

NEWSLETTER

Summer Term - 2024-25



Welcome to the final 24/25 WPT PSHE newsletter

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 25/26.

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 in 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.

**Stay safe.
Stay out of
the water.**

Cold water shock
can seriously affect
your breathing and
movement.



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.



Keep kids sun safe this summer

FOLLOW THE 5 STEPS TO GET SUN READY



1
UVA
Soltan
ULTRA

Use 5 star rated
sun cream



2

Drink plenty
of water



3

Cover up with a **hat**
and long sleeves



4

Wear **sunglasses** to
protect your eyes



5

Stay in the **shade**
between 11-3

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>



<https://smartphonefreechildhood.co.uk/join>

Founded in February 2024, after one WhatsApp group went viral, we're now a community of over 200,000 parents working together to change the culture around kids and smartphones.

We've made it our mission to provide solidarity, support and solutions to parents who are struggling with what's become one of the defining parenting challenges of our time. We are using the voice of our community to push for more support from the government in the battle to reclaim childhood from Big Tech's addictive algorithms and devices. We're determined to use the growing groundswell of support for this movement to create lasting change for children

What's the problem with kids and smartphones?

When children first started getting smartphones a decade ago, there was no research about their impact. Now there is, and it's overwhelming. Exposing children to things their brains aren't yet developed enough to deal with can cause a whole host of problems, from triggering anxiety and eating disorders, to opening the door to cyberbullying or sexual predators, according to the latest research.

When we give our children access to the whole world in their pocket, we give the whole world access to our children.

Harmful content

Smartphones act as a gateway to pornography, violent and extreme content. Often kids don't seek them out but are exposed to them via algorithms and messaging apps. Once seen, these things can never be unseen. 90% of girls and 50% of boys say they're sent explicit content they didn't want to see.

Addiction

Tech companies intentionally make apps addictive, because the more time we spend, the more data they harvest, the more money they make. By leveraging dopamine circuits, they trigger brain responses akin to slot machine gambling. 1 in 4 young adults show signs of behavioural addiction to smartphones.

Academic distraction

The average teen receives 237 smartphone notifications a day – one every few minutes – making focusing on schoolwork hard. Studies show that excessive smartphone use has negative impacts on academic performance. Children at schools with effective smartphone bans get GCSE's 1-2 grades higher.

Grooming

Sites like TikTok, Snapchat and Roblox are used by sexual predators to target children with their first smartphones, blackmailing them into sharing sexual content. Sextortion is now the fastest growing crime against teens. Since 2022, there has been a 66% rise in 'self generated' sexual abuse imagery of children under 10.

Cyberbullying

Disagreements between pupils used to stop at the school gate, now they follow kids wherever they go, 24/7. Young people who experience cyberbullying are twice as likely to attempt suicide and self-harm. One in six teens report being cyberbullied in the past month, according to the World Health Organisation.

Mental illness

Rates of depression, anxiety and suicide in young people have spiked globally since 2010, when children first began getting smartphones. The first generation to grow up with smartphones are now adults – data shows that the younger they got their first smartphone, the worse their mental health today.

Opportunity cost

Underpinning all these harms is one that is potentially the most significant of all. For the first time in human history, children are spending more time on devices than they are playing – an activity crucial to our healthy development. Smartphones are experience blockers, distracting children from engaging in the real world. 12-15year-olds in the UK now spend an average of 35 hours a week – equivalent to a full time job – on their smartphone. This leaves little time for the real world activities and relationships that enable us to learn the essential life skills we need to transition into adulthood. The average daily time that teens spend with friends has plummeted by 65% since 2010.

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

<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.

Support and Guidance on Healthy and Safe Relationships

As a trust we are very aware of the increase in conversations and concerns regarding the release of Adolescence on Netflix. The drama has led to many thought provoking discussions and has placed a spotlight on how are young people negotiate online behaviours and relationships.

Our PSHE curriculum gives young people the dedicated time to discuss and learn about healthy relationships, online influences, mental health, self esteem and online safety. We are constantly working to ensure our curriculum responds to local and national issues and we work closely with national PSHE advisors to ensure our teachers and resources are up to date and we are fully equipped to handle sensitive conversations and are able to guide/advise young people.

Below are a variety of resources aimed to help parents and carers understand the sexual behaviour of teenagers.

<https://www.lucyfaithfull.org.uk/advice/concerned-about-a-child-or-young-persons-sexual-behaviour/helping-parents-and-carers-understand-the-sexual-behaviour-of-teenagers/>

This guide aims to help you understand the difference between expected teenage sexual exploration and behaviour that can harm others or themselves. It will also point you towards helpful responses. You can also download this as a PDF document.

Key things to think about:

- Teenagers develop at different rates and typically continue to grow in maturity into young adulthood. Young people are still learning how their words and actions affect others.
- Girls in particular often experience sexual harassment or bullying, including at school, when socialising, or online from strangers or peers.
- Young people who identify as LGBTQIA+ might also be at higher risk of online and offline sexual harassment.
- Young people with disabilities are more likely to experience higher levels of sexual harassment and abuse, both online and offline.
- Young people might behave sexually in different ways, including online and offline. Often this is in line with their healthy sexual development, whilst others might cause concern. Every situation and family is different and the context, along with your family values, might lead you to feel more or less concerned and unsure how to best respond.

It is a parent's role to support their children's development, including sexual development, and to keep them safe from harm. Part of this is to notice and challenge any abusive behaviour and the unhelpful attitudes that lead to this, for example victim blaming.

Please do not hesitate to contact your child's PSHE teacher or safeguarding team if you would like to discuss anything further



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PARTNERSHIP
TRUST.

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