



SAFEGUARDING NEWSLETTER

Spring 2022

Our newsletter aims to sign-post useful resources and give advice on issues we feel will be of importance to our families. Remember you can contact us on safeguarding@robsackwoodprimaryacademy.org.uk

If you are worried about a child over the February half term, please find more information here <https://www.eastsussex.gov.uk/childrenandfamilies/worried-about-a-child/>



The Hygiene Bank and The Food Bank

We are aware that at times families can struggle financially and need additional support. We have access to products from The Hygiene Bank as well as being able to refer to The Food Bank.

Please contact Miss Reed for further information: safeguarding@robsackwoodprimaryacademy.org.uk



For support with rising Fuel Bills please contact www.citizensadvice1066.co.uk Advice can be provided over the telephone or face-to-face, by appointment.

For energy advice, telephone a local call-back advice line on **01424 869352** and give your details.

You can also access the Warm Home Check Service using the webform found here: www.warmhomecheck.org

TALK Pants!



Talking PANTS helps children understand that their body belongs to them, and they should tell someone they trust if anything makes them feel upset or worried.

A useful guide for parents and carers to help you start the PANTS conversation:

<https://www.nspcc.org.uk/globalassets/documents/advice-and-info/pants/pants-2018/pants-parents-guide-online.pdf>



The Child and Adolescent Mental Health Service



(CAMHS) have put together some useful 'Recipes 4 Wellbeing' cards that might help parents and carers support a young person experiencing difficulties with their mental wellbeing. These easy-to-read guides provide help and advice, what to look out for and when you should be concerned. They cover a range of topics: anxiety, low mood, bullying, sleep difficulties, exam stress, loss and bereavement, problematic gaming, crisis, body image, gender identity, sexuality, eating difficulties, panic attacks, transition to school and boosting self esteem.

<https://sussexcamhs.nhs.uk/resources/recipes-4-wellbeing>

WhatsApp



The minimum age of use for WhatsApp is **16 years old**. It had previously dropped to 13 years old but in April 2018 returned to 16, as a response to data-protection legislation.

Although your child might not be able to control if they're added to a group chat, they can always control their own participation within it – **they can leave whenever they want to**.

It is a good idea to talk to your child about group chats, stating the risks and showing them how to exit a group if they're invited to one that has people in it that they don't know.

Device Safety

We are sure there are a number of children who received new devices at Christmas, whether this is a phone, tablet, computer console or other device that can access the internet. Please take a look at the following websites for help and information on how to keep your child safe whilst online

www.thinkuknow.co.uk/parents/articles/parents-guide-to-privacy-settings

www.thinkuknow.co.uk/parents/articles/parents-guide-to-personal-information2

www.thinkuknow.co.uk/parents/articles/parents-guide-to-cyber-security

<https://undressed.lgfl.net>

