

TERMLY NEWSLETTER

February 2024



MEET OUR SAFEGUARDING TEAM

WHAT'S IN THIS TERM'S ISSUE:

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Safeguarding at RSA

The purpose of this Safeguarding Newsletter is to provide important information to parents and students. Safeguarding is of the upmost importance and we want to ensure that all children learn in a safe, secure and caring environment.

Children are taught and offered support to ensure they are kept safe, develop positive and healthy relationships and to avoid situations where they might be at risk, including being exploited by others. We put our students at the centre of what we do. If you would like to get in touch with a member of our Safeguarding Team, then you can email us at:

<u>safeguarding@robertsmyth.</u> <u>tgacademy.org.uk</u>



This term, we have launched 'My Voice' which is a system that will enable our students to report safeguarding concerns to our Safeguarding Team electronically.

How to access:

To access the 'report a concern' form, students can visit the school website and select the main safeguarding page, to complete the form:

https://www.robertsmyth.tgacademy.org.uk/about/safeguarding/ REMEMBER:

This form must only be used to report a safeguarding concern. Any information related to medical issues, teaching and learning matters or general concerns that relate to a member of staff, must still be reported via established processes and **not** via 'My Voice'.

It is necessary to state that any abuse of this system will not be tolerated and in the event of deliberate, inappropriate, or malicious use of this system, we will apply the Behaviour Policy. In serious cases, it may be appropriate for us to contact the Police.

We hope that you will support with this trial and that students use this system responsibly so that we are able to give them the help that they need.

ONLINE SAFETY

Guidance for parents and guardians Talking about online safety with your child: Make

sure that you have honest, open and regular conversations about staying safe online with your child. Some conversations can be difficult and even embarrassing but it is important to address some of the dangers of being online. This is such a broad area but for example, children and young adults may need to understand what personal and private information is or what is not appropriate to share online.





Introducing parental controls: Parental controls are settings that put you in control of what content your child can see. Combined with privacy settings, these can help you protect children from inappropriate content, online grooming, cyberbullying and other online safety issues.

TIPS TO STAY SAFE ONLINE

There are lots of things you can do to keep yourself safe online.

Think before you post

Don't upload or share anything you wouldn't want your parents, carers, teachers or future employers seeing. Once you post something, you lose control of it, especially if someone else screenshots or shares it.

Don't share personal details

Keep things like your address, phone number, full name, school and date of birth private, and check what people can see in your privacy settings. Remember that people can use small clues like a school logo in a photo to find out a lot about you.

• Watch out for phishing and scams

Phishing is when someone tries to trick you into giving them information, like your password. Someone might also try to trick you by saying they can make you famous or that they're from a talent agency. Never click links from emails or messages that ask you to log in or share your details, even if you think they might be genuine. If you're asked to log into a website, go to the app or site directly instead.

Think about who you're talking to

There are lots of ways that people try to trick you into trusting them online. Even if you like and trust someone you've met online, never share personal information with them like your address, full name, or where you go to school. <u>Find out more about grooming.</u>

Keep your device secure

Make sure that you're keeping your information and device secure.

Never give out your password

You should never give out your password or log-in information. Make sure you pick strong, easy to remember passwords.

Cover your webcam

Some viruses will let someone access your webcam without you knowing, so make sure you cover your webcam whenever you're not using it.

The NSPCC has readily available online safety guides and advice for both parents and students

www.nspcc.org.uk/keeping-children-safe/online-safety/

MENTAL HEALTH

At Robert Smyth Academy, we promote positive mental health for every member of our school community; children, staff, parents and carers.

What is mental health?

Mental health includes social, psychological and emotional well-being. Mental health refers to the ability to function and deal with daily life and everything it represents. Whilst the phrase 'mental health' often refers to mental health problems, we take a broader view that applies to all. We know that people have times when their mental health is good and also times when it isn't. Mental health can vary over time, just like physical health.

Ways to support a child or young person



Be there to listen

Regularly ask your child how they're doing, to help them get used to talking about their feelings, and know there's always someone there to listen. You can get tips on <u>Young Minds: How to talk to</u> your child about mental health.



Stay involved in their life

Show interest in their life and what's important to them. It not only helps them value who they are but also makes it easier for you to spot problems and support them.

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Take what they say seriously

Listening to and valuing what they say makes them feel valued. Consider how to help them work through their emotions in constructive ways. <u>Anna Freud Centre's guide on ways to</u> <u>support children and young people</u> has more on this.



Support them through difficulties

Pay attention to how your child is feeling or behaving and try to help them work through difficulties. It may not be easy facing challenging behaviour, but try to help them understand what they're feeling and why. Learn more from <u>the Maudsley</u> <u>Charity on difficult behaviour</u>.

Encourage their interests Support and encourage your child to explore their interests. Being active or

explore their interests. Being active or creative, learning new things and being a part of a team helps connect us and boost our mental wellbeing.



Build positive routines

Try to have structure around regular routines, especially around healthy eating and exercise. A good night's sleep is also important, so have a fixed time for going to bed and getting up. The <u>Sleep Charity</u> <u>has relaxation sleep tips for children</u>. If you have concerns relating to mental health, you can contact our Safeguarding Team.

In addition, you can access our school website to look for guidance and advice:

www.robertsmyth.tgacademy/ about/safeguarding/mentlalhealth/information-forchildren-and-young-people/

TEEN HEALTH DATES

February half term - Real Love Rocks (Healthy Relationships): Year 8 and 9. This will be offered in the community as a one day group over the summer.

teen health 11-19 service

Deadline for referrals - 5th February

<u>February half term - Easter (4 weeks)</u> - Exam stress and emotional wellbeing - focused on Year 10 and 11.

Sessions are 20 – 30 minutes long and young people will only need to attend **one** session. Referrals are not required for these sessions and these can be run in school as fits with the timetable and school needs.

Please contact the Safeguarding Team if you wish for your child to be involved.

<u> Easter Holidays -</u>

Week 1 - KS4 Friends - This will be offered as a one day group and will specifically focus around exam stress and managing this for KS4 (Year 11 will be prioritised)

Week 2 – Real Love Rocks (Healthy Relationships) – Year 8 and 9. This will be offered in the community as a one day group. **Deadline for referrals – 18th March**

To make a referral for yourself or on behalf of someone else, please visit: www.leicestershire.gov.uk/educationand-children/schools-colleges-and-academies/teenhealth-11-19