

# INCLUSION NEWSLETTER

FEBRUARY 2024

Keeping  
children safe  
is everyone's  
responsibility



## SEND, SAFEGUARDING AND WELLBEING

Welcome to our half termly SEND, Safeguarding and Wellbeing Newsletter. February gives us lots of opportunity to look at some important issues facing our children through Safer Internet Day on 6th, Time to Talk day on 2nd and Children's Mental Health Week from 5th - 11th.

Today's letter gives some signposts to more information about these events as well as some tips and advice on how to help at home. If you have any concerns about your child please contact our pupil support team at school or SENCO who are always happy to help and advise.

This half term we have also been continuing our work on Diversity and supporting our children to celebrate and accept the difference between us. This will continue next half term with a Diversity day organised by Pupil Parliament and some art days with upper KS2.

## SAFEGUARDING

An important role of school is Safeguarding and Child Protection. All staff working in schools receive extensive training and follow guidance set out by the government in their Keeping Children Safe in Education statutory guidance.

The team has many responsibilities including working with staff and agencies involved in safeguarding children, working with parents and families, giving advice to staff, training staff, managing referrals from staff and investigating concerns passing them onto the correct body as necessary, managing the records of safeguarding and Child Protection concerns, keeping own knowledge up to date etc. If you need any support or guidance please contact the team who are always happy to help.

**IF YOU HAVE ANY CONCERNS ABOUT THE SAFETY AND WELFARE OF A CHILD  
OUTSIDE THE SCHOOL DAY, PLEASE RING THE MASH (MULTI AGENCY  
SAFEGUARDING TEAM) ON 01904 551900 OR THE OUT OF HOURS  
SAFEGUARDING TEAM 01609 780780**

Safer Internet Day takes place every February



Safer Internet Day

## Top Tips for Parents and Carers

These top tips have been written for you (parents and carers) to help you support your child to stay safe and happy online.

### **Make space for regular conversations about life online**

Talk openly and frequently about what you are doing online and encourage your child to do the same. Talk about the positive experiences you can have online, share what you have done when you have come across content you did not want to, and how you dealt with the situation.

### **Make space for enjoying and exploring the online world together!**

Play games, watch videos, and express an interest in your child's online life. Celebrate all the opportunities that technology has to offer, and show them what a great space the internet can be when used responsibly.

### **Make space for working as a family to agree expectations for going online**

Talk to your family about the role technology plays in your lives. Establish rules and expectations that encourage meaningful use of technology, in the same way you set boundaries in other areas of your children's lives. It's important to review these regularly and adapt them for each member of your family.

### **Make space for learning about the apps, games and websites your child is using**

There are lots of tools and guides to support you with keeping your child safe on whatever apps, games and websites they are using. Research age ratings, privacy settings, and safety features (like the block and report button) so that you are best placed to help your child should anything go wrong.

### **Make space for supporting and reassuring your child if things go wrong**

Remind your child they can talk to you about anything. If something goes wrong, listen and respond with reassurance and kindness and stay calm. Work with your child to find solutions to the problem, perhaps by using the block and report tools or seeking advice from your child's school.

This week is **Children's Mental health Week**. We have been doing activities and assemblies in school to highlight the importance of good mental health. Please see the factsheet below for ideas of how you can help at home

# MY VOICE MATTERS

Place2Be's

**CHILDREN'S  
MENTAL HEALTH  
WEEK**

## TALKING TO YOUR CHILD ABOUT MENTAL HEALTH

### Are you a parent or carer who wants to talk to your child about mental health?

This Children's Mental Health Week we want all children and young people, whoever they are, and wherever they are in the world, to be able to say – and believe – "My Voice Matters".

We visited primary and secondary schools to ask students what they wanted from the week – to help shape the activities we create for schools, the messaging we give to teachers, the tips we give to other children, and the advice we give to parents, carers and families.



### LOOKING FOR FREE PRACTICAL ADVICE TO HELP YOU SUPPORT YOUR CHILD?

Parenting Smart, Place2Be's site for parents and carers, is full of expert advice and tips on supporting primary-age children, and managing their behaviour. and act on their views.

