



Issue 4—Wednesday 23rd October 2024

## Safeguarding and Child Protection at All Saints School

### Welcome to our Safeguarding Newsletter

Welcome to the first safeguarding newsletter of a brand-new academic year! In particular, welcome to our new families. As we start the year I would like to remind you that at All Saints School, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes in to contact with the children and families has a role to play.

#### Meet the Designated Safeguarding Team

- ◆ Ms Dangerfield: Headteacher and Designated Safeguarding Lead (DSL)
- ◆ Miss King: Alternative DSL and Domestic Abuse Champion
- ◆ Ms Paffett: Alternative DSL and Senior Mental Health Lead
- ◆ Mrs Berryman: Alternative DSL and Neglect Champion
- ◆ Mrs Montgomery: Wellbeing Mentor
- ◆ Ms Austin: Alternative DSL

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up-to-date.

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

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

For further information and to see our school's Child Protection Policy, please click here:  
<https://www.allsaintslessingham.co.uk/safeguarding/>

#### 'Keeping Children Safe in Education 2024'



KCSIE 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, safer-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

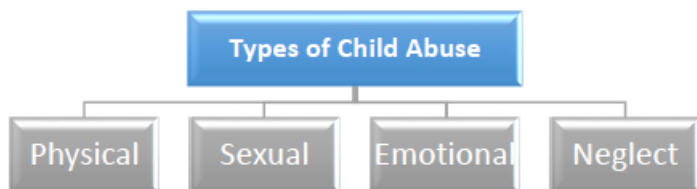
Click here for the full document: <https://bit.ly/4f3GnBi>

#### Safeguarding Advisory Role

The Safeguarding Advisory'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 well-being of all children
- ◆ Seeking improvement to ensure the school follows best practice in creating a productive and safe environment for all

**Our Safeguarding Advisor is Mrs Heather Duxbury who can be contacted via the office.**



## Types of Abuse

Report any concerns if you suspect a child is being abused or is in danger of being abused. Please contact a Designated Safeguarding Lead, or any member of staff.

You can also contact the Multi-Agency Safeguarding Hub (MASH) on:

0344 800 8020

MASH@norfolk.gov.uk

Or make an online referral via the website:

<https://www.norfolk.gov.uk/article/39170/Multi-agency-safeguarding-hub-MASH>

## To report online concerns

- ◆ Talk to an adult you can trust, such as a relative or a teacher.
- ◆ Contact Childline (0800 1111) to talk to someone in confidence.
- ◆ Report directly to the Child Exploitation and Online Protection Centre (CEOP).
- ◆ Fill out a self-reporting form on the relevant website.
- ◆ Report what is happening online using the facility on the 'Reporting online' page.
- ◆ Tell someone if you are being bullied or harassed, or know someone who is, and if it is because of disability, gender identity, race, religion or sexual orientation.
- ◆ Report bullying to an organisation called Report Harmful Content online and they can help to get things taken down: [Report Harmful Content - We Help You Remove Content](#)



Education from  
the National  
Crime Agency

## Welcome to CEOP Education

The National Crime Agency's CEOP Education team aim to help protect children and young people from online child sexual abuse.

They do this through their education programme, providing training, resources and information to professionals working with children, young people and their families.

*In the past 7 weeks we have supported 5 families with online concerns at home and the schools filter system has identified 7 searched which are of concern.*

## CEOP

**Under 18 and worried about online sexual abuse?**

**To report, click to visit the CEOP Safety Centre:**

**<https://www.ceop.police.uk/Safety-Centre/>**

## Parental Controls



The online world gives us access to a huge amount of information and services, but the scale of information available also means that there is content that is inappropriate for children.

What is or isn't appropriate is up to individual parents and carers to decide, and could be based on things like age, ability, beliefs and family values.

Parental controls allow you to block and filter upsetting or inappropriate content. They work across your WiFi, phone network, individual apps and devices.

### Parental controls can help you to:

- ◆ plan what time of day your child can go online and how long for
- ◆ create content filters to block apps that may have [inappropriate content](#)
- ◆ manage the content different family members can see

### Setting up parental controls on:

Home broadband and WiFi	+
Games consoles	+
Mobiles, tablets and computers	+
Apps and online services	+
Search engines	+
WiFi and being away from home	+

Please visit this page and click the + sign for each one to see further information:

<https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>

Whilst parental controls are a helpful tool there are limitations. So they shouldn't be seen as a whole solution. Even if you've put things in place on your home broadband and your child's device, they won't help if your child connects to a different WiFi with no controls in place.

Parental controls are just part of the way you can help keep your child safe online.

### More top tips include:

- Talking to your child. Explain why you are setting parental controls; to keep them safe. But also let them know that they can talk to you to discuss why certain settings are in place.
- Set good, strong passwords where you are able. On some parental controls you can set a password which prevents settings and features from being changed.
- Age is a significant factor; as children get older, restrictions and controls you use will change, but only at a pace that is appropriate for your child, not pressure from your child "because everyone else is allowed".



## Sextortion

'Sextortion' is the short name for 'financially motivated sexual extortion'. It is a type of online blackmail where criminals threaten to share sexual pictures, videos, or information about you. Anyone can be a victim of sextortion. However, young people aged