Safeguarding Newsletter

Autumn 2 2023 – Issue 2

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

Miss Mossman

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 second safeguarding newsletter of the year.

This issue includes information on child-on-child abuse, age restrictions for social media platforms, Operation Encompass and children's mental health.

Please remember that if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to any member of staff or a member of our school's safeguarding team, details of which are on the left hand side of this page.

Designated Safeguarding Lead

Emma Kidd

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 4 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

Half term Focus

Child-on-child Abuse
What is this type of abuse?
Child-on-child abuse occurs when a child or young person is exploited, bullied and/or harmed by others of the same or similar age. The impact of this behaviour on children can be very distressing and have an impact on academic achievement and emotional health and wellbeing.

Child-on-child abuse is most likely to include, but is not limited to:

⇒ Bullying (including cyber-bullying, prejudice-based and discriminatory bullying)

⇒ Physical abuse such as hitting, kicking, shaking, biting, hair-pulling or otherwise causing physical harm (this may include an online element which facilitates threatens and/or encourages physical abuse)

⇒ Emotional abuse—on or offline

⇒ Abuse in intimate relationships between peers

⇒ Sexual violence and sexual harassment—this can occur between two children of any age and sex or a group of children sexually assaulting or sexually harassing a single child or group of children.

⇒ Causing someone to engage in sexual activity without consent

⇒ Upskirting, which typically involves taking a picture underneath someone's clothing without their permission to obtain sexual gratification or cause the victim humiliation, distress or alarm

⇒ Consensual and non-consensual sharing of nude and semi-nude images and/or videos (also known as sexting or youth produced sexual imagery)

⇒ Initiation/hazing type violence and rituals which could include activities involving harassment, abuse or humiliation used as a way if initiating a person in to a group and may also include an online element.

Prevention
At LMS, children are taught through our PSHE curriculum about how to speak out if they know something is not right. We have robust systems in place for pupils to confidently report abuse with children regularly reminded that staff are here for them to talk to and 'Worry Boxes' are available for children to express their concerns if they prefer not to speak to an adult.

All staff know what to do if they come across, or are worried about, child-on-child abuse. They are aware of their duty to report this to the DSL or one of the safeguarding team to ensure that children are safe.

Training is provided for all governors, staff and volunteers on the nature, prevalence and effect of child-on-child abuse, and how to prevent, identify and respond to it. This includes but is not limited to:

⇒ The importance of taking seriously all forms of child-on-child abuse (no matter how low level they may appear) and ensuring that no form of child-on-child abuse is ever dismissed as banter, horseplay or teasing.

⇒ Regular updates and reminders about the school's approach to such issues, including its zero-tolerance policy towards all forms of child-on-child abuse.

⇒ Ensuring that all child-on-child abuse issues are fed back to the school's safeguarding lead so that they can spot and address any concerning trends and identify pupils who maybe in need of additional support.

⇒ Challenging the attitudes that underlie such abuse (both inside and outside the classroom).

⇒ Working together to address equality issues, to promote positive values, and to encourage a culture of tolerance and respect amongst all members of the school community.

⇒ Creating conditions in which our pupils can aspire to and realise safe and healthy relationships.

⇒ Creating a culture in which our pupils feel able to share their concerns openly, in a non-judgemental environment, and have them listened to.

⇒ Responding to cases of child-on-child abuse promptly and appropriately.

If you, as a parent, have any concerns or are worried about a child, please speak to a member of the safeguarding team. Details are on the first page of this newsletter.

CHRISTMAS PERFORMANCES & PHOTOS/VIDEOS OF THESE

Why we ask that photos and videos of our performances are not posted online…*(taken from a website post)*

"It is likely that a child in the school is at risk of abuse or has been removed from a dangerous and chaotic life and been placed into foster care with adoptive parents.

If you then publicly post a picture or video with the child in the background … a friend shares it, the abuser sees it and then they know the child's school.

Potentially, this child then has to pack up their belongings, move to a new home, new school, new carers, new life; all to protect them from dangerous people in their lives coming after them. All because someone felt the need to share something online."

We don't ask you not to share images to be miserable, we are trying to protect vulnerable children.

OPERATION ENCOMPASS
In every force. In every school. For every child.

Our school participates in a national scheme called 'Operation Encompass', which is a joint partnership between Thames Valley Police and schools. One of the principles of Operation Encompass is that **all** incidents of domestic abuse are shared with schools, not just those where an offence can be identified.

This system has been established to help schools provide in-house support to children who have been present at, exposed to or involved in any domestic abuse incident. We know that children can be significantly harmed physically and/or emotionally during these situations and that it negatively affects their learning and behaviour. Therefore, as part of the Operation Encompass procedure, and to help mitigate the resulting negative impact, the school receives an email the morning after a child has been witness to or involved in any reported domestic abuse incident.

We are then able to use this information to provide the right support to any child and their family as and when it is needed.

