



FAIRFIELD PRIMARY SCHOOL

Safeguarding Newsletter: Spring 1, 2024

"Safeguarding... Everybody... Everyday"



Who to contact if you have concerns about a child:

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

If a child is in immediate danger, call the Police on 999.

If you have urgent concerns for a child, or suspect that a child has been abused in any way and needs an urgent response, please call the Cumberland Safeguarding Hub immediately on 0333 240 1727.

Meet the Safeguarding Team at Fairfield Primary School:



Mr. C. Steele
Deputy Safeguarding Lead



Mr. J. Gale
Designated Safeguarding Lead



Mrs. H. Birkett
Deputy Safeguarding Lead



Mrs. L. Barrow
Deputy Safeguarding Lead



Mrs. C. Jones
Safeguarding Governor

Mr. J. Gale (the Designated Safeguarding Lead- DSL) can be contacted via email (deputyhead@fairfieldprimary.co.uk), via Dojo or by telephoning the school office on: 01900 821133.

Our Policies:

For a copy of our school's Child Protection Policy, and other related safeguarding policies, please visit the safeguarding page(s) on our school website: [Safeguarding | Fairfield Primary School](#)



Dear parents/guardians,

Welcome to our third safeguarding newsletter at Fairfield Primary School. These half-termly newsletters aim to provide you with key information and the latest guidance in relation to safeguarding and keeping children safe in education.

Over the Christmas period, I'm sure many of the children will have received gifts they can use to go online so it is a good opportunity to give some thought as to how we can all support them to stay safe in the virtual world whilst having fun – take a look at last term's newsletter, our online safety page on the school website or the National Online Safety App to find out how. I have also outlined some further guidance at the end of this edition.

This half term we have some important events to promote the children's resilience, mental health and ability to keep themselves safe which I have highlighted on the third page of this newsletter.

Additionally, on the following pages, you can find information about Filtering and Monitoring, The Prevent Strategy, as well as the regular Online Safety section and a celebration of Children's Mental Health Week 2024.

As ever, if you require any support, guidance or further information, please do not hesitate to either speak to me in person or contact me directly.

Mr. J. Gale (Designated Safeguarding Lead).

Filtering and Monitoring:

One of the main changes to Keeping Children Safe in Education 2023, was in relation to Filtering and Monitoring systems and procedures in schools. Sadly, Frankie Thomas, 15, died at her home in Surrey, in September 2018, after viewing explicit self-harm material for several months. An inquest heard her teachers wrongly believed internet filters were in place, which contributed to her death. This was the reason for the review and revised legislation.

Filtering

At Fairfield, we have a filtering system in school, which blocks harmful/inappropriate content, including social media. Cumbria IT is the service we use for this. In addition to this, we carry-out half-termly monitoring of our filtering system, on different devices- the results of which are formally recorded. An Annual Audit of our Online Safety Systems is carried-out and reported to Governors.

Monitoring

We now have a monitoring system called SENSO installed on all devices in school. This system immediately alerts the Designated Safeguarding Lead (myself- Mr. Gale) and the Deputy Designated Safeguarding Lead (Mr. Steele) of any concerning/ potential harmful content being searched for or typed on any school devices. All pupils in Years 2-6 have individual usernames and a four-digit passcode, which they use to access the school's online system(s); this allows us to be able to quickly identify the individual user.

All of our staff have a duty of care to ensure children are safe when online, in school. Therefore, all staff complete statutory safeguarding training and reading, including accredited Online Safety training.

"Safeguarding... Everybody... Everyday"

The Prevent Strategy:

What is Prevent?

Prevent is a government strategy designed to stop people becoming terrorists or supporting terrorist or extremist causes. The Prevent Strategy covers all types of terrorism and extremism, including the extreme far-right wing and extreme Islamist groups.

From July 2015, all schools have a duty to safeguard children from radicalisation and extremism. This means we have a responsibility to protect children from extremism and violent views the same way we protect them from drugs or gang violence. The Prevent Strategy is not just about discussing extremism itself, which may not be appropriate for younger children. We do many age appropriate things in school (including the promotion of both British Values and school values) to help students become positive, happy members of society, which also contributes to the Prevent Strategy. For more information visit the [PREVENT | Fairfield Primary School](#) page on our website.

Our Ethos

At Fairfield Primary school, we believe there is no place for extremist views of any kind and any prejudice, discrimination or extremist views will always be challenged. We are committed to prevention, strategies and procedures which protect vulnerable individuals from the risk of being radicalised and exposed to extremist views. We recognise and understand that safeguarding against radicalisation and extremism is no different to safeguarding against any other vulnerability in today's society. Robust prevention strategies and procedures are in place and all staff are fully trained to identify the signs of radicalisation and extremism and in how to respond appropriately.

