.com/en/using-tiktok/followers-and-following/removing-followers>

To **block users** altogether, [follow the instructions here](#) from the TikTok Help Centre

<https://support.tiktok.com/en/using-tiktok/followers-and-following/blocking-the-users>

To **delete, mute, or filter messages, or block users from sending direct messages**: [follow the instructions provided](#) by the TikTok Help Centre

<https://support.tiktok.com/en/account-and-privacy/account-privacy-settings/direct-message>

Sources

[TikTok app safety – What parents need to know](#), Internet Matters <https://www.internetmatters.org/hub/esafety-news/tik-tok-app-safety-what-parents-need-to-know/>

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[TikTok is filled with pro-eating disorder content, despite its own rules](#), BuzzFeed <https://www.buzzfeed.com/cameronwilson/tiktok-eating-disorder-videos-algorithm-for-you-page>

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[Curating your following](#), [Help Centre](#), [Safety on TikTok](#), [Guardian's Guide](#), TikTok <https://newsroom.tiktok.com/en-us/curating-your-following> and <https://support.tiktok.com/en/>
<https://support.tiktok.com/en/safety-hc/account-and-user-safety/>
<https://www.tiktok.com/safety/en/guardians-guide/>

[Prevent in-app purchases from the App Store](#), Apple <https://support.apple.com/en-gb/HT204396>

[Require a password or authentication for purchases](#), Google Play Help <https://support.google.com/googleplay/answer/1626831?hl=en>