

William Gilbert Endowed C of E Primary School and Nursery

[www.williamgilbertend.derbyshire.sch.uk](http://www.williamgilbertend.derbyshire.sch.uk)

# Safeguarding and Child Protection

at William Gilbert School

## Welcome to our Safeguarding Newsletter

**Coming up in this issue** – More about our safeguarding team, signs of child abuse, Mental Health, Online Safety, Transition to secondary school (including the dangers of vaping) Keeping Safe in the Community – Sun Safety, Road and Water Safety.

Safeguarding & Child Protection is the most important issue for our children and young people. At William Gilbert School, we feel it is crucial to work with our parents and the high-quality agencies that support schools and young people, so that we can offer a safe environment allowing children to be aware of the risks they may face and how to respond to them safely.

### Safeguarding and promoting the welfare of children is everyone's responsibility

**At William Gilbert School we have the attitude of 'it could happen here' when safeguarding is concerned.**

The well-being and safety of our children is at the very centre of school life. Please be reassured that the issues covered here are dealt with in school in a sensitive and entirely age-appropriate way. We have a moral and legal duty to raise awareness and provide this information.

**The Safeguarding Team at William Gilbert Primary** We now have 3 DSL in school. This term Mrs S. Owen, Acting Deputy Headteacher has successfully completed her DSL training and joins the safeguarding team at WGES. Mrs Aston continues to support pupils and their families in her role as Pastoral and Wellbeing Mentor. Part of her role is to provide advice and access help as soon as a need emerges. Mrs Aston can support families with a wide range of issues, including but not limited to, mental health and wellbeing, attendance, persistent lateness, the impact of community safeguarding issues including bullying and online safety. Mrs Aston can be accessed at the school gate most mornings, via the school office or via [pastorallead@williamgilbertend.derbyshire.sch.uk](mailto:pastorallead@williamgilbertend.derbyshire.sch.uk)

Mrs Britten is the most senior DSL in position. A DSL is always available during school hours for staff to discuss any safeguarding concerns. Safeguarding concerns that fall out of school hours can be shared on the safeguarding email which is monitored out of hours. The address is detailed opposite. All our DSLs are trained to take on this role; the training is updated every two years enhanced by mid-term courses and conferences. The DSL has many responsibilities. They give advice, manage referrals, provide training and investigate any concerns.

### Here are some examples coming this term that you can discuss with your child

- Weekly Safeguarding Awareness Assemblies covering the following topics this term – Child Safety Week, Online safety – social media and privacy settings, water safety – canals/rivers/beach, staying safe in the sun, NSPCC speak out to stay safe, Fire safety – BBQs/beach fires and How to stay safe away from school.
- Religious Education lessons reinforce messages of tolerance and respect for others. Opportunities to learn about other faiths and visit places of worship.
- RSHE lessons – see knowledge mats on the school website for year group information
- Engagement with charities that broaden pupils awareness, understanding and worldview
- Behaviour policy and practice in school under the 'Golden Rules'
- Balanceability and Bikeability training
- Local community representatives to support the curriculum -PSCO from Derbyshire Police
- Transition work from pre-school settings to Reception and Year 6 to Year 7

### Useful Acronyms & Vocabulary

**DSL:** Designated Safeguarding Lead

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

**LADO:** Local Authority Designated Officer - who deals with position of trust safeguarding issues

**CEOP:** Child Exploitation and Online Protection Centre

**National Online Safety** -Online training and support for families about all things online

**KCSIE:** Keeping Children Safe in Education (available on the school web pages)

### Who's Who at WGES

- ◆ Mrs E H Britten- Senior DSL
- ◆ Mrs A Aston - Deputy DSL and wellbeing and pastoral wellbeing mentor.
- ◆ Mrs S Owen – Deputy DSL and mental health first aider
- ◆ Dr N Ruggins – Safeguarding Governor
- ◆ Miss K Whiting –Mental Health First Aider
- ◆ Mrs E Davies – SENCO

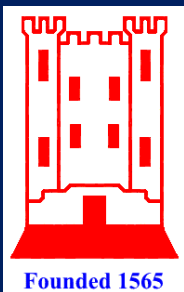
Designated Safeguarding Leads can be accessed at all times via our safeguarding email

[safeguarding@williamgilbertend.derbyshire.sch.uk](mailto:safeguarding@williamgilbertend.derbyshire.sch.uk)

If you believe that a child or an adult is at immediate risk of harm and in need of protection then you should call the Police - 999, straight away.

