

Nelson's Safeguarding Newsletter

Autumn term

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

The following members of staff are Designated Safeguarding Leads for Nelson Primary School:

- Miss Barnes (DSL)
- Miss Forrest
- Mr Hargreaves
- Miss Hickman
- Miss Bi

They can be contacted via the school office, or by telephone on 0121 464 2201.

You can also contact CASS (Children's Advice and Support Services):

0121 303 1888

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



Dear Parents and Carers,

Welcome to the first Safeguarding Update newsletter of the year. This newsletter focuses on internet safety, mental health, and attendance.

If you come across any useful safeguarding resources or information that you think the school community would benefit from seeing, please let us know via the school office.

Miss Barnes
Designated Safeguarding Lead

Attendance

Attendance is everyone's responsibility. It is vital that your child attends school every day to have the best possible chance in later life. We understand that occasionally children are too ill to attend school, however it is important to always check before keeping your child off. This guide from the NHS is useful in helping you to know when you should keep your child off and when it is ok to send them in. <https://www.nhs.uk/live-well/is-my-child-too-ill-for-school/> If you are still in doubt you can contact the school office on 0121 464 2201.

Congratulations to 4MS the class with the highest attendance of Autumn term. Which class will win Spring term?

Please ensure your child returns to school on the 8th of January- every day counts!

Cost of Living

We understand that many families are facing financial difficulties with the cost-of-living crisis. Here we share some tips for helping to reduce costs.

1. Gas and electricity usage increases in the colder months. Make sure your family wear jumpers indoors and leave the heating turned down by a degree or two. Turn off lights when you're not in the room and turn off appliances at the mains.
2. Look up voucher code websites to try to find discounts before confirming any online transaction. There may be a way to get money off.

If you need additional support, please come in a see a DSL – we may be able to help.

What is mental health?

We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important.

We all have 'small' feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

How can help my child's mental health?

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."

'Netiquette'

The online world can be a difficult place for children to navigate safely and appropriately. [Internet Matters](#) have created a list of what they think are the top "Internet Manners" (or netiquette) to help your children get to grips with behaviours that can help maintain a safer – and happier – Internet. We have enclosed their top 12 tips on the page overleaf. Please share these with your children and encourage them to adhere to them when online.

Safeguarding is everyone's business. No child or adult should be made to feel unsafe. Everyone has the right to be safe from harm and abuse. All of us have a role to play in safeguarding.

Top Internet Manners

internet
matters.org

As the online world becomes a bigger part of our daily lives, it's important to make sure we all, especially our children learn the difference between good and bad behaviour online.

To get started see our top internet manners to encourage us all to make the online world a kinder place to be.



1. Treat others as you would like to be treated



2. If you wouldn't say it to someone in person, don't say it online



3. People can't see your facial expressions or hear the tone of your voice online so don't over-use icons and punctuation to convey meaning

4. Don't make a situation worse by provoking people even more



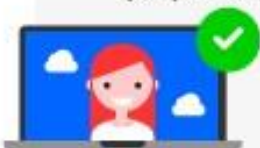
5. Don't start rumours or spread gossip about someone online



6. Don't make fun of someone in an online chat



7. Post things that will inspire and motivate people in a positive way



8. Make sure you don't create a negative environment in an online world or game through name calling



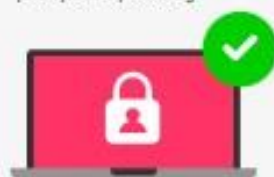
9. Include people in online games and social forums, and don't intentionally leave people out



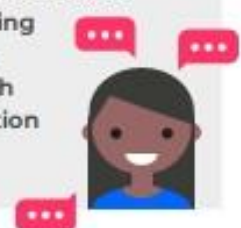
10. You can't retrieve material once it's sent or posted online so if it might embarrass you or someone, don't put it online



11. Respect other people's privacy



12. Respect other people's time and bandwidth by avoiding posting too much information



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