



# Safeguarding & Child Protection at Alsop High School

## Why have a Newsletter?

Safeguarding & Child Protection is such an important issue for our children and young people that we have decided to have a termly newsletter that shares key information and advice with parents and carers so that we can all work together with the same aim of keeping children safe in school, at home and in the wider community.

Safeguarding relates to many areas of life at Alsop High including children's physical health and safety, mental health issues, attendance, managing medical conditions, internet safety, substance misuse, bullying, the dangers of radicalisation, child sexual exploitation, gang culture, FGM, neglect, domestic violence, forced marriages, sex and relationships education, British Values and road

safety among other issues.

At Alsop High we feel it is really important to work with our parents and with the high quality agencies that support schools and young people so that we can offer a safe environment that allows children to be aware of the risks they may face and how to respond to them safely.

We hope that our school curriculum gives children opportunities to explore many of these issues in a safe situation—through PSHCE, Circle Time, outside visitors, dedicated topic time and as key learning points arise in subjects such as science so that we can equip our children with the knowledge, understanding and the right tools to make safe choices.

## What is the role of the DSL at Alsop?

The Designated Safeguarding Lead has a crucial role in taking lead responsibility for child protection issues in school. DSL's must be senior members of the school's leadership team, and at Alsop we have over 15 DSL's forming a team with Mr Pilkington as the Senior in position (see column on the right hand side).

A DSL is always available during school hours for staff to discuss any safeguarding concerns. On most days there is a DSL in school from 7.30 am to 5.00 pm.

DSL's are trained to take on this role and that training is updated every two years with additional training and conferences in between.

The DSL has many responsibilities including working with staff and agencies involved in safeguarding children, working with parents and families, giving advice to staff, training staff, managing referrals from staff and investigating concerns passing them onto the correct body as necessary, managing the records of safeguarding and Child Protection concerns, keeping own knowledge up to date etc.

## Useful Acronyms & Vocabulary about Safeguarding

DSL: Designated Safeguarding Lead

SPOC: Single Point of Contact (PREVENT) - responsible for preventing children being impacted by extremism

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

DBS: Disclosure & Barring Service used to make safe recruitment decisions

## Who's Who at Alsop

- ◆ Mr Joe Pilkington  
Senior Leader DSL
- ◆ Mrs Jan Duckworth  
Deputy DSL
- ◆ Ms Kaz Aldesberg  
Deputy DSL
- ◆ Mr Paul. Deakin  
Deputy DSL

**All Heads of Year/Asst HoY have had enhanced Safeguarding Training**



## Useful Acronyms & Vocabulary about Safeguarding cont.

CP: Child Protection

LSCB: Local Safeguarding Children Board

CEOP: -Child Exploitation and Online Protection centre (tackling child sex abuse and providing advice)

Early Help: “providing support as soon as a problem emerges, at any point in a child’s life, from the foundation years through to the teenage years”. Essentially intervening to prevent abuse/neglect before it occurs.

TAC: Team Around a Child (part of Early Help)

TAF: Team Around the Family (part of Early Help)

CASS: Children's Advice & Support Service

## Safeguarding Information at Alsop High

We have prepared key information on the school website for parents to access important documents and contact details.

Cyber bullying is any form of bullying which takes place online or through smartphones and tablets—adults and children can be victims of this form of bullying so we have to be vigilant. The impact of this bullying can be wide reaching from feeling frightened and intimidated, being the victim of fake gossip or rumours, having photos or videos posted about you, being on the receiving end of language that causes offense and an argument (flaming), threatening behaviour etc. In addition

## Age Restrictions for Social Media Platforms

Do you know what your child is doing online? Are you routinely talking to your child and checking what internet sites they are accessing?

It is very important to monitor and teach your child some key internet safety rules (and to role model them as adults helps)...

1) Don't post any personal information online – like your address, email address or mobile number

2) Think carefully before posting pictures or videos of yourself. Once you've put a picture of yourself online most people can see it—is it a photo you would want everyone to see?

3) Keep your privacy settings as high as possible (parents can help you)

4) Never give out your passwords (except to your parents if they want to check your accounts to keep you safe)

5) Don't befriend people you don't know

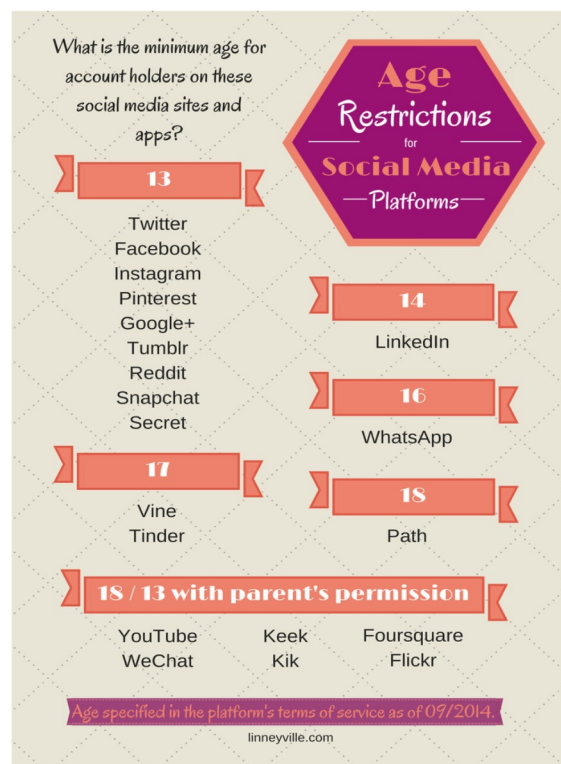
6) Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do

