

Dear Parents and Carers,

Welcome to the second safeguarding newsletter of this academic year. As stated in previous newsletters, we will ensure that you receive the relevant information to help keep you and your family safe. Please do let us know if there is anything specific you would like to know more about.

### **E-SAFETY**

It's that time of year again, and with the Christmas shopping well under way many of us will be buying digital devices for our children, with technology continuing to feature high on those wish lists for Santa. Mobile phones, tablets and laptops can open up a world of exploration, learning and fun and children should be encouraged to make the most of the benefits. But there are also risks and dangers to being online, and by working together with your children they can learn to safely navigate the internet and social media. Below is a list of useful tips:-



- 1.Explain how children can use privacy settings to make sure only approved friends can see posts and images, and warn them about sharing personal information
- 2.Check if any of the mobile apps they use have location services enabled, and disable this if they do not want to be tracked
- 3.Show them how to report offensive comments or block people who upset them
- 4.Check 'tagging' settings so that when others are posting or sharing photos online, your child's identity is not revealed
- 5.Encourage your child to come and talk to you if they see anything that upsets them
- 6.Ask them to show you which social media apps they use, what they like about them and talk about how to use them safely

### **NEGLECT**

Neglect is the most common type of abuse affecting children in the UK. Hundreds of children talk to the NSPCC helpline about neglect during the 12 days of Christmas. Over Christmas, extended family members often contact the helpline after becoming concerned about a young relative they've spent time with.

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If you are worried about a child over Christmas, Contact NSPCC'S helpline on **0808 800 5000** where trained counsellors can give you some advice and support. Alternatively go to [help@nspcc.org.uk](mailto:help@nspcc.org.uk).

### **MENTAL HEALTH**

Christmas can be a really stressful time of year, whether you live with a mental health problem or not. There's pressure to socialise with friends and family, more temptation to overindulge in food and drink and of course the financial strain to buy the right presents and all the celebrations can put on your bank balance. Sometimes, the last thing we feel like doing is talking to people. You might be feeling anxious, or overwhelmed, or just not very sociable - but connecting with other people has lots of benefits for your mental health. Talking through things that are worrying you can be really helpful, just sharing whatever it is can help you feel supported, and listened to. Christmas can also be a really good time to get in touch with people you might not speak to regularly - and you never know who might need a listening ear.

If you are concerned that you are developing a mental health problem you should seek the advice and support of your GP as a matter of priority. If you are in distress and need immediate help and are unable to see a GP, you should visit your local A&E.

We have created a secure email address that you can send any concerns you have privately [SecureDSL@oasisshortheath.org](mailto:SecureDSL@oasisshortheath.org) alternatively please speak to The Safeguarding Team



Mrs Atwal



Mrs Lee



Mr Darnlev



Mrs East-Goodman

**Finally, thank you for taking the time to read this newsletter, we hope that you have a great**

**Christmas and look forward to seeing you again in 2020.**

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