

Safeguarding Newsletter

Safer Internet Day/Children's Mental Health Week Follow-Up

Safer Internet Day was celebrated globally on Tuesday 6 February 2018 with the slogan 'Create, Connect and Share Respect: A Better Internet Starts With You'.

Children's Mental Health Week was celebrated from 5-9 February 2018, with the hashtag #BeingOurselves we encouraged all children and young people to embrace their uniqueness.

Bristnall Hall Academy

To support Safer Internet Day, Mr Brookes (Yr9 Achievement Coordinator) conducted an assembly to Yr9 students, empowering them to make the right decisions when using social media. E-Safety is outlined in the academy's PSHE Protective Behaviours Programme in the Autumn term for all students.

For Children's Mental Health Week, Miss Brzosko (Yr7 Achievement Coordinator) and the Yr7 students worked on a Mental Health project in support of the week to raise awareness. Students designed not only beautiful posters but posters with meaning and information for people experiencing challenges with mental health. Six winners were selected; however, Miss Brzosko is incredibly pleased with all of her forms for the effort and taking part, therefore chocolates will be distributed for each form. Well done all!

Mrs Jackson delivered assemblies throughout the week with a focus on mental health awareness, offering advice and guidance to our young people who may be facing challenges. The staff and students of Bristnall Hall Academy can be reassured that help, advice and support is on hand and that mental health conditions may be managed effectively when we engage with appropriate support.

Mrs Jackson and Miss Kolade are now officially Mental Health Champions following a course with Place2B. They're both excited about the mental health initiative being introduced into BHA. – Netty Jackson, Head of Yr11 & Student Support Team.



Caldmore Primary Academy

On Wednesday 7 February 2018 I attended a parent workshop on internet safety at Caldmore Primary Academy. The turnout of parents who attended was extremely positive with about 40 attendees. The workshop was being presented in English but there were also translators for Hindu and Bengali, which was very well received by all attendees.

The workshop outlined the following:

- What is internet safety?
- 5 top tips
- Social media networks
- How to keep your child safe online
- Cyber-bullying
- Early help (who the academy's Safeguarding team are)
- 'Murder Games' (beginning and end).

Later that morning I was invited into Year 3 to observe their lesson on online safety. Ms Brereton, the class teacher was showing the children the Safer Internet Day PowerPoint, which was questioning the children on their knowledge about the online world and how they feel they can stay safe. The children were asked to listen to the different scenarios and show how they would feel if they were in those situations. This activity showed a clear understanding and awareness of issues and how to deal with them.

Ms Brereton, then explained to the class the main activity for the lesson. They were asked to design a wristband, which outlined how they stay safe and remain kind on the internet, with the theme of 'Create, Connect and Share Respect' in mind. After walking around the classroom, I noticed that children were writing messages such as:

- Be kind
- Respect others
- Don't be a bully, always be kind
- Never leave your friends out of a game.

On Friday 9 February, I visited a Year 1 class who were having an online safety session. I was greeted by all the children sat on the carpet, waiting for Ms Spicer, the class teacher to read 'The Adventures of Smartie the Penguin'. As Ms Spicer was reading through the story she was questioning the children on what they would do if they were in Smartie's position with some of the experiences on the internet. Knowledge and understanding of the children was evident.

After they had finished the story, the children were asked to draw a picture of themselves and someone they could trust to talk to if they ever saw something online that upset them. They were asked to, once they had finished their picture to add a speech bubble of them asking the other person for help; some of the children wrote 'help' and 'tell someone'. Most children drew pictures of themselves with their parents, siblings or grandparents. – Amy Hodgkins, Safeguarding Administrator, ATT.



Star Academy

On Tuesday 6 February 2018 I visited Star Academy to experience first-hand the activities Years 5 & 6 were participating in for Children's Mental Health Week.

When I arrived at the academy I was greeted by Nicky Broomhall – Principal, who showed me into a class that was participating in a session of 'Massage in Schools'. This is programme that is conducted every morning by Years 5 & 6. I was informed that the children decide who they would like to work with on a daily basis and always have to ask their partners permission before starting the massage. Star Academy also offer this before SATs exams to help calm children before their exams.

