

Dear Parents and Carers,

A warm welcome back to all of our families. It has been a positive and successful start to the academic year, it is lovely to see how quickly the children have adapted to the new school routines. It is important for you to have an understanding of the support that is available and also for you to have knowledge of any local issues so you can safeguard your children out of school hours. If there is a particular issue/concern that you would like more information on please speak to a member of the safeguarding team.

E-Safety

Internet safety continues to be one of our top priorities in school but how can you get the balanced screen time and adopt a healthy digital diet in your homes



Getting screen time balance

Screen time can offer children opportunities to learn and develop new skills at a touch of a button but like anything, too much of it can have a negative effect on their wellbeing. As children get older and more independent online, finding the right balance for your family can be challenging but the key is to think about it early on and set some clear boundaries around their online use.

Making the most of screen time

Assess how and where they use devices

Based on their routine, think about when and where they are using their device to establish when it would be better for them to unplug and focus on other activities. Generally, it is best not to be on devices right before bed or keep them in bedrooms as night.

Examine what they are doing online

Not all online activities are created equal – take the time to assess how particular activities that your child is doing can help or hinder their development as they grow.

Ask yourself – Is this activity helping my child achieve a goal, improve their development in a certain area, promote their sense of self, or build-up skills that will help them make smart choices as they grow.

Look at your relationship with screens

Review your own relationship with screens to address how this may be affecting your digital use.

The Academy, is part of Oasis Community Learning (OCL). OCL collects and processes personal data. Personal data is any information that can lead to the identification of a specific individual. Data we collect relates to various groups of data subjects (i.e. individuals) including parents, carers, students, siblings, our employees, volunteers and others involved in the life of the Academy. Data is collected for a variety of purposes including our legal and educational obligations, as well as statistical reporting. Some personal information we process is required to meet these obligations, whilst other information we process requires the specific consent of the individual and is optional and these circumstances are clearly indicated where relevant. The data is retained and managed in accordance with the OCL Data Protection and associated policies. More information about the processing of data within OCL can be found on the Academy and OCL websites within the Privacy Notice or can be obtained by contacting the Academy directly.

Is there anything that you can do in your interactions that will give them the confidence to build a healthier relationship with technology?

County Lines – working together to tackle this issue

County lines is the term used to describe criminal gangs who move drugs from big cities to more rural locations. They are notorious for recruiting young and vulnerable couriers. They usually travel by train or coach but due to reduced public transport many were forced onto the quiet roads. County lines drug dealers are taking advantage of the global pandemic to target vulnerable adults in our communities. Victims often find themselves imprisoned in their own homes, cutting and selling drugs 24/7, in disgusting conditions, unable to wash, sleep or eat properly, under the constant threat of violence, with dangerous people coming and going. They are often given drugs in exchange for working and will lose all ties with friends and family.



“Cuckooing’ (a term associated with county lines drug dealing) poses a significant threat to our communities and we are committed to reducing its impact. But we need your help: spot the signs and act on your concerns. Your voice will be heard and it will make a difference.

If you see unusual activity taking place at an address in your community, for example a stream of people visiting or people you don’t recognise (from out of town) at a neighbour’s or friend’s address please report it to the police on 101. If you feel that person is in immediate danger please ring the police on 999.”

Financial support -Universal Credit

Whether you are currently in or out of work, if you are on a low income and affected by the economic impacts of COVID-19, you will be able to access the full range of the welfare system, including universal credits please go to www.birmingham.gov.uk for further information.



Local Welfare Provision

Birmingham’s Local Welfare Provision (LWP) scheme helps vulnerable people in short-term crisis with food and essential items. It is grant-based, which means people who receive help from it will not have to repay anything.

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Mental Health – Stress

A bit of stress is normal, like during a driving test or before a date. But when it's making you miserable, or affects your physical health, it's time to act. That can mean working on what's causing your stress as well as changing the way you react to it.

When you're stressed, your body releases hormones to help you cope in the moment – for example, by increasing your heart rate. High levels of stress, or over a long period of time, can therefore harm not only your physical health but your mental health too. So it's important to reduce your stress where you can.

- Build your resilience so you can start to tolerate stress a little better
- Try to do less so you don't feel so pressured. Keep a to-do list of what's important because crossing things off will give you a sense of achievement
- Focus on the things you can control and try to let go of things you can't
- Take time out. See friends, go for a walk, do something you enjoy. It could help you to get a different sense of perspective.

We have created a secure email address so that you can send any concerns you have privately

SecureDSL@oasisshorthealth.org alternatively please speak to The Safeguarding Team



Mrs Atwal



Mrs Lee



Mr Darnley



Mrs East-Goodman

Finally, thank you for taking the time to read this newsletter.

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