Alternatively if you want advice from the Police and the child or adult is not in immediate need of protection, you can call the Police on the telephone number 101.





# NSPCC



## What are the signs of child abuse?

### NSPCC

The signs of child abuse aren't always obvious, and a child might not feel able to tell anyone what's happening to them. Sometimes, children don't even realise that what is happening to them, is abuse.

There are different types of child abuse and the signs that a child is being abused may depend on the type. For example, the signs that a child is being neglected may be different from the signs that a child is being abused sexually.

### Common Signs

Some common signs that there may be something concerning happening in a child's life include:

- unexplained changes in behaviour or personality
- becoming withdrawn
- seeming anxious
- becoming uncharacteristically aggressive
- lacks social skills and has few friends if any
- poor bond or relationship with a parent
- knowledge of adult issues inappropriate for their age
- running away or going missing
- always choosing to wear clothes which cover their body

These signs don't necessarily mean that a child is being abused, there could be other things happening in their life which are affecting their behaviour – but we can help you to assess the situation.

You may also notice some concerning behaviour from adults who you know have children in their care, which makes you concerned for the child/ children's safety and wellbeing.

<https://www.nspcc.org.uk/what-is-child-abuse/>

<https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/>

## Useful Acronyms & Vocabulary

**CAMHS:** Child and Adolescent Mental Health Services

### **My Concern** –

Safeguarding record system (safeguarding and child protection software for schools used at WGES).

**NSPCC:** National Society for the Prevention of Cruelty to Children

**EHA:** Early Help Assessment

**SEND:** Special Educational Needs & Disabilities

### Safeguarding Information at WGES

We have a wealth of information on our school website for parents to access, including important documents and contact details.

Please visit [www.williamgilbertend.derbyshire.sch.uk](http://www.williamgilbertend.derbyshire.sch.uk)

Scan the QR code below to take you to [our safeguarding page](#)



Scan the QR code below to take you to our [parenting support page](#)



## YOUNGMINDS

fighting for young people's mental health

### Parental Support

We know parenting isn't always easy. Although it's often amazing and rewarding to watch your children grow up, and to help them learn to be independent, it can also be really hard work. It can feel especially hard if your child's mood and behaviour seem different and you're not sure why, or what you can do to help. But you are not alone.

Young Minds have lots of practical advice and tips on supporting your child - from how to encourage your child to open up about their feelings to dealing with mental health services. No matter what you and your child are going through, things can get better.

They also have a Parents Helpline which can provide advice and support if you're worried about a child or young person.

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



Improving children's mental health

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they may experience with children.

Advice can be found on over forty topics including:

- Understanding sibling rivalry*
- My child is lying, what does it mean, what should I do?*
- My child has trouble going to sleep*
- My child says 'I hate you!'*
- Cultural identity: who am I?*
- 'Our mealtimes are becoming a battleground'*

The Parenting Smart website can be found here:

<https://parentingsmart.place2be.org.uk/>

School holidays should be fun!



But also SAFE.

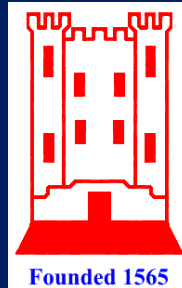


SCHOOL HOLIDAY SAFETY

# Keeping safe in the holidays



## Water Safety Code



## Sun Safety

Sun damage when you're young could lead to skin cancer developing in later life. Whether you're heading to the beach, playing in the park or out in your own garden, it's important to think about sun protection for all the family – especially young children.

### Sun safety tips

Spend time in the shade when the sun is strongest. In the UK, this is between 11am and 3pm from March to October.

Make sure you:

- spend time in the shade between 11am and 3pm
- never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen

The following website has more information and fun activities that you can share with your children to keep them safe over the summer holidays

<https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>



## Road Safety

During the school holidays children are out and about around the local area and close to roads. During our weekly assemblies and bikeability sessions we have discussed road safety. Ask your child what they can remember and use this as a starting point to remind them about keeping safe when crossing or playing near roads. Take a look at these useful resources and websites to remind children of the key safety messages.

<https://www.think.gov.uk/education-resources/>

<https://www.rospa.com/media/documents/road-safety/teaching-road-safety-a-guide-for-parents.pdf>

## Water Safety

The Royal Life Saving Society UK report that drowning is the third highest cause of accidental death of children in the UK and that a person can drown in as little as 2cm of water. Hot weather can make rivers, lakes and paddling pools more appealing for children and families – make sure you know how to teach your child to be safe when cooling off and playing this summer.