Place2Be
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

The FOOD BANK

Support Available

shout 85258

YOUNGMINDS
The voice for young people's mental health and wellbeing
Parents Helpline: 0808 802 5544
Website: www.youngminds.org.uk
@YoungMindsUK

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

NSPCC HELPLINE
0808 800 5000
help@nspcc.org.uk

TALK TO US
If things are getting to you
Talk to us any time you like, in your own way – about whatever's getting to you.
116 123 FREE
This number is FREE to call
jo@samaritans.org
samaritans.org
SAMARITANS

Children's Mental Health

Mental health problems in children are quite common. About one in ten children aged between five and sixteen are diagnosed with a problem every year and about 75% of mental illnesses are thought to start before the age of 25. Sadly, it's often the case that a child will go untreated with significant consequences to that young person's life, to their family and community. At LMS, we believe that with more information and the right resources, we can work together to improve outcomes, giving all children a happier and healthier life.

For further information see the websites below.
Young Minds call the Parent Helpline: 0808 802 5544
Learning About Children's Mental Health through Film - Nip in the Bud
Believe in Children / Children's Charity / Barnado's
YoungMinds - children and young people's mental health charity

YOUNG MINDS

Nip in the Bud

Barnardos

Tips for keeping your children safe online

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...

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.
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 they don't agree with someone else's views doesn't mean you need to be rude.
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.

Age Restrictions for Social Media Platforms

As a parent it is important you know that all social networking platforms (or social networking apps, if on a smartphone) have minimum age limits. Some social networks use technologies that may not be right for some ages or engage with communities that are made up of people much older than your child. Here are the age limits for the most commonly used apps.

Age Restrictions for Social Media Platforms
What is the minimum age for account holders on these social media sites and apps?

Under 13
- Roblox
- PopJam
- FaceTime

13+
- Twitter
- Facebook and Messenger
- Viber
- WeChat
- Monkey
- Yubo
- Dubsmash
- Instagram
- TikTok
- Skype
- Google Hangouts
- Reddit
- Snapchat
- Pinterest

16+
- WhatsApp
- Telegram Messenger
- Tumblr

17+
- Line
- Sarahah
- Tellonym

18+ or 13 with parent's permission
- YouTube
- WeChat
- Kik
- Flickr
- Play Store
- Spotify (12 with parental permission)

Sourced from NSPCC website October 2019

Types of child abuse

- Physical
- Sexual
- Emotional
- Neglect

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

MK Together | Safeguarding Partnership
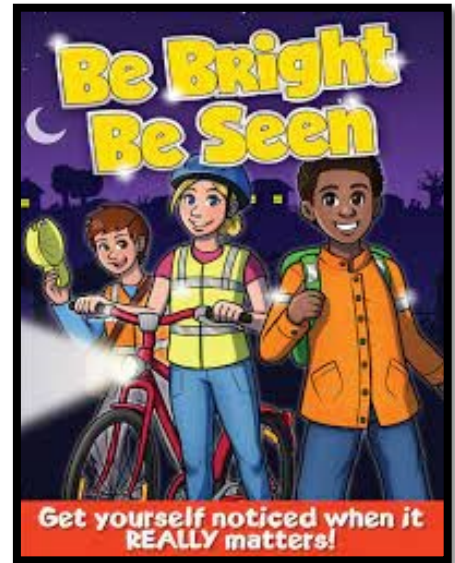
Be Bright, Be Seen!

Safeguarding isn't just about abuse—it's about safety too. We are always mindful for the safety of our children near roads and conscious of how vulnerable they can be.

At this time of year, with reduced visibility for drivers, your child is even more vulnerable near roads. With new bikes and scooters arriving at Christmas for some, the temptation to go out in the evening will be even stronger so we have included some safety tips below so that you can discuss with your child/ren how important it is to be visible when near roads.

These tips emphasise how wearing brightly coloured clothing shows up well in daylight but, as it gets dark, reflective clothing and accessories are far more effective in signalling pedestrians or cyclists to drivers.

For more information and activities to do with your child(ren) please visit:

https://www.think.gov.uk/resource/be-bright-be-seen-game/

5 top tips on how to BE BRIGHT & BE SEEN

1. Brightly coloured or fluorescent clothing shows up well in daylight and at dusk when you're heading to and from school.

2. If you're out and about when it's dark, wear reflective gear to make sure you can be seen in car headlights. Reflective vests, sashes or wristbands work well. Remember, fluorescent clothing doesn't work after dark!

3. Don't forget to accessorise! Even small items such as clip-on reflectors, armbands and stickers on your outfit or school bag are a great way to improve your visibility.

4. If you like to cycle, remember that it's the law to have clean and working lights at night (white at the front, red at the back), as well as a rear reflector. It's good to fit spoke reflectors too.

5. Of course, 'Being Bright' isn't the only way to stay safer. If you're out at night, choose routes and crossing places that are well lit and remember to always use the Green Cross Code.

For more road safety tips, games and videos, visit the Tales of the Road website at www.direct.gov.uk/talesoftheroad

Be Bright, Be Seen

THINK!