Working Together to keep our children safe

Welcome to our new safeguarding newsletter which is aimed at sharing valuable information and support, that school has access to, with you as parents. Some of the information may be aimed at keeping older children safe; however, as many of you are parents to older siblings too we felt this would also be of use. The newsletter will normally only be available electronically as it does not replace our monthly school newsletter and parents will receive a text notification with a link to read it on our school website. We'll deal with key themes such as online safety, anti-bullying, mental health and welfare to name a few.

We hope you find the information useful and would welcome any feedback you have. We don't advocate any of the views on websites that we might link to; we've just found them informative, interesting, useful or insightful in researching the topics we wish to cover. Our safeguarding team receive regular updates and alerts from the Derby and Derbyshire Safeguarding Children's Board http://derbyshirescbs.proceduresonline.com

Chellaston Infant's Safeguarding Team

Designated Safeguarding Lead – Mrs Galley, Headteacher

Deputy Designated Safeguarding Lead – Mrs Hateley, Learning Mentor

Deputy Designated Safeguarding Lead – Mrs Leyland, Deputy Headteacher

Deputy Designated Safeguarding Lead – Mrs Webster, Assistant Headteacher & SENCo

Safeguarding Governor – Mr Ames, Chair of the Governing Board

Deputy Safeguarding Governor – Mrs Baker Vice Chair of Governing Board

Do you feel like you need a little help?
There's an opportunity to attend the course below for just a £1 donation. Contact the Children's Centre for more information.

Derby City Council

Behaviour Management Course

We have a new 5 week course starting to help provide guidance, strategies, advice and support for parents and carers of children from 2 to 8 years, in managing their child's behaviour.

at

Boulton Children's Centre
Thursdays
11 January – 8 February 2018
1.30 - 3pm

Please book your place at reception

Please note: To support Children's Centres resources, there is a £1 donation per family for each activity.

Boulton Children's Centre
47b Holbrook Road, Alvaston
DE24 0DD
01332 574902
boulton.childrenscentre@derby.gov.uk

What is Safeguarding and what issues do the safeguarding team deal with?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding means: protecting children from abuse and maltreatment, preventing harm to children's health or development, ensuring children grow up with the provision of safe and effective care and taking action to enable all children and young people to have the best outcomes.

Under the Ofsted framework, effective safeguarding is a key indicator of a 'good' school and all of our staff, Governors and volunteers (no matter how little time they spend in school) receive safeguarding information to ensure everyone is confident in dealing with important issues. Staff are trained in safeguarding and receive regular updates from our safeguarding leads. *Safeguarding is 'Everybody's Business, Every Day'*

SCREEN TIME

This has suddenly become a 'thing' and it came out of nowhere… nobody prepared us for their (and our) obsession with smartphones, tablets, laptops, games consoles and other digital devices!

Did you know as an adult in the UK we check our phones on average 6 to 7 times an hour and spend over 2 hours on our phones, one way or another, every day? How many of us have made reducing this a resolution for the New Year!?

Helpful Pointers

1. Agree a clear set of rules with your child on screen time in the home. Talk to your child on when you think it is appropriate and inappropriate to use screens. Agree times when screens are allowed and not allowed in the home. For example dinner time, homework time and bedtime should be screen-free times maybe.

2. Do as you say. Modelling behaviour is THE most powerful way you can influence your child's behaviour.

3. Restrict the use of computers/devices in the bedroom. Depending on the age of your child you may want to set a curfew or ban devices from the bedroom completely.

4. Buy an alarm clock for your child's bedroom and charge their phones in your room at night time. This can be a helpful way of giving them a break from the internet.

5. Try not to rely on screens too much to keep the kids amused. It can be easy to encourage kids to pick up the tablet or play a game on the computer to keep them occupied. This only confuses rules on screen time, try and stick to the agreed rules with your child and remember to set a good example.

6. Chat to your child about what they do online and encourage them to use their screen time for learning and education.

7. Pick one evening a week where you do a family activity together, whether it's movie night, games night. Doing activities together as a family will help implement screen time guidelines and offer fun alternatives.

8. Don't have screens always on in the background. Turn off TVs and Computers when not in use, these can be distracting for kids if they are trying to participate in another activity.

9. Finally, join in, why not set some time aside to play your child's favourite computer game and discover the online world together.

This information came from https://www.webwise.ie/parents/screen-time-advice-for-parents/ where you can find more support on this and other online topics.

An alternative view on 'screen time' can be read here: http://theconversation.com/screen-time-is-about-more-than-setting-limits-79538 with extracts below:-

So what should parents do? How, then, can parents get a handle on their children's media use? As always, it's complicated – and no expert advice should trump the real, everyday experiences that parents have with their own children. That said, there are some general guidelines that can help.

First, it's not all about time it's about the content, context and connections provided by different kinds of engagement with media.

Second, parents should ask real questions concerning the well-being of their children, independent of their media use. Are your children healthy, socially engaged, doing well in school and generally happy? If so, there's probably no need to enforce hard restrictions on technology. If not, it's best not to rush to conclusions about the inherent evils of technology. Have a conversation with kids about what they're doing and what they think the rules should be. Unilaterally cutting kids off without understanding their problems can often make things worse.

Finally, parents should remember that there's no substitute for a meaningful, supportive relationship between parents and children. With a stable, trusting relationship, even negative experiences online can become positive learning experiences. If you already care enough to be worried about digital media, you're probably already "doing enough" to protect your kids.