### The water safety code

Water may look safe, but it can be dangerous. Learn to spot and keep away from dangers. You may swim well in a warm indoor pool, but that does not mean that you will be able to swim in cold water.

### The dangers of water include:

- it is very cold
- there may be hidden currents
- it can be difficult to get out (steep slimy banks)
- it can be deep
- there may be hidden rubbish, for example shopping trolleys, broken glass
- there are no lifeguards
- it is difficult to estimate depth
- it may be polluted and may make you ill

Please visit the following websites to help inform your family and keep them safe

<https://rnli.org/safety/beach-safety>

<https://www.rospa.com/leisure-water-safety/water/advice/water-safety-code>

## Useful Acronyms & Vocabulary

**CAMHS:** Child and Adolescent Mental Health Services

**My Concern –** Safeguarding record system (safeguarding and child protection software for schools used at WGES).

**NSPCC:** National Society for the Prevention of Cruelty to Children

**EHA:** Early Help Assessment

**SEND:** Special Educational Needs & Disabilities

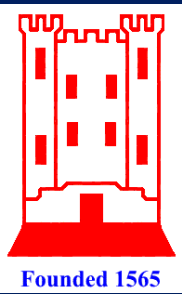
### Safeguarding Information at WGES

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Please visit [www.williamgilbertend.derbyschire.sch.uk](http://www.williamgilbertend.derbyschire.sch.uk)

**If you believe that any child is in danger ring Call Derbyshire Tel: 01629 533190 choosing the option for urgent child protection calls at any time**





Founded 1565

## Moving on...

With the end of term rapidly approaching our year 6 pupils are preparing for their next adventure, secondary school. We're sure there are a lot of different emotions about this new start. We hope the prevailing emotion is excitement- about all the new experiences to be had, new friends to be made and new goals to be achieved. That said, it's natural and normal to feel a little apprehensive and maybe even anxious also (both parents and children alike!),



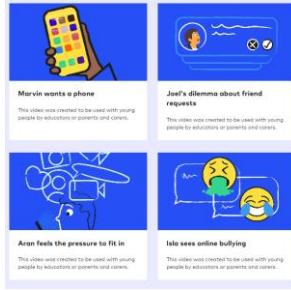
Here are some links to useful transition resources to support you:

<https://www.place2be.org.uk/our-services/parents-and-carers/getting-ready-to-start-secondary-or-high-school/>

<https://www.annafreud.org/schools-and-colleges/resources/supporting-children-transition-to-secondary-school-guidance-for-parents-and-carers/>

<https://www.bbc.co.uk/teach/transitioning-to-secondary-school/zkc9pg8>

Childnet have devised some really useful videos. These can be used to develop awareness in parents of the challenges ahead but also as useful discussion points with your child.



Childnet.com

<https://www.childnet.com/resources/moving-on-up/>

## Independence but with boundaries

The move to secondary school often signals a shift in the levels of freedom and independence our older pupils are given by parents. Our duty to safeguard these pupils remains. We feel it is important to share information that will support parents in keeping children safe when they are away from their caregivers. We are aware of groups of teenagers from a range of secondary schools in the area gathering in groups within Duffield. Younger pupils can be drawn into these groups through 'peer pressure' and take part in unsafe and sometimes anti-social behaviours. With light nights and warmer weather children may be granted the opportunity to play/hang out at the park or within the village. We would urge parents to set clear boundaries to keep them safe. These could include giving a time that they must return; going to and from the agreed place, e.g. the park (as they earn your trust and demonstrate they can keep themselves safe the places they go can grow; that they keep in contact with you through their phone, if they have one, and discuss what to do if something happens to make them feel worried or unsafe.

## Energy drinks



There is local information to show that secondary school pupils are accessing and drinking energy drinks. These are soft drinks that contain high levels of sugar and caffeine. They also contain stimulants such as guarana which adds to the level of caffeine. Caffeine is an **addictive substance**. The NHS has stated that because of the high levels of caffeine, sugar and acidity in energy drinks, they are 'unnecessary' and 'unsuitable' for children under 16. - Young people who drink energy drinks are more likely to drink alcohol, smoke or use drugs

Some reasons why young people choose to drink energy drinks;

- To fit in with their friends as part of socialising in the evenings / weekends on the park, BMX tracks, skate parks.
- Whilst gaming to help them stay awake at night
- Whilst taking part in sports
- To help with concentration and study.
- To mix with alcohol

There currently is no law to prevent the sale of these drinks to under 16s in the UK but many shops operate a responsible retailing policy and do not sell them to under 16s. We are aware that not all shops in Duffield support this responsible retailer policy and continue to sell them to secondary age pupils.

Further information can be found at

<https://www.healthforteens.co.uk/lifestyle/nutrition-diet/energy-drinks-just-the-facts/>

## Useful Acronyms & Vocabulary

**Peer pressure** is the direct or indirect influence on peers, i.e., members of social groups with similar interests, experiences, or social statuses. Members of a peer group are more likely to influence a person's beliefs, values, and behaviour. A group or individual may be encouraged and want to follow their peers by changing their attitudes, values or behaviours to conform to those of the influencing group or individual.

Advice around Peer Pressure and support for young people can be found here:

<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>

## Safeguarding Information at WGES

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Please visit

[www.williamgilbertend.erbyshire.sch.uk](http://www.williamgilbertend.erbyshire.sch.uk)

Visit our website for useful information about Gangs on our parenting support page.



## PCSO UPDATES

Challenges that face a perceived affluent area such as Duffield.

During the Summer months there has been an increase in anti-social behaviour in areas of the village including the nature reserve, Greys Rec and the surrounding streets.

There are also gangs coming into the village and targeting teenage groups and parties, offering drugs.

As your Year 6 children begin to experience more freedom over the summer, ensure appropriate boundaries are in place. As parents you are responsible for safeguarding them.

# Keeping Safe in the Community

## Do Strawberry Watermelon, Caribbean Crush, Pink Orange Fizz sound appealing to you?

Of course they do and that's where the danger lies – they are not fizzy drinks or sweets – they are vaping flavours, and they are a real factor and problem in the increase of vaping amongst young people and coupled with the deliberately colourful packaging totally misleading to children, as they underestimate the risk of tobacco products.



In a recent Action on Smoking and Health Smokefree GB Youth Survey 2023 of 11 to 17 year olds, 2 out of 5 young people said they smoke vapes “just to give it a try” and about 1 in 5 because “other people use them so I join in”.

We understand that children as young as Year 7 within local secondary schools have vaped at school.

### But what can parents do to be the antidote to the marketing?

Children's doctors are calling for an outright ban on disposable vapes to reduce their popularity among young people as the long-term impact on lungs, hearts and brains remains unknown. It has been reported that illegal vapes, sold or offered to children contain high levels of lead, nickel and chromium.

The government announced it would be banning most disposable vapes, not allowing new vape shops near schools. The Royal College of Paediatrics and Child Health has said that the government should ban single-use disposable vapes, which can be bought for just £1.99 and are most popular with young people.

Preventing children from vaping involves a combination of education, communication, and setting a good example.

### Here is some advice to bear in mind to help prevent children from vaping:

#### Start early conversations

Begin discussing the risks and dangers of vaping with your children at an age-appropriate level. Teach them about the harmful effects of nicotine and the potential health consequences associated with vaping.

#### Educate your children about marketing tactics

Make your children aware of the marketing tactics used by vape companies to target young people. Teach them to critically analyse advertisements and recognise manipulative tactics.

#### Be a positive role model

Set a good example by not vaping or using any tobacco or nicotine products yourself. Children are more likely to adopt healthy behaviours when they see them modelled by trusted adults.

#### Build a strong parent-child relationship

Foster open lines of communication with your children. Create a safe and non-judgmental space where they feel comfortable discussing their thoughts, concerns, and peer pressures related to vaping.

#### Teach refusal skills

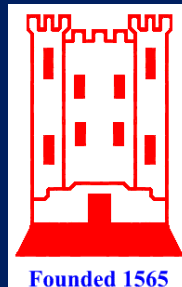
Role-play different scenarios with your child to help them develop assertiveness and practice saying no to peer pressure. Help them come up with strategies to navigate social situations where vaping may be present.

#### Encourage healthy coping mechanisms

Teach your child healthy ways to cope with stress or peer pressure that do not involve vaping. Encourage activities like sports, hobbies, art, music, or spending time with friends who share similar values.

#### Seek professional help if needed

If you suspect your child is already vaping or struggling with nicotine addiction, seek professional help. Talk to their doctor who can provide guidance and support. Remember, prevention is key, and ongoing communication is crucial. By educating children about the dangers of vaping, fostering a strong parent-child relationship, and promoting healthy choices, you play a vital role in preventing your child from starting vaping.



## Useful Acronyms & Vocabulary

### My Concern –

Safeguarding record system (safeguarding and child protection software for schools used at WGES).

**E-cigarettes:** E-cigarettes are electronic devices that heat a liquid and produce an aerosol, or mix of small particles in the air.

E-cigarettes come in many shapes and sizes. Most have a battery, a heating element, and a place to hold a liquid.

E-cigarettes are known by many different names. They are sometimes called “e-cigs,” “e-hookahs,” “mods,” “vape pens,” “vapes,” “tank systems,” and “electronic nicotine delivery systems (ENDS).”

Using an e-cigarette is sometimes called “vaping.”



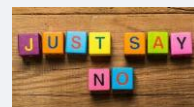
### Advice for parents – Vaping

Visit Kids Health for more advice

<https://kidshealth.org/en/parents/e-cigarettes.html>

How to support your child with peer group pressure and the need to ‘fit in’. Visit childline

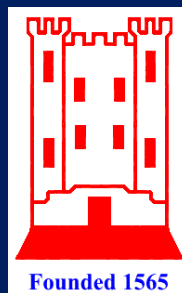
<https://www.childline.org.uk/info-advice/friends-relationships-sex/friends/peer-pressure/>



Further advice about managing peer group pressure can be found on the CBBC website.

<https://www.bbc.co.uk/cbbc/joinin/handling-peer-pressure>

# Keeping safe online



## Summertime, Screentime

Summertime presents us with opportunities for important conversations with children and young people about healthy habits, what they enjoy doing online, and how we can help them to be safer on digital platforms.

**Be intentional** – Take the opportunities that summer presents to engage. Learn a little more about the popular platforms and games those in your care are using or exploring this summer. Some of these platforms may have parental controls, safety settings, and reporting functions that are important to know about.

## Does your child have a phone? Are you confident that the content they are accessing is safe?

The Financial Times has created a film called 'Capture' which gives an important insight into the impact of social media on our children and our family life. The video is well worth a watch. You can find the video on YouTube by following the link <https://www.youtube.com/watch?v=6UY2HOpuTlk>



## Help manage what they see and do online

Parental controls and privacy settings can help you manage how your child spends time online and help to keep them safe.

- **Device settings** – manage things like location sharing, screen time and in-app purchases. Most tech and gaming companies have dedicated pages to support with setting these up.
- **App or game settings** – in-app tools that can help to keep your child's account private and manage who they're talking to. You can normally find information on these in account settings or directly on the platforms website.
- **Mobile or network provider settings** – help to manage browsing access and stop your child from visiting inappropriate sites or downloading apps that aren't suitable. Contact your mobile or broadband provider for more information about setting this up.

### Remember it's ok to ask for help!

Remember you don't have to be an online safety expert – that's our job! We're here to help, with resources and advice to help support you and your child.

If your child asks you a question you don't know the answer to, or speaks to you about a negative experience they had online, here are some of things you could do:

- Visit the NSPCC online safety hub: [nspcc.org.uk/online-safety](https://www.nspcc.org.uk/online-safety)
- Call the NSPCC helpline **0808 800 5000** to speak to an advisor
- Ask another parent
- Speak to your child's teacher
- If your child needs more support, they can contact Childline: [childline.org.uk](https://www.childline.org.uk)



## Create an online safety family agreement

Use resources on the NSPCC website. They have created resources to help your family talk about online safety. Find their top tips for helping to keep your child safe online. Have fun finding out how much your family already knows with their quiz. Consider creating an online safety family agreement to help keep your whole family safe online. Visit <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

## Useful Acronyms & Vocabulary

### My Concern –

Safeguarding record system (safeguarding and child protection software for schools used at WGES).

**CEOP:** Child Exploitation and On-line Protection Centre



<https://www.thinkuknow.co.uk/parents/>

## Online Safety Information at WGES

We have a wealth of information on our school website for parents to access.

Please visit <https://www.williamgilbertend.derbyshire.sch.uk/staying-safe-on-the-internet/>

Or scan the QR code below



Visit Google's Interland to play fun games as a family to be internet awesome

[https://beinternetawesome.withgoogle.com/en\\_us/interland](https://beinternetawesome.withgoogle.com/en_us/interland)