

St James CE Primary School

Safeguarding Update Autumn 2 2023-2024

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 Team straight away.

The following members of staff are part of the Safeguarding Team at St James CE:

- Mrs Briers (DSL)
- Mrs Young (DDSL)
- Mrs Conant (DDSL)
- Mr Hardy (DDSL)

They can be contacted via the school office, or by telephone on 01744 678545

Safeguarding Governor:

Mr William Wiswell

For a copy of our school's Child Protection and Safeguarding 2023 Policy, please visit the 'Safeguarding' page on our school website.

Keeping children safe is everyone's responsibility



Dear Parents,

We are delighted to present the second edition of our Parent Safeguarding Newsletter. These newsletters are to assist you in developing a deeper understanding of safeguarding issues that may impact your child, yourself, or members of our local community.

Safeguarding children is more than just a commitment; it is the active and collective effort we take to promote the welfare of every child under our care and protect them from harm. We firmly believe that every person who interacts with children and families has a crucial role to play in creating a safe and nurturing environment. It's essential to know that all our staff members are extensively trained in safeguarding.

Whether you wish to discuss concerns, seek guidance, or simply have a conversation about your child's well-being, our staff is here for you. Don't hesitate to reach out. If you have any questions or require clarification on any safeguarding matters, please do not hesitate to ask.

Useful Acronyms and Vocabulary used in Safeguarding

CEOP: Child Exploitation CEOP and Online Protection centre (tackling child sex abuse and providing advice)

CIN: Child in Need

CP: Child Protection

Early Help: "Providing Early Help support as soon as a problem emerges, at any point in a child's life, from the foundation years through to the teenage years."

FGM Female Genital Mutilation: Female genital mutilation is a procedure where the female genitals are deliberately cut, injured, or changed.

PREVENT: Part of the Governments Counter Terrorism Strategy to stop people being drawn into extremism

Report any concerns

If you suspect a child is being abused or is in danger of being abused, please contact a Designated Safeguarding Lead, or any member of staff. You can also contact the Multi Agency Safeguarding Hub (MASH) on 01744 676767

If a child is in immediate danger, call the Police immediately on 999.



Mental Health

Mental health encompasses social, physiological, and emotional wellbeing, involving the ability to function and cope with daily life. Contrary to popular belief, mental health is relevant to everyone, not just those with mental health problems. Mental health can fluctuate over time, like physical health. The term 'mental health' is used to describe various conditions that cause changes in feelings or behaviours. Examples include anxiety, depression, obsessive compulsive disorder, eating disorders, and psychosis. This list is not exhaustive. It is worth noting that one in ten children will experience mental health issues, and more than 50% of these issues begin before the age of 14. Children and young people undergo various behavioural changes as part of their growth process. While some changes are typical for young people, in certain cases, they may indicate the development of mental health conditions. Action for children has devised an easy way to help adults recognise common signs that can be useful in identifying concerns about a child or young person's mental health. They can be remembered using the acronym 'MASK.'

M – Mood. Look out for argumentative behaviour, aggression, negative emotions, self-criticism, and withdrawal in children and young people.

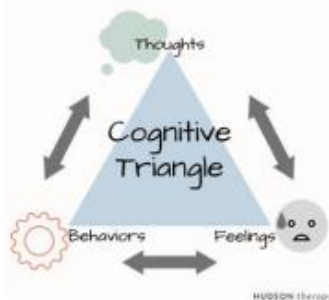
A – Actions. Changes in eating or sleeping patterns, signs of bullying, substance misuse, or self-harm (such as cutting, burning, or hair pulling) can indicate mental health issues.

S – Social. Losing touch with friends, changing friendship groups, appearing lonely or withdrawn, and losing interest in school or hobbies can be signs of mental health illnesses.

K – Keep talking. Children and young people may not readily express their feelings. Don't give up, keep asking how they are feeling, let them know you care, and that you'll be there for them.

Tips for listening to a child

Discussing mental health can be challenging. Children and young people may worry about being labelled or stigmatised, upsetting others, or the potential consequences. Parents and carers may have concerns about saying the wrong thing, exacerbating the situation, or treatment options. Creating a safe and loving environment is crucial for children with mental illness. Maintain a supportive and low stress atmosphere at home. Structure can be helpful in reducing stress. Parents and carers can try making a contract with their child, ensuring they feel comfortable talking or finding alternative ways to communicate when they're struggling e.g., texting. This gives children a safe outlet to express their feelings. A safe environment also entails open communication and dialogue. Encourage your child to understand their own mental health by regularly checking up on their wellbeing. Help them understand how to manage their emotions, identity feelings, and recognise their influence on behaviour.



The 'Triangle of Feelings' can be useful in this regard. This allows young people to understand how we think, feel, and behave, and how each influences each other. PLEASE REMEMBER! You are not alone. There are numerous resources available to assist you and your child. There are many links to resources, help lines and websites on our school website. You can also reach out to your GP, school nurse, or the school's safeguarding team for support and guidance.

Remember! You can always speak to your child's class teacher if you have any safeguarding concerns.



Bullying

Bullying: What is it? DfE Guidance (2012) defines bullying as “behaviour by an individual or group, repeated over time, that intentionally hurts another individual or group either physically or emotionally” Bullying can be direct (either physical or verbal) or indirect (for example, being ignored or not spoken to). It results in pain and distress to the victim. Bullying is the systematic and persistent use of aggression with the intention of hurting another person. Bullying can take place in many forms:

Physical Bullying

Physical bullying occurs when children use physical actions to gain power and control over their peers. Examples of physical bullying include kicking, hitting, punching, slapping, shoving, and other physical attacks.

Verbal Bullying

Perpetrators of verbal bullying use words, statements, and name-calling to gain power and control over their peers. Typically, verbal bullies will use relentless insults to belittle, demean, and hurt another person.

Homophobic Bullying

Homophobic bullying is when people behave or speak in a way which makes someone feel bullied because of their actual or perceived sexuality.

Racist Bullying This refers to a range of hurtful behaviour, both physical and psychological, that make the person feel unwelcome marginalised and excluded, powerless or worthless because of their colour, ethnicity culture, faith community, national origin, or national status.

Cyber Bullying Cyber bullying uses digital technologies such as computers and smartphones, and software such as social media, texts, websites, and other online platforms. Cyber bullying can happen at any time. It can be in public or in private.

Bullying Vs Falling Out

There is a difference between bullying and the ‘falling out’ that children can experience in school. Often issues can be very easily resolved, and with adult intervention, friendships can be restored. Falling out with peers and one-off incidents between children are inevitable in all schools. Such issues will not be regarded as ‘bullying’ by school and are dealt with using a problem solving and restorative approach so that they can be quickly resolved. It is vital that both children and parents can identify the difference between bullying and common issues that can occur between children in school. Before concluding that your child is being bullied, it is important to establish the full facts by speaking to your child’s teacher or a member of the senior leadership team.

Preventing Bullying

Preventing and raising awareness of bullying is essential to keeping incidents in our school to a minimum. Through assemblies as well as St James Spirit lessons pupils are given regular opportunities to discuss what bullying is, as well as incidents we would not describe as bullying, such as two friends falling out, or a one-off argument. Pupils are taught to tell an adult in school if they are concerned that they or someone they know is being bullied. Where a child feels unable to discuss this with an adult in school, children are invited to record their concerns and place them in their class worry jar. Parents are also encouraged to contact school if they have concerns about bullying.

Responding to Bullying

Please see our policy on the school website.

Useful Websites

www.anti-bullyingalliance.org.uk/

www.bullying.co.uk/

www.kidscape.org.uk/

www.nationalbullyinghelpline.co.uk/

Remember! You can always speak to your child’s class teacher if you have any safeguarding concerns.