What are 'Fundamental British Values?'

Schools are required to provide for the spiritual, moral, social and cultural development of their pupils and are expected to promote fundamental British Values. The government defines these as:

- Democracy
- The rule of law
- Individual liberty
- Mutual respect and tolerance of different faiths and beliefs

What does this mean for my child?

Our promotion of fundamental British Values is designed to prepare children for life in modern Britain. Essentially, we aim to help all children to: value and respect themselves and others; appreciate differences and diversity; feel informed and confident as a British Citizen; learn the attitudes and behaviours expected of them as a British Citizen; develop an awareness of personal safety; understand how they can influence decision making by taking part in democratic processes.

What does this look like at Fairfield?

Curriculum: Our bespoke curriculum ensures that there is a whole school approach to the development of all our pupils with regard to the promotion of fundamental British Values and their spiritual, moral, social and cultural development (SMSC). This begins with our ethos for the school to be a place where individual voices are encouraged and valued. It is also a place where everyone is encouraged to be respectful, tolerant, confident and brave enough to overcome adversity and speak out for what is right.

Our PSHE and RE curriculum provision is embedded across the curriculum and underpins the ethos of our school. We aim to equip all pupils with confidence, self-belief, respect and tolerance whilst encouraging them to always set high standards and expectations for themselves throughout their lives. Pupils also engage with the values through our wider curriculum which is broad and balanced and delivered in ways which are suitable to their age and context. In each subject, teachers will be aware of opportunities for discussion and encourage children to think about how the values link into the topics they are studying. All children are encouraged to share their views whilst recognising and understanding that they are entitled to have their own unique ideas and beliefs however, these beliefs should not be used to influence others. Via our Computing curriculum, our robust E-Safety programme teaches pupils to understand the effect their online behaviours and attitudes may have on others and the necessary precautions they should take in order to stay safe online. Teachers are aware of the risks posed by online activity of extremist groups and ensure the children are aware of this in an appropriate manner and kept safe. Most importantly, they are taught where to seek help if they are upset or concerned about anything they have read or seen on the internet or social media platforms. Safeguarding and Online Safety are taught throughout the curriculum, see our [Safeguarding Curriculum | Fairfield Primary School](#) for further information.

School Parliament

At Fairfield Primary School, we value the importance of pupil voice and give it a high profile across the school. Our bespoke School Parliament system introduces pupils to the concept of democracy and decision-making processes through discussion and voting, further reinforcing the fundamental British Values and the importance of rules. We always present political views in a balanced way and will always challenge prejudiced or extreme opinions and behaviour in an appropriate manner.

Assemblies and Enrichment Events

British Values are also reinforced through our bespoke assembly values programme of delivery and enrichment events which include the celebration of national events such as Anti-Bullying Week and Black History Month and through welcoming visitors into school.

Will my child still be able to express his/her faith at school?

Absolutely. One of the fundamental values is respect and tolerance of people with different faiths, and we teach our children that British law protects their freedom to hold their own beliefs. Any prejudice or discrimination towards pupils on the basis of their faith goes against these fundamental British Values and will not be tolerated by the school.

Fortnite (parent information): If a player indicates they are under 13, they will have what is called a 'Cabined Account'. While waiting for parental consent, they will still be able to play Fortnite, but will be asked to provide a parent email address in order to get permission to access certain features, like voice chat or purchasing items with money. You can manage chat settings via Epic's parental controls. Part of the fun of the game is being able to talk to friends and other players while you play and move from different games together as a social group, just like you would in the real world. As a parent you have the following options for both voice and text chat:

- Everybody: allows your child to chat with any player
- Friends and Teammates: allows your child to chat with players in their Epic friends list and platform friends list, as well as other players on their team who they may not be friends with
- Friends Only: allows your child to chat only with players in their Epic friends list and platform friends list
- Off: Epic chat is disabled

Useful Safeguarding Acronyms and Vocabulary:

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

ChN: Child in Need

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter Terrorism Strategy to stop people being drawn in to extremism

CAMHS: Child and Adolescent Mental Health Services

SEND: Special Educational Needs & Disabilities

Children's Mental Health Week 2024:

It's Children's Mental Health Week and we have lots planned in school to celebrate the week.

There was a whole school assembly yesterday afternoon to introduce the theme 'Your Voice Matters' with a focus on how pupils can look after their mental health as well as what they can do if they feel they need support.

In addition, the police will be in school hosting workshops to explain to the children the importance of speaking out in the community and at home, if they see something that makes them feel upset, worried or scared.

Additionally, members of our pastoral team will be hosting an assembly and question and answer sessions with our EYFS and Key Stage 1 children based on the importance of speaking out about feelings.

In Nursery, our PSHE lead will be visiting the Friendly Frogs to share a special story about speaking out about worries.