7) Remember that not everyone online is who they say they are—adults sometimes pretend to be children to make friends with you online

8) Think carefully about what you say before you post something online

## Cyberbullying/ESafety

people with malicious intent can use the internet for grooming of young and vulnerable people, fraud, stalking, exclusion, blackmail etc. The internet and social media can be fun and can bring many educational and personal benefits but adult and child alike we must protect ourselves from misuse. A useful source of information for parents can be found at <https://www.bullying.co.uk>.



9) Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude—sometimes it is better not to comment than to get into an argument

10) Use parental safety software/apps to block inappropriate internet use and monitor your children's online activity

12) Ensure that the online games your child wants to play are appropriate to their age

11) If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website and tell a trusted adult immediately. Keep your webcam covered up when not in use

If you have any concerns about the safety and/or welfare of a child or young person telephone the Careline (Child Services Liverpool) 0151 233 3700, or Merseyside Police 0151 709 6010, 101 or in an emergency 999



## Helping your child get into good habits

Information for parents and carers

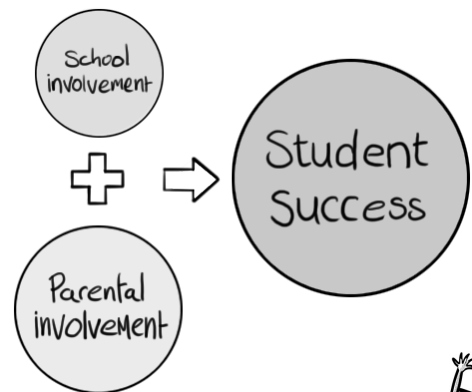
### Did you know?



Healthy habits are essential to living a long and happy life, and they are important to instil in children from a young age. If you help them form these habits now, you will be giving them the tools to navigate any obstacles they may face as they grow into adulthood.

Research highlights that the late teenage years have been identified as the peak age for exposure to health risks with lifelong implications. The report, by the Association for Young People's Health (AYPH), revealed teenagers eat eight times the recommended sugar allowance and almost half have tooth decay. This worrying research also found out that most smokers start by the age of 25.

Research reveals that there is a strong link between healthy habits and pupil achievement. Poor health habits add up to poor grades, and research suggests that healthy habits and good health-related decisions can lead to improved academic performance. For instance, research has shown that students who eat breakfast exhibit improved concentration when compared to their peers who skip it.



### What can you do?

Cultivate healthy habits by being a role model to your child. Try to exhibit good habits, offer health advice and build fun healthy activities into your family life. Examples include being active as a family, having evening and sleep routines, providing a water bottle to encourage hydration, or making family meals together.

Good nutrition can help improve concentration, so pay attention to the food you buy for your family. Provide a healthy balanced diet of meals which include fresh vegetables, fruit, proteins, good fats and whole grains. Encourage your child to snack on low sugar foods and drinks, which you could make together.

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# Handling the pressure of external exams

## Information for parents and carers

### Three things to know:



Exam stress can be really challenging, not only for children but for those that live with them. Research shows that having someone to talk to about their work can help. Support from a parent, teacher or friend can help young people share their worries and keep things in perspective.

Survey research has identified that exams are a significant source of stress and worry for pupils in secondary school. In particular, failing important examinations, and the consequences of failing these examinations, are rated as more important than a range of other personal and social worries. (Optimus education)

- The NHS highlights that children and young people who experience stress may:
- worry a lot
- feel tense
- get lots of headaches and stomach pains
- not sleep well
- be irritable
- lose interest in food, or eat more than normal
- not enjoy activities they previously enjoyed
- seem negative and low in their mood
- seem hopeless about the future

## What can you do?



Watch out for signs of stress and encourage your child to talk to a member of school staff or someone whom they feel is supportive. If you feel your child isn't coping, it may also be helpful for you to talk to their teachers at school.

Encourage and support your child to build and maintain healthy habits before and during the exam period, such as eating a healthy balanced diet, staying hydrated, getting enough sleep, doing exercise, and having time to relax and to socialise with friends.

Remind your child that feeling nervous and anxious is normal. Support them to be organised, have a routine and build a revision timetable. Try not to add to their pressure by being flexible with them. Talk to them about how they feel, remind them of their goals in life and motivate them to stay focused. Staying calm will help them remain calm - and exams don't last forever.

