

PSHE and Safeguarding

NEWSLETTER



Summer Term

Welcome to the PSHE and safeguarding WPT newsletter.

<https://aware.wickersleypt.org/>

Through this newsletter we will share an overview of the topics we cover in PSHE and the links all of these topics have to ensure we are safeguarding your children, developing their knowledge, confidence and understanding of the world they live in. The PSHE, safeguarding and personal development teams across the trust work closely together to ensure we are providing a curriculum that helps children and young people to stay healthy and safe, while preparing them to make the most of life now and in the future.

PSHE and personal development education isn't just another school subject. It's a chance to give every child and young person an equal opportunity to develop the skills and knowledge they need to thrive now and in the future. This includes helping them to deal with critical issues they face every day such as friendships, emotional wellbeing and change.

We hope you all have a wonderful Summer break and will be back with you in 24/25.

Team around the child

- Within school your child can access support from their form tutor, non teaching head of year and head of year.
- Every school has a safeguarding team, a Special Educational Needs Co-ordinator (SENCO) and staff members who are trained to support with mental health, emotional well-being and anti-bullying.
- Please see your school website for all contact details.

Welcoming the Summer Months

Whilst we finally see the arrival of better weather it is important to share some key safety messages with our parents and young people. However tempting it may be during periods of hot weather, members of the public are reminded not to go swimming in open water in reservoirs, rivers or canals, even if the water looks calm.

There could be strong hidden currents or rubbish and debris under the water line as well as very cold temperatures which can hinder swimming abilities. Lakes, pools, rivers and quarries have many hidden dangers, and you can very quickly and easily get into trouble. Sadly, we have seen too many lives lost in these circumstances. We must all appreciate these risks and look out for each other.

The effect on the body of entering water 15°C and below is often underestimated. It can seriously affect your breathing and movement. The sudden cooling causes an involuntary gasp for breath and increases breathing uncontrollably which leads to panic and inhaling water.

If you do find yourself entering the water unexpectedly:

- **Take a minute.** The initial effects of cold water pass in less than a minute so don't try to swim straight away.
- **Relax and float** on your back to catch your breath. Try to get hold of something that will help you float.
- **Keep calm** then call for help or swim for safety if you're able.



Sun Safety

<https://www.soltansunready.com/for-schools>

Whilst we recognise that some sun is good for us, over-exposure to Ultraviolet Radiation (UVR) is an important safeguarding issue for schools. During the warmer months of the year, children are exposed to UVR from the sun, often when penetration is strongest (between 11am and 3pm). Without adequate protection, a child's delicate skin can easily burn, causing cumulative and irreparable damage. This can significantly increase their risk of developing skin cancer in later life. Skin cancer is the most common cancer in the UK with rates of the disease rising faster than any other cancer. Around 90% of skin cancers are caused by over-exposure to UVR, so it is almost entirely preventable. Sun exposure in the first 15 years of life contributes significantly to a person's lifetime risk of developing skin cancer, highlighting the importance of schools and parents working together to increase knowledge and influence behaviours, ensuring children are protected against UVR and learn how to enjoy the sun safely.



Please ensure your child is coming to school equipped to protect themselves for the warmer weather and is able to be independent in caring for their own needs on warmer days.

Keeping Young People Safe as their Independence Develops

Ensuring the safety of your children and other family members can be a real headache for a lot of parents and carers. However, with today's tracking and mobile technology, the process has become a lot easier and faster than it used to be.

By using a mobile location tracking app, you can know the whereabouts of your loved ones and get alerts when they reach or leave home. The different kinds of tracking apps available in the market offer different features depending on your needs. You can read about them here and choose the best app for you and your family.

<https://findmykids.org/blog/en/best-location-tracking-apps>

Supporting your child with Transition

As we approach the end of a school year we wanted to offer guidance about how you can support young people with changes that will be approaching.

Some changes can be exciting. But others can be stressful, worrying and upsetting.

Change can be more difficult when a young person:

- does not want it to happen
- does not feel ready for it
- feels worried about what is happening next, because it is new or unknown
- needs time to let go of something that has ended
- feels like what is happening to them is out of their control

Take a look at the links for more tips on transition:

<https://www.youngminds.org.uk/parent/parents-a-z-mental-health-guide/transitions-and-times-of-change/>

<https://www.savethechildren.org/us/charity-stories/how-to-help-children-transition-school-closures-coronavirus>

<https://www.youngminds.org.uk/parent/blog/helping-your-child-manage-the-move-from-primary-to-secondary-school/>

Change is a normal part of life, but it can feel difficult for children and young people to cope with. We have provided you with useful websites giving information and practical tips to help you support your child during a time of transition or change.