Throughout the week, we are theming all PSHE lesson to reflect this year's message and we have a whole-school comments box travelling around the school to gather pupil voice on this year's theme. At Fairfield Primary School, we focus on mental health and well-being every day of the year.



Online Safety (E-Safety): Reminders of the minimum age for popular apps:



Facebook (minimum age 13) – lets users create their own profiles, share status updates, pictures, videos and chat with other users and also has a messenger app.



Instagram (minimum age 13) – allows users to alter photos, upload them and share to other social networking sites. Photos and videos can be sent directly to specific users.



Snapchat (minimum age 13) – a photo-sharing app where users can send photos or videos to their friends. These will display on screen for up to ten seconds before being deleted, although it is possible to take screenshots of messages and download other apps designed to capture and save Snapchat content.



TikTok (minimum age 13) – TikTok users can make their own short videos on the mobile app and often like to have music accompany these. The users have creative control over the videos. Other TikTok users can 'react' to videos they see by filming their responses alongside the original video, or 'duet' by making a video alongside another video.



Twitter (minimum age 13) – a social network that lets users send and read 'Tweets': messages limited to 280 characters.



Tumblr (minimum age 16) – a social networking site where users can post blogs and follow other people's blogs. Some of the content on this site includes sexual and/or pornographic images.



WhatsApp (minimum age 16) – a free-of-charge, real-time messaging service. Users can share images and videos, take part in 'group chats' and share locations. As it's based on knowing the user's phone number, you can only message users if you already have this information.



YouTube (minimum age 16) – allows users to watch, create and comment on videos. The dislike button can create insecurities with content posted even if comments are turned off for the video.

SOCIAL MEDIA & Mental Health

What trusted adults need to know

Social Media is often scrutinised as having a negative impact on children's mental health. Whilst currently there is not enough evidence or research to say whether this is true or not, there are certain 'modern pressures' connected with social media which trusted adults need to be aware of. Children and young people are constantly connected and whilst this comes with some benefits, it also comes with a feeling that you are constantly visible. This guide is designed to encourage trusted adults to think about their children's mental health and their social media activities, providing them with some useful tips on improving and supporting mental health among young people.

Five potential signs & symptoms of mental health difficulties

1. Have you noticed a change in your child's personality? They may not be acting or feeling like themselves.
2. Any recent uncharacteristic anxiety, anger, or moodiness?
3. Is your child experiencing social withdrawal and isolation?
4. Is there a sudden lack of self-care or risky behaviours?
5. Does your child have a sense of hopelessness or feel overwhelmed?

NOS National Online Safety®
#WakeUpWednesday

Meet our expert

This guide has been written by Anna Bateman. Anna is passionate about placing prevention at the heart of every school, integrating mental wellbeing within the curriculum, school culture and systems. She is also a member of the advisory group for the Department of Education, advising them on their mental health green paper.



1. EDUCATE YOURSELF

Educate yourself about social media sites your child is using so you can really understand what they are experiencing and how this may be making them feel.

2. DISCUSS REAL-LIFE CONNECTIONS

Talk about the importance of face-to-face time with friends and family, and what enjoyment this can bring. Encourage your child to focus on their relationships with people who make them feel good about themselves.

3. SUGGEST REGULAR BREAKS FROM SOCIAL MEDIA

Encourage your child to take regular breaks from checking their social media platforms. You could suggest that they turn off their app notifications during certain times of the day so they can focus on other things.

4. ENCOURAGE OTHER HOBBIES OR INTERESTS

Spending time away from their phone and devices will offer them an opportunity to discover other interests and activities they may enjoy. This could be sports, playing a musical instrument or creative interests such as arts and crafts.

5. OFFER YOUR SUPPORT

Inappropriate and harmful content can be accessed on the internet which may impact your child's mental health. Explain to your child that not everything online is real and ensure they know that you are there to support and advise them about any worries or anxieties they may have.

<h3>HELPFUL APPS:</h3> <ul style="list-style-type: none"> • Hub of Hope • Mindshift • Smiling Mind 	<h3>OTHER SERVICES:</h3> <ul style="list-style-type: none"> • Childline (0800 1111) • Bullying UK (0808 8002222) • Young Minds (0808 802 5544)
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Sources: <https://www.centreformentalhealth.org.uk/publications/social-media-young-people-and-mental-health>, <https://www.anc.gov.au/people/population-and-community-wellbeing/articles/measure-impact-of-social-media-on-2013-10-30>, <https://www.rpsf.org.uk/uploads/assets/press-releases/2016/17/16-05-14-19-wake-up-wednesday-2016-05-14.pdf>, <https://www.psychologytoday.com/uk/blog/cutting-edge-leadership/20150515-wake-up-signs-mental-health-uk>