The two sessions I sat in on were being run by Paul Griffiths from Entrust. He has been working with Harrison, Star Academy's Head Boy on Mindfulness sessions after school, which are available on an invitation only basis. Harrison felt these sessions were extremely worth-while and wanted to share the things he has learnt in these lessons with the children in Years 5 & 6.

Nicky Broomhall, the Principal, also informed me that they have been having a Yoga Instructor attending the academy and offering Yoga/Meditation session for nominated children who have suffered with anger issues and low self-esteem.

The sessions with Paul were in the well-being centre; candles were lit, soothing music was played and near the end of the session the children were offered Chamomile tea. The sessions started with Paul asking children to sit up straight, close their eyes and take deep breaths; this was introducing them to meditation. Paul explained to the pupils what affects the meditation has on their bodies and the affects stress can have on them. The sessions were conducted with the following sections:

- Guided meditation
- Presentation about 'Your Life'
- Chamomile tea
- Mindfulness
- Discussion

Pupils seemed to really enjoy and benefit from these sessions as it was delivered to them in an age-appropriate way, so they could really relate to the information being relayed to them.

One of the days in the week, there was an opportunity for the pupils to participate in a 'Pat a Dog' session. The dog is called Bonnie, she was brought into the academy by the parents of a member of staff, all children across all year groups had the chance to meet her, but it was all down to personal choice. – Amy Hodgkins, Safeguarding Administrator, ATT.



ATT FE

We had staff and learners watch the 'Murder Games: Breck Bednar' DVD. It has had a profound impact upon all and resulted in lots of discussion, debate and thoughts. – Liz Barrett, Principal, ATT FE.

Pool Hayes Academy

We are doing a number of things over the next two weeks, including:

- PSHE drop-down days for e-Safety
- Specific sessions in ICT
- Assemblies for all students with a focus of CEOP and e-Safe.

Dan Mason, Designated Safeguarding Lead, Pool Hayes Academy.

The Dukeries Academy

All year groups had an assembly on live-streaming and online sexual abuse using some of the CEOP Ambassador resources. Yr8 also had a theatre production and a follow up workshop with Pintsized Theatre Co on Internet Safety. – Jacqui Ferris, Designated Safeguarding Lead, The Dukeries Academy.

Mark Hall Academy

MHA did the following during the week:

Assemblies were run all week to raise awareness of the event.

Yr8 created a 'Chain of Uniqueness' within their form groups.

Students also took part in 'Human Bingo' to raise the profile of the event around the academy.

The academy created an 'Ask it' basket for students wanting more information.

A 'Hand Print Wall' was also created to show their support for the event. – Vikki Butler, Vice Principal, Mark Hall Academy.

Great Heath Academy

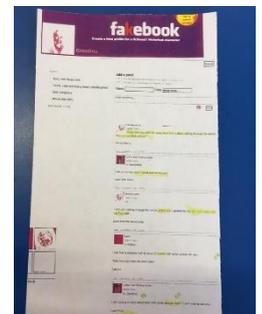
On Friday 9 February, we invited parents to a morning session to have a look at the work the academy is doing for Safer Internet Day, which included designing and making board games which the parents played. – Naomi Brown, Head of School, Great Heath Academy.



Sun Academy

We had a parent workshop – firstly with children using the Safer Internet Day resources. This was followed by a parent only session with more detailed information on keeping your children safe and what to look for.

All classes had sessions which included activities based around the Safer Internet Day resources. A couple of examples of this include Yr1 looking at Grandma's Facebook page only to find out that it was really the big bad wolf pretending to be her! And Reception learnt about people pretending to be someone else. – Bobbie Caisley, Principal, Sun Academy.



The Queen Elizabeth Academy

We ran SID Life Skills lessons all week for all students, this was promoted by all Form Tutors, who were given an SID pack of resources as well as videos to spark debate in classes.

In addition, we ran drop in sessions for students at lunch to teach them about making their privacy settings on social media more secure. – Dan Westaway, Curriculum Leader for computing, TQEA.