

Elmtree Infant and Nursery School



**I am safe
I feel safe**

Dear Parents and Carers,

Welcome to this issue of, 'I am safe, I feel safe' from our safeguarding team.

Safeguarding is everyone's responsibility. At Elmtree we are committed to ensuring the safety of the children both physically and in their emotional health. Anyone who comes in to contact with children and their families has a role to play.

This term, we have introduced our, 'I am safe, I feel safe' assemblies once a week. In these assemblies, we share information about how the children can keep themselves and others safe, and indeed how school adults keep them safe in school.

Here are the themes we covered last half term. Ask your child what they remember- can they tell you who their trusted adults are? They should have two at home and three in school that they would tell a worry or concern to. There are lots of adults to care for them and keep them safe. Which adults are important to your child at home and in school?



We have introduced our Behaviour Code of: Ready, Respectful, Safe and Kind to support our positive behaviour policy and restorative approach. Being respectful is one of our school values.

The children have learned about how to play safely, including helping others, looking after equipment and following the adults' instructions. They have also learned about how to keep the Earth safe by reducing waste, reusing items and recycling- do your children know which bin is which at home and in the local area?

We had a practice fire drill to ensure the children know what to do in an emergency. They were able to stop, listen and walk in silence to the playground. Please reinforce these rules with your child.

In our school, we use Zones of Regulation to support children's mental health and well-being. Children are taught to identify emotions and look for signs about how this feel in their body.

We will also provide you with valuable information to keep your children safe. This edition covers internet safety.

Please do let us know if there are any particular topics you would like us to cover in future editions



Online Safety- Top Tips for Parents



Have a conversation and get to know what your child likes doing online and how going online makes them feel. Visit [Childnet](#) or the [UK Safer Internet Centre](#) for advice on conversations.

Establish boundaries and routines for the whole family when using technology and going online. This could include where devices are kept, how long they are used for, and when.

Be clear on strategies your child can use if something worries or upsets them online. This could be how to get support, who to talk to, or turning over the device and getting help.

Get to know your devices and especially the safety features on devices, wifi, phone networks, entertainment services and apps.

Be curious, not furious. It can be really worrying if your child sees something unexpected or inappropriate online but try to remain calm. If your child has done something wrong, use this as a learning opportunity. We want children to feel that they can come to us if they are worried about something.

Keep the conversation going. It's important to keep talking about online safety. Find quiet moments together or use current news stories as a way of approaching the subject again.

Age-appropriate content and parental controls



Inappropriate content

Inappropriate content can take many forms from inaccurate information to content that may lead your child to unlawful behaviour. Children with unsupervised access to the internet can stumble across this content, or it could even be sent to them directly by another child or adult. The most common forms it could take are:

- Pornographic material
- Content containing profanity or vulgar language
- Sites that encourage vandalism, crime, terrorism, racism, eating disorders or suicide
- Pictures, videos or games which show images of violence or cruelty to other people
- or animals
- Gambling sites
- Unmoderated chat rooms – where there's no one supervising the conversation and barring unsuitable comments.
- Sexism or sites that misrepresent people of different genders

Content that promotes hate against protected characteristics

Some content may also exploit children for different purposes such as grooming or county lines.

Films, video games and apps

While most films are clearly labelled, it's often more tricky when it comes to the internet. Video games, such as Fortnite or Minecraft are subject to Pan European Game Information (PEGI ratings). These are used to advise the type of content a video game has and age groups they're suitable for. [You can learn more about video game and app ratings here.](#)

However, it's important to consider the individual child; content ratings are a guideline unless specified in a platform's terms of use. Content appropriate for one 8-year-old might not be appropriate for another 8-year-old. Some children will have different needs, maturity levels and critical thinking skills.

The best thing you can do is review the content they access to decide for yourself what is appropriate.

Check the age rating for any app or game your child has access.

Be especially careful if your child has older brothers, sisters or friends.

Parental controls

Parental controls are designed to help protect children from inappropriate content online, such as pornography or other adult content.

These controls can be used in a number of ways, e.g. to help ensure that your children access only age-appropriate content, to set usage times and to monitor activity.

Where can I find parental controls?

There are four main places you can find parental controls, and it can help to set up a combination of these:

Internet provider:

You can set up filters to help block access to inappropriate content on any device that connects to your home WiFi.

Mobile operator:

Filters are often automatically set up on mobile contracts, especially if the user is under the age of 18, but you can double-check with your provider.

Devices:

Many devices have parental control settings, for example, to help restrict spending in apps, reduce screentime, or disable location functions.

Online Services:

Sites and apps like BBC iPlayer and YouTube have parental control settings to help restrict access to inappropriate content.

Practical guides - Parental Controls

These free practical guides from [Internet Matters](#) will show you how to set up parental controls on various platforms and provide help with many filtering options, including how to set time and age limits, block certain content, lock settings with a password or PIN, and activate restricted modes where available.

Where can I get online safety advice?



The following online resources are very helpful to parents and carers.

Childnet A collection of advice covering topics such as screen time, parental controls, having a conversation, digital well-being and live streaming.

<https://www.childnet.com/parents-and-carers/>

UK Safer Internet Centre A guide for parents covering many aspects of online safety including a guide to a guide to technology, having a conversation and screen time.

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Ask About Games Specific advice and online guides about gaming and PEGI ratings. Includes information about setting up family controls for games consoles.

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

NSPCC Keeping Children Safe Online Safety advice to help you learn about staying safe online as a family.

<https://www.nspcc.org.uk/keeping-children-safe/online-safety>

Common Sense Media Online advice and reviews for games, apps, films and books, including information about age suitability.

<https://www.common Sense Media.org/>

Where can I get more support?



The following organisations offer support to families, children and young people:

Family Lives Provides help and support with all aspects of family life.

<https://www.familylives.org.uk/>

NSPCC Providing help and support for adults who are concerned about the safety or wellbeing of a child.

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

Young Minds Support and help with young people's mental health and well being

<https://www.youngminds.org.uk/>

Support for children and young people:

Childline Providing help and support for under 18s. 0800 11 11 or [http://](http://www.childline.org.uk/)

www.childline.org.uk/

Young Minds Support and help with young people's mental health and well being

<https://www.youngminds.org.uk/>

Step-by-step guides and checklists:

A Parents' Guide to Technology A set of guides to popular devices such as laptops, phones, games consoles, tablets and smart televisions.

<http://www.saferinternet.org.uk/parent-tech>

Internet Matters Step by step guides that help you to set up parental controls (and much more info besides).

<https://www.internetmatters.org/>

Childnet Family Agreement Provides a framework for setting our expectation for online behaviour and usage.

<https://www.childnet.com/resources/family-agreement/>

Social Media Guides Advice from each social media company, collated by the UK Safer

Internet Centre, with advice on privacy features and parental controls. <https://saferinternet.org.uk/guide-and-resource/social-media-checklists>

Cyberbullying



Cyberbullying is any bullying behaviour by electronic means. It typically includes intentionally causing someone or a group of people harm by sharing/posting unkind or offensive comments, sharing private information to shame or ridicule, impersonating others and promoting rumours or fake news about others.

For younger people the perpetrators are usually people that they know (e.g. from school or the community).

If your child is experiencing cyberbullying or other online harms it is important they do not engage in conversation with the perpetrator. Instead, seek help. Reach out and tell someone.

It's important to be able to share evidence of what has happened. Although it will be tempting for your child to delete distressing messages, without proof, schools, service providers or the police are limited as to how they can respond.

It's important that you talk to your child about next steps. Your goal is for the bullying behaviour to stop and for your child to be able to enjoy life again.

These are your options for reporting content:

Reporting to platforms

Most social media platforms have options for reporting harmful content. If you are struggling to see how to report content or have reported content and are not happy with the action taken, then you can visit [Report Harmful Content](#) for more support. You may also have other options through the platform such as muting or hiding content, or blocking the perpetrator.

Reporting to the school

We want to protect children from bullying, even if it happens offsite, online or over the phone. Let us know if your child is experiencing any such difficulty.

Reporting to the police

Cyberbullying is not a specific criminal offence in the UK. However, incidents which are considered as harassment, threats or menacing communication may be an offence. You can also contact the police through the 'Click CEOP' button which appears on every page of the school website.

Parent Guides

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 apps which we believe trusted adults should be aware of. Please visit nationalcollege.com for further guides, hints and tips for adults.

SUPPORTING CHILDREN TO DEAL WITH UPSETTING CONTENT

A Guide for Parents and Carers

Raising children in the digital age seems to be getting tougher, with the world currently experiencing so many uncertainties. From climate change to military conflicts around the globe, right now children across the globe can scarcely go online without being exposed to unsettling stories, images and ideas. Reassuring a concerned child can be difficult, especially when bad news feels omnipresent. We've put together some advice to help you in discussing upsetting events with young ones.

1 FIND OUT WHAT YOUR CHILD KNOWS

There are many ways that children are exposed to upsetting content in the media, both online and offline. Before swamping your child with information, find out what they know already. Show them you're interested in what they have to say, practice active listening and try to gauge how much your child has been impacted by what they've seen.



2 RIGHT TIME, RIGHT PLACE

Starting a conversation about upsetting content probably isn't the best idea when your child is studying for an exam or about to go to bed. Choose a time when they're relaxed and open to talking, to make sure you have their full attention. Remember, these conversations can become emotional, so choose somewhere your child feels safe and comfortable.



3 KEEP IT AGE APPROPRIATE

With younger children, try and keep the conversation more general and avoid leading questions and complex detail. You can go slightly deeper into the specifics with young teenagers but keep monitoring their emotional response. With older teens, you can be more open about the realities and consequences of what's happening – but again, do stay aware of their emotional state.



4 EMPHASISE HOPE

Upsetting content can make anyone feel angry, scared, sad or overwhelmed. Try to find stories of hope, generosity and strength related to the content you're discussing. Children often feel reassured when they know they can do something to help, so encourage your child's sense of control through activities which make them feel they're positively impacting the events they're concerned about.



5 MONITOR REACTIONS

All children react differently, of course, and young people might not directly say that they're scared, angry, anxious, confused or uncomfortable. Emotional reactions are natural when discussing upsetting topics, so take note of your child's body language and reactions. Allow them to express their feelings in a non-judgmental space and try to stay mindful of how they might be feeling.



6 CONSIDER YOUR OWN EMOTIONS

It's not only young people who find upsetting news difficult to process: adults also have to deal with strong emotions in moments of stress. Children develop coping strategies by mirroring those around them, so staying on top of how you appear to be regulating your emotion on the outside is important for supporting your child through worrying times.



7 SET LIMITS

Managing screen-time and content can be difficult even in normal circumstances, but especially in unusual or stressful periods (at the start of the pandemic, for example). It's virtually impossible to keep children away from upsetting content completely, but it's important to try to limit exposure by using parental controls, talking about the dangers of harmful content and enforcing screen-time limits.



8 TAKE THINGS SLOWLY

Try not to overwhelm your child with information all at once. Instead, take the discussion one step at a time. You could make the first conversation a simple introduction to a potentially upsetting subject and then wait until your child is ready to talk again. Opening the door to the conversation and demonstrating that your child can talk to you about this type of issue is a vital first step.



9 ENCOURAGE QUESTIONS

Online, troubling images, posts, videos and stories are shared across multiple platforms, many of which your child might access. Even if the content is actually inappropriate, encourage your child to discuss what they saw instead of being angry at them for seeing it. Children are still learning that not everything online is accurate – you want to be their ultimate source of information, not their device.



10 FIND A BALANCE

There's often a tremendous compulsion to stay right up to date with events. Our phones frequently send us push notifications urging us to read the latest article or view the most recent video on social media. It's essential to remind your child that it's healthy to take regular breaks, and to focus on positive events instead of 'doomscrolling' and risking becoming overwhelmed by bad news.



11 BUILD RESILIENCE

News has never been more accessible. While our instinct may be to shield children from upsetting stories, it's important that they're equipped with the tools to manage this content when they are exposed to it. Talk about upsetting content more generally with your child and emphasise that they can always tell you or a trusted adult if something they see makes them feel uneasy.



12 IDENTIFY HELP

It's hugely important that children know where to find support if they encounter upsetting content online. Encourage them to open up to an adult that they trust, and make sure they're aware of who their trusted adults are. It is essential that children understand that they're not alone, and that help is available if and when they need it.



Meet Our Expert

Cayley Jorgensen is the director of FaceUp South Africa, which is a reporting system that is currently being used by schools and companies to fight bullying around the world. FaceUp helps give a voice to bystanders by encouraging them to speak up and get the help they not only want but need.



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<https://www.bbc.com/news/health-604700> | <https://www.thetimes.com/blog/supporting-you-child-with-upsetting-content> | <https://www.netpage.com/parents/how-to-look-after-your-child-about-conflict-and-war>

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Top Tips for... MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

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SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nosy around! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings; instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though; they might not want to hear your tunes or your conversation. Likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos; this means that people online (including strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



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Our 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'.

Safeguarding Children

Everyone's Responsibility

At Elmtree Infant and Nursery School we take the safety and well being of our children very seriously

Are you concerned about a child?

If you are worried about a child, you **MUST** share your concerns **without delay**. Please speak to any member of our safeguarding team.



Mrs Ohene
Headteacher



Mrs Dowling
Deputy Headteacher



Miss Snowdon
Family Liaison Officer

LADO
01296 382070

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Mrs Martin
ODBST Safeguarding Lead

Our safeguarding governor is
Rosie Washford-Mower

 Oxford Diocesan
BUCKS SCHOOLS TRUST