



Elmtree Echo Special Edition

Safeguarding #3



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

Elmtree Infant and Nursery School



I am safe I feel safe

I am safe, I feel safe assemblies

 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

We also shared key messages about internet safety as part of the national Safer Internet Day on 11th February.

 I am Safe
I feel Safe

I stay safe online



Staying safe on the Internet

Safer Internet Day is the UK's biggest celebration of online safety. Each year it covers an online issue or theme that speaks about the things young people are seeing and experiencing online. Created in consultation with young people across the UK, this year Safer Internet Day focused on the issue of scams online and for young people, how to protect themselves and others, as well as what support is available to them.

As a parent/ carer, you play a crucial role in keeping your child safe online. The following website has a wealth of information to support families with internet safety:

[Parents and Carers - UK Safer Internet Centre](#)

Websites like [Common Sense Media](#) or the [NSPCC](#) can be invaluable sources of

information. When your child starts talking about a new game or app, why not do some research into the reporting and blocking options available? Then you can help your child if they come to you with an issue. Often, children are using apps, watching films or playing games that are beyond their age, giving them access to inappropriate/ adult content.

We want children at Elmtree to be able to use the internet safely, responsibly and positively. With your help, we can achieve this.

Getting support if things go wrong.

There are lots of organisations who are there to support you and your family if something has gone wrong. The [Report Harmful Content website](#) can help you with issues such as cyberbullying, impersonation and threats. You can report worrying behaviour towards children to [CEOP](#). Find out more on [Childnet's Get Help page](#). Reassuring your child that whatever happens online, you are there to support them.

Let your child know that the best way to address any problem they have online, is to tell a trusted adult immediately. For example, this might include someone sending them a friend request; an online message; telling them to visit a specific website, or app; or asking them for their personal information. Reassure them that if anything happens online that they are unsure about, or makes them feel worried or upset, they can come to you for help.



 **TIKTOK PARENT GUIDE** 

START A CONVERSATION

A great place to start when it comes to online safety is to talk about it. Speak with your child about the online risks mentioned above. We can talk about the importance of keeping personal information safe; support your child in learning to become digitally resilient.

Part of this also means being able to identify if someone their speaking with online is not to be trusted. For some great resources to help to talk to your young person about this, check out the Thinkuknow website.

USE PRIVACY SETTINGS

With a public account anyone can view and download your videos, even if they haven't created a TikTok account. Talk to your young person about the benefits of privacy settings.

Although there may be resistance to setting privacy settings if a user is seeking more likes and followers, emphasise the value of having greater levels of control and privacy.

USE RESTRICTED MODE

By going to the 'Digital Wellbeing' section on TikTok you can enable Restricted Mode. This has been created to filter out mature or inappropriate content.

While this may not be perfect, it should offer some level of filtering. To set restricted mode you will need to create a pin code.

ENABLE FAMILY PAIRING MODE

Family pairing mode allows you to link your TikTok with your child's account. By using Family Pairing Mode you can change settings on your child's account including:

- Screen Time Management - How long the app can be used for.
- Restricted Mode - Filtering inappropriate content.
- Direct Messages - Turn off direct messages completely, or restrict certain users from sending messages.

LEARN HOW TO BLOCK AND REPORT

Make sure that your young person knows how to use all of the block and report features. It's possible to restrict comments, restrict Duets, report a comment and block a user.

These features can help users to have a greater level of control on the platform, but they are only helpful if your young person knows how to use them.

Talk through how to make use of these settings with your young person.

BE MINDFUL OF SCREEN TIME

Excessive screen time on social media can have negative impacts on student wellbeing. If your young person is old enough to use TikTok, have a conversation with them to agree appropriate levels of screen time. You could start the conversation by asking them how much screen time per day they think would be good for them.

There is also the option of setting screen time limits under the screen time management option. This allows you to limit the amount of time a user can spend on the app per day. This option can then be locked with a PIN code.

Find out more about our internet safety training for schools [here](#).

Please note the age rating for Tik Tok is 13+

Parental Controls- parent guides for how to set controls

Please note that the PEGI rating for Fortnite is 12.

[Fortnite parental controls guide | Internet Matters](#)

Please note that the PEGI rating for Roblox is 7+.

