

Safeguarding Newsletter



Autumn 1 2023 – Issue 1

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child please do not hesitate to contact a Designated Safeguarding Lead straight away.

Below are the names of staff who are part of the safeguarding team at Long Meadow School.

Mr Gray



Miss Kidd



Mrs Evans



Mr Chris Bond (Chair of Governors)

They can be contacted via the school office by email

office@longmeadow.milton-keynes.sch.uk

or by telephone on 01908 508678

For more information you can also find our Child Protection & Safeguarding Policy by clicking [here](#)



Dear Parents and Carers

Welcome to our very first safeguarding newsletter! At LMS safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes in to contact with children and families has a role to play.

Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement and their happiness underpins every decision we make. Often when safeguarding is mentioned, the immediate thought is about child protection - when a child is suffering harm, or is in danger of suffering harm. However, safeguarding is much more complex than this and encompasses a very wide range of areas. At LMS, we ensure that all of our staff are well trained in all aspects of safeguarding and this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age appropriate opportunities to learn how to keep themselves healthy and safe.

With this in mind, we will be sending out a half-termly newsletter informing you of any recent safeguarding updates as well as providing you with key information around a range of safeguarding issues. This issue includes information on the school's Designated Safeguarding Team, Keeping Children Safe in Education 2023 and the importance of online safety.

Emmagidd Designated Safeguarding Lead

What is the role of the Designated Safeguarding Lead at Long Meadow School?

The Designated Safeguarding Leads have a crucial role in taking lead responsibility for child protection issues in school. DSLs must be senior members of the school's leadership team and at LMS we have 3 DSLs forming a team (see column on the left hand side). A DSL is always available during school hours for staff to discuss any safeguarding concerns. DSLs are trained to take on this role and that training is updated every two years, with additional training and conferences in between.

Key aspects of the 'Designated Safeguarding Lead' role include:

- ⇒ Ensuring that **all** staff are aware of the processes for raising safeguarding concerns
- ⇒ Ensuring all staff understand the signs of child abuse and neglect
- ⇒ Referring any concerns to Social Care
- ⇒ Monitoring children who are the subject of Child Protection and CiN (Child in Need) Plans
- ⇒ Maintaining accurate and secure child protection records
- ⇒ Raising awareness of the school's safeguarding policies and procedures and ensuring these are implemented and reviewed regularly

Safeguarding Governor Role

The school governors are responsible for working with the school to ensure that it delivers a good quality education. Together with the headteacher, who is responsible for day-to-day management, they help to set the school's aims and policies.

The Safeguarding Governor's responsibilities include:

- ⇒ Ensuring the school is following safer recruitment procedures when recruiting any new staff members
- ⇒ Reviewing all activity and policy relating to the physical and emotional wellbeing of all children
- ⇒ Seeking improvement to ensure the school follows best practice in creating a productive and safe environment for all

Report any concerns if you suspect a child is being abused or is in danger of being abused to a Designated Safeguarding Lead. You can also contact the Multi Agency Safeguarding Hub (MASH) on 01908 253169 or email: children@milton-keynes.gov.uk

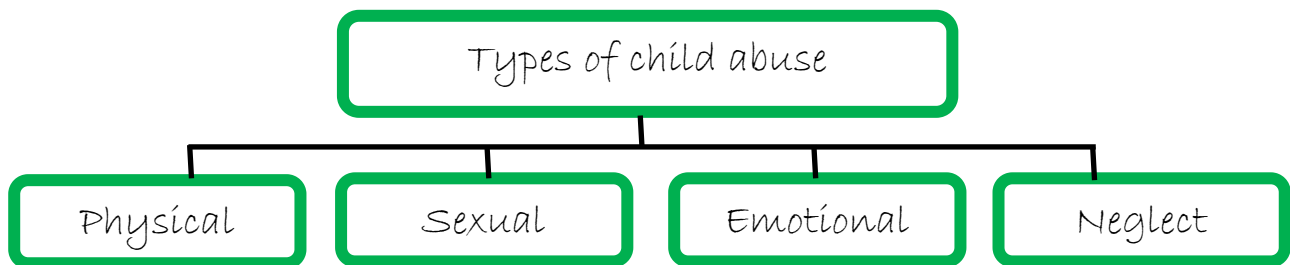
If a child is in immediate danger, call the Police immediately on 999

Keeping Children Safe in Education

This is a statutory Department for Education document that all schools are required to follow when carrying out their duties to safeguard and promote the welfare of children. It covers many aspects of safeguarding, including different forms of abuse, early help processes, safe-recruitment, how concerns must be reported and the role of the Designated Safeguarding Leads. Safeguarding and promoting the welfare of children is defined as:

- ⇒ Protecting children from maltreatment
- ⇒ Preventing impairment of children's mental and physical health or development
- ⇒ Ensuring that children grow up in circumstances consistent with the provision of safe and effective care
- ⇒ Taking action to enable all children to have the best outcomes

Click here for the full document: [Keeping Children Safe in Education 2023](#)



Useful Acronyms & Vocabulary about Safeguarding

DSL	Designated Safeguarding Lead
MASH	Multi Agency Safeguarding Hub
CP	Child Protection
CIN	Child in Need
CEOP	Child Exploitation and Online Protection Centre
KCSIE	Keeping Children Safe in Education
PREVENT	Part of the Government's Counter Terrorism Strategy to stop people being drawn into extremism
CAMHS	Child and Adolescent Mental Health Services
SEND	Special Educational Needs & Disabilities
CPOMS	Child Protection Online Monitoring and Safeguarding system

Please follow the links to view the following safeguarding pages.

[Pupil Wellbeing Policy](#)

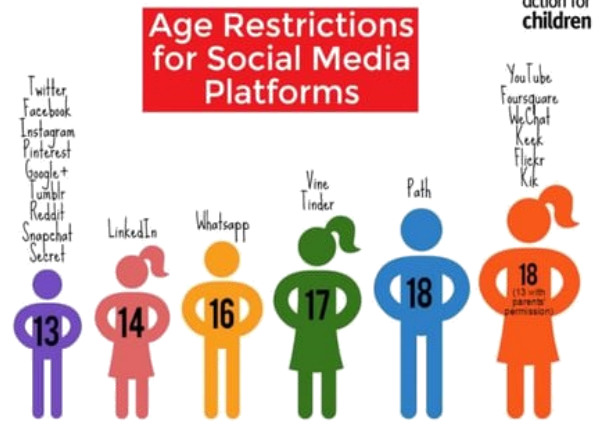
[Children's Safeguarding Information poster](#)

Age Restrictions

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



Cyberbullying / Online Safety

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 offence and an argument (flaming), threatening behaviour etc. In addition, 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 adults and children alike we must protect ourselves from misuse. A useful source of information for parents can be found at <https://www.bullying.co.uk/>

Useful Online Safety Websites

National Online Safety - safety guides on ALL aspects of internet use.

<https://nationalonlinesafety.com/>

Internet Matters - wide range of online safety advice for parents to keep their children safe online.

<https://www.internetmatters.org/>

EAL Resources for Online Safety

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/parents-and-carers/>

Leaflets available in other languages here:

<https://www.childnet.com/resources/supporting-young-people-online/>



<https://www.place2be.org.uk/about-us/contact-us/>

Deliveries/Donations: 14 Burners Lane, Kiln Farm, Milton Keynes, MK11 3HB

office@mkfoodbank.org.uk

01908 322 800



Support Available



Parents Helpline: 0808 802 5544
Website: www.youngminds.org.uk
@YoungMindsUK



ONLINE, ON THE PHONE, ANYTIME
childline.org.uk | 0800 1111



Long Meadow School's Half Term Focus: Domestic Abuse

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended and that both men and women can be abused or abusers

Types of domestic abuse

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as:

Kicking, hitting, punching or cutting, rape (including in a relationship), controlling someone's finances by withholding money or stopping someone earning, controlling behaviour, like telling someone where they can go and what they can wear, not letting someone leave the house, reading emails, text messages or letters, threatening to kill someone or harm them, threatening another family member or pet.

Effects of domestic abuse

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour and this can last into adulthood. What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

Support for parents

If you're an adult experiencing domestic abuse there are organisations that can help:

[MK ACT](#) - MK Act offers help to anyone aged 16 years and up within Milton Keynes. They can be contacted on their helpline number: 0344 375 4307.

[National Domestic Helpline](#) - A 24 hour free helpline run in partnership between Women's Aid and Refuge.

[Men's Advice Line](#) - Advice and support for men experiencing domestic violence and abuse. Emotional and practical support for LGBT+ people experiencing domestic abuse.

[National LGBT+ Domestic Abuse Helpline](#) - Emotional and practical support for LGBT+ people experiencing domestic abuse.

How Childline can help

We understand how difficult it is for children to talk about domestic abuse. Whether it's happening now or happened in the past, Childline can be contacted 24/7. Calls to 0800 111 are free and confidential. Children can also contact Childline online. Childline has information and advice for children and young people about domestic abuse, including why it happens and what they can do.