As a parent there is much you can do to help your child manage the transition and minimise anxiety, whatever their situation.

Chat about how they are feeling and how it will be different from primary – for instance bigger site, new people, changing teachers and rooms for subjects, more homework. Reassure them that nerves about starting something new are normal, as is some sadness at leaving familiar things, and that these feelings usually subside.

But be careful not to impose your own worries. Focus on exciting opportunities too – new subjects, activities and friends. Celebrating the milestone of finishing primary school, and all the ways they have grown, can boost self-esteem and confidence.

What we know about our current School Dinners

- They can sometimes feel limiting, especially for students who have allergies, are vegetarian/vegan/halal-based. **We are working hard to develop this.**
- The food choices are not always varied enough - especially the quick snack food, and don't give you the option to be experimental and try new ingredients and flavours.
- The choices young people often make at lunch time do not provide a variety of nutrition or vitamins you need. Essential for everyone - especially young people who are growing, learning and working hard every day!
- It is everyone's responsibility to ensure that all young people in this country are being provided with the best possible food options. **We are always trying to improve this and constantly listen to student and parent voice.**
- We understand that sometimes trying new foods and changing your familiar options is hard, but the benefits are clear to see. As young people, it is about making independent and healthy choices for yourselves.



How you can help at home

- 1. Plan meals together:** sit down with your adults at home and plan out meals for the week ahead. This will help make a shopping list so they buy what is needed.
- 2. Help with the shopping:** offer to go and help to find the best deals on ingredients. You can also help them to avoid impulse purchases and stick to the shopping list.
- 3. Learn to cook:** by learning how to cook, you can help to prepare meals and take some extra responsibility in your family. You can also experiment with different recipes using affordable ingredients.
- 4. Use up leftovers:** make a plan to use up any leftovers from meals, either by incorporating them into new recipes; by having a leftovers night; or, if possible, freezing them.
- 5. Grow your own produce:** if you have a garden, or access to outdoor space, consider growing your own herbs or vegetables. This can be a fun and rewarding way to get fresh produce at a lower cost. It could be as simple as fresh herbs on windowsill boxes.

Examples of Budget-Friendly Meals

- Pasta with tomato sauce and vegetables
- Stir-fried rice or noodles with vegetables and egg
- Baked potato with beans and cheese
- Omelette with vegetables and cheese
- Veggie or meat wraps with lettuce, tomatoes and cheese
 - Cottage pie
 - Lasagne

Support and Guidance on Healthy and Safe Relationships

Nationally, schools have recently been sent information relating to the issue happening to young people, known as “**sextortion**”. This is a type of online blackmail involving an adult offender threatening to release nude or semi-nude images and/or videos of a child unless they pay money or a pre-paid gift card.

Please do not hesitate to contact your child’s school if you have any concerns or would like to discuss this further. Topics covering sextortion, online relationships and how to stay safe and protected online are covered in all year groups PSHE lessons.

Talking to your Child

It's important to have frequent, open and non-judgemental conversations with your child about relationships, sex and being online to build trust, and support them if something goes wrong. Financially-motivated sexual extortion should be included in those conversations. Here are some tips about how to approach this:

- Chat regularly about their life online: have ongoing conversations with them about their life and time online. Continue to take an interest as they grow, explore new apps and sites together and talk in a balanced way, considering the benefits and potential harms.
- Talk about where to find information about relationships and sex: organisations like [CEOP Education](#), [Childline](#) and [Brook](#) have age-appropriate advice on topics such as sexual communication and image sharing. This will help your child to understand what unhealthy relationships look like, such as applying pressure and blackmail; and give them trusted sources of information to explore these topics.
- Review privacy settings: talk to your child about the importance of using privacy settings on their accounts to restrict who can contact them. Read CEOP Education's advice on [how to talk to your child about their privacy settings](#).
- Make sure they know where to go for support: let them know that they can come to you with any concerns and won't be judged. It's also important to make them aware of other trusted adults or sources of support, if they feel they can't talk to you, such as Childline.
- Make sure they know where to report: remind your child how you can help them to report an incident to the police or using [CEOP Safety Centre](#). Let them know that if a nude or semi-nude of them been shared without their consent, they can take these three steps to try and get them removed:
 1. Use [Report Remove](#), a tool from Childline and the Internet Watch Foundation. Your child can use this to remove images that have been shared or might be shared.
 2. Use [Take It Down](#), a tool from the National Center for Missing and Exploited Children. Your child can use this to remove or stop the sharing of images or videos.
 3. Report directly to the platform or app that the incident has occurred on. For advice on how to report to major social media platforms, visit [Internet Matters](#).



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For more information, visit our website:
www.wickersleypt.org