[PARENTINGSMART.ORG.UK](https://parentingsmart.org.uk)

### Here's what children and young people told us they need from you:

- ① We don't need to have 'one-off conversations about our mental health' – sometimes a chat on a journey or at bedtime is enough.
- ② I need to know it's okay to talk to you about any and all of my feelings. Please hear what I have to say, without interrupting me.
- ③ Please listen to me carefully and acknowledge how I am feeling – it might seem silly to you but what I am going through is important to me.
- ④ Playing with pets can make me feel better. Same with playing football, basketball or whatever type of sport I am into.
- ⑤ Don't compare my experiences to your own when you were a child.
- ⑥ Sometimes I just need you to listen and hear what I'm saying – I don't always need answers (or lectures)
- ⑦ Please don't worry about trying to fix things for me – I often just need to know you are there for me and understand what I am going through.
- ⑧ If you are open with me about your feelings, this can help me to be more open about mine.
- ⑨ Sometimes I don't want to talk. Please trust that I will come to you (or another grown-up or someone my own age) when I'm ready. Sometimes it's easier for me to talk to someone nearer my own age – my siblings, cousins, friends, younger teachers at school - because they 'get it'.
- ⑩ Sometimes a hug is all it takes to make me feel supported.



### WHAT MATTERS TO YOU? CREATIVE VIDEO ACTIVITIES FOR FAMILIES

These wellbeing activities can help children and young people think about and share what matters to them.

For primary children: [bit.ly/3PzCGI8](https://bit.ly/3PzCGI8)

For secondary children: [bit.ly/3LBD2wK](https://bit.ly/3LBD2wK)

## CONVERSATION STARTERS

Some ways to start a conversation with your child about mental health could be...

TELL ME ABOUT  
YOUR DAY

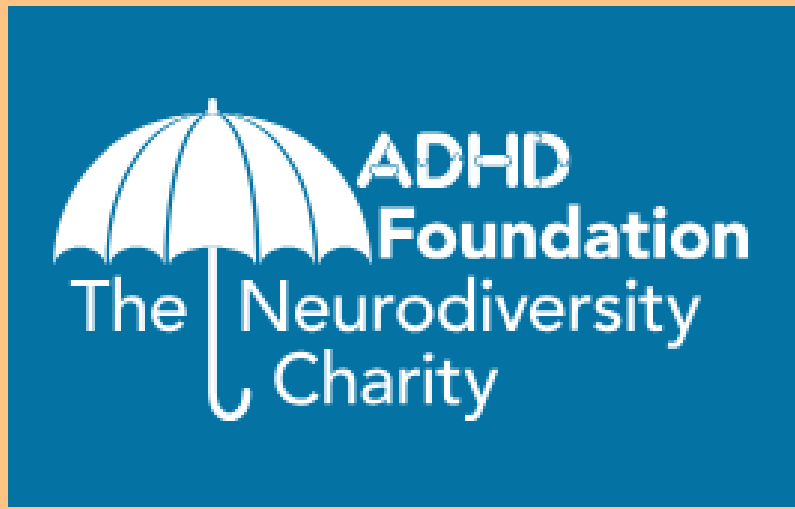
WHAT WAS THE BEST  
THING ABOUT TODAY?

WHAT IS THE BIGGEST  
STRESS / WORRY IN YOUR  
LIFE RIGHT NOW?

WHAT'S YOUR  
ONLINE LIFE LIKE?

WHO WOULD YOU TALK  
TO IF YOU WERE FEELING  
WORRIED ABOUT YOUR  
MENTAL HEALTH?

WHAT CAN I DO  
TO HELP YOU?



## **ADHD Foundation**

We get many parents asking about neurodiversity. The ADHD Foundation is the UK's leading neurodiversity charity. They offer advice, information and support for children and adults living with ADHD, Autism, Dyslexia, DCD, Dyscalculia, OCD, Tourette's Syndrome and more.

The ADHD Foundation Neurodiversity Charity supports parents and carers so they can understand and meet the needs of their child. With a range of webinars, courses, resources, and our screening service, we help families to know which interventions and adaptations are right for them.

### **What is ADHD?**

ADHD is a disorder that is defined through analysis of behaviour. People with ADHD show a persistent pattern of inattention and/or hyperactivity-impulsivity that interferes with day-to-day functioning and/or development.  
(ADHD UK)

If you have concerns please visit the website

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

or speak to your GP or the school SENCO who can advise on next steps.