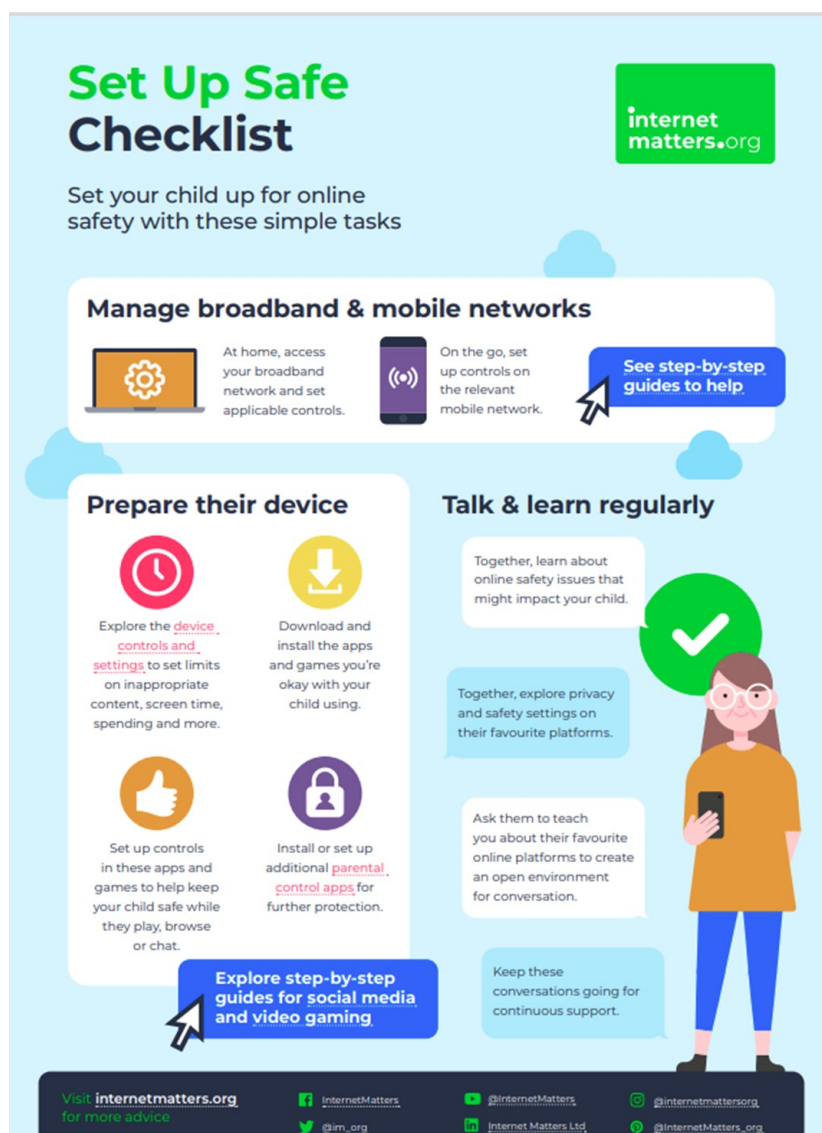
[Roblox parental controls guide | Internet Matters](#)

Please note that the PEGI rating for Minecraft is 7.

[Minecraft parental controls guide | Internet Matters](#)

Please note that the PEGI rating for Pokémon GO is 13.

[Pokémon GO safety guide for parents | Internet Matters](#)



Set Up Safe Checklist

internetmatters.org

Set your child up for online safety with these simple tasks

- Manage broadband & mobile networks**
 - At home, access your broadband network and set applicable controls.
 - On the go, set up controls on the relevant mobile network.
 - See step-by-step guides to help.
- Prepare their device**
 - Explore the **device, controls and settings** to set limits on inappropriate content, screen time, spending and more.
 - Download and install the apps and games you're okay with your child using.
 - Set up controls in these apps and games to help keep your child safe while they play, browse or chat.
 - Install or set up additional **parental control apps** for further protection.
 - Explore step-by-step guides for social media and video gaming.
- Talk & learn regularly**
 - Together, learn about online safety issues that might impact your child.
 - Together, explore privacy and safety settings on their favourite platforms.
 - Ask them to teach you about their favourite online platforms to create an open environment for conversation.
 - Keep these conversations going for continuous support.

Visit internetmatters.org for more advice

InternetMatters @internetmatters @im_org Internet Matters Ltd @internetmattersorg @InternetMatters_org

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

Top Tips for Adopting SAFE & HEALTHY ONLINE HABITS

Everyone has so much going on in their lives, and that includes children: from exams and deadlines to anxiety and mental health struggles. It's quite easy to send memes, make jokes and vent online about the things that irritate us, but when was the last time you – or your child – took a moment to share something kind or positive instead? In fact, when did you last stop and think about your family's online activities? To help keep them safe and teach them healthy online habits, we need to develop our children's digital resilience. There are lots of ways that children can become more digitally resilient, and we've pulled together some popular strategies here ...

WHAT IS DIGITAL RESILIENCE?



Resilience doesn't mean being so tough that nothing gets to you, and it's not about "putting up with things" either. Instead, it's the ability to recover from setbacks. Everyone feels sad, worried, scared or upset at times: it's how we respond and adapt to those situations which is important. Digital resilience is about making choices that keep us safe and happy online, even when we're exposed to something negative or upsetting. Building your child's digital resilience will help reduce the impact of potential risks as they engage with and navigate around the online world.

MAKE POSITIVE LIFESTYLE CHOICES



- ✓ Make time for the people and things that make you happy.
- ✓ Monitor your screen time and stick to your limits.
- ✓ On social media, follow people that make you feel good about yourself – and unfollow the ones who don't.
- ✓ Spread some positivity: post good reviews, leave encouraging comments and share good news.

KEEP YOUR HEALTH IN MIND

- ✓ Try to factor in regular breaks offline and away from your screen – ideally, outdoors for some revitalising fresh air.
- ✓ Exercise is a brilliant stress-buster: even a walk around the block, a bike ride or a stroll to your local shop can really work wonders.
- ✓ Be strict with yourself about putting devices away in plenty of time before bed: they can interfere with a good night's sleep, which is essential for staying healthy.

REACH OUT FOR SUPPORT

- ✓ If you have a problem online, don't be afraid to reach out to specialist people or organisations that could help.
- ✓ Follow people on socials who have the same values and morals as you.
- ✓ You could always talk to a friend, or a trusted adult like a teacher or family member for some advice.

PUT SAFETY FIRST

- ✓ If you see something online that upsets or worries you, tell a trusted adult about it as soon as possible.
- ✓ You could also report the content that's making you feel uncomfortable to the site or app that you saw it on, so they can look into it.
- ✓ Another option is to block the person or the account that's causing you a problem – or you could go one step further by totally deleting the app you were using.

GET THINGS CLEAR IN YOUR HEAD

- ✓ Ask yourself what kindness online actually looks like. Can you remember the last time someone was kind or supportive towards you online? What did they do?
- ✓ Think about how it makes you feel when someone sends you a positive or funny message online.
- ✓ What about the opposite: has someone ever been deliberately unkind to you online? What did they do and how did it make you feel?
- ✓ If someone's behaviour online is causing you stress, try to remind yourself of all the steps you can take if a person's being unkind online.

Meet Our Expert

Cayley Jorgensen is a registered counsellor with the Health Professions Council of South Africa, working in private practice to offer counselling to children, teenagers and young adults. She is the founder of Engage Support, a mobile app focusing on mental health awareness with the goal of providing resources and solutions to schools worldwide.



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@nationalonlinesafety

@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 15.03.2023

Please remind your child/ children of our school behaviour rules:



Focus for Families

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:

How to keep your teeth clean

[How to keep your teeth clean - NHS](#)

Brush your teeth with fluoride toothpaste twice a day for about 2 minutes to help keep your teeth and mouth healthy.

Plaque is a film of bacteria that coats your teeth if you don't brush them properly. It contributes to [gum disease](#) and [tooth decay](#).

Tooth brushing stops plaque building up. Try to make sure you clean every surface of all your teeth.

When should I brush my teeth?

Brush your teeth for about 2 minutes last thing before you go to bed and on 1 other occasion every day.

Your dentist or hygienist may give you more advice based on your own dental health and needs.

Should I use an electric or manual toothbrush?

It doesn't matter whether you use an electric or manual toothbrush.

They're both equally good, as long as you clean all the surfaces of all your teeth and you use fluoride toothpaste.

But some people find it easier to clean their teeth thoroughly with an electric toothbrush.

What should I look for in a toothbrush?

For most adults, a toothbrush with a small head and a compact, angled arrangement of long and short round-end bristles is fine. Medium or soft bristles are best for most people.

If you're using an electric brush, one with an oscillating or rotating head may work better than a manual toothbrush.

But making sure you thoroughly clean your teeth at least twice a day is more important than the type of brush you use. If in doubt, ask your dentist.

What type of toothpaste should I use?

It's important to use a toothpaste with the right concentration of fluoride.

Check the packaging to find out how much fluoride each brand contains.

- Adults should use a toothpaste that contains at least 1,350 parts per million (ppm) fluoride.
- Children don't need to use special children's toothpaste. Children of all ages can use family toothpaste, as long as it contains 1,350 to 1,500ppm fluoride. Children aged 3 and under who don't have tooth decay can use a lower strength children's toothpaste, but make sure it contains at least 1,000ppm fluoride.

Children under the age of 3 should use just a smear of toothpaste. Children aged 3 to 6 years should use a pea-sized blob of toothpaste. Make sure children don't lick or eat toothpaste from the tube. Your dentist may advise you or your child to use a toothpaste with a higher concentration of fluoride, if you need it.

How to brush your teeth

Make sure you clean all the surfaces of all your teeth, which should take about 2 minutes.

Remember to brush the inside surfaces, outside surfaces and the chewing surfaces of your teeth.

How to help children brush their teeth

Children need to be helped or supervised brushing their teeth until they're at least 7 years old.

From brushing their first tooth to their first trip to the dentist, here's how to take care of your children's teeth.

A regular teeth-cleaning routine is essential for good dental health. Follow these tips and you can help keep your kids' teeth decay-free.

Toothbrushing tips

It's important to use a fluoride toothpaste, as this helps prevent and control tooth decay.

Children aged up to 3 years

- Start brushing your baby's teeth as soon as the first milk tooth breaks through (usually at around 6 months, but it can be earlier or later).
- Parents or carers should brush the teeth.
- Brush teeth twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and on 1 other occasion.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a smear of toothpaste.
- Make sure children don't eat or lick toothpaste from the tube.



Smear of toothpaste

Credit: NHS.UK/Annabel King

Children aged 3 to 6 years

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Parents or carers should brush the teeth.
- Use children's fluoride toothpaste containing no less than 1,000ppm of fluoride (check label) unless a dentist advises family toothpaste containing between 1,350ppm and 1,500ppm fluoride.
- Use only a pea-sized amount of toothpaste.

Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.



Pea-sized blob of toothpaste

Credit: NHS.UK/Annabel King

Children aged 7 and over

- Brush at least twice daily for about 2 minutes with fluoride toothpaste.
- Brush last thing at night before bed and at least on 1 other occasion.
- Use fluoride toothpaste containing between 1,350ppm and 1,500ppm of fluoride (check label).

Spit out after brushing and don't rinse – if you rinse, the fluoride won't work as well.

Children aged 7 and over should be able to brush their own teeth, but it's still a good idea to watch them to make sure they brush properly and for about 2 minutes.

How to help children brush their teeth properly

- Guide your child's hand so they can feel the correct movement.
- Use a mirror to help your child see exactly where the brush is cleaning their teeth.
- Make tooth brushing as fun as possible by using an egg timer to time it for about 2 minutes.

Don't let children run around with a toothbrush in their mouth, as they may have an accident and hurt themselves.

Taking your child to the dentist

- NHS dental care for children is free.
- Take your child to the dentist when their first milk teeth appear. This is so they become familiar with the environment and get to know the dentist. The dentist can advise you on how to prevent decay and identify any oral health problems at an early stage. Just opening up the child's mouth for the dentist to take a look at is useful practice for the future.
- When you visit the dentist, be positive about it and make the trip fun. This will stop your child worrying about future visits.

Take your child for regular [dental check-ups](#) as advised by the dentist.

Don't rinse with water straight after toothbrushing

After brushing, spit out any excess toothpaste.

Don't rinse your mouth immediately after brushing, as it'll wash away the concentrated fluoride in the remaining toothpaste.

Rinsing dilutes it and reduces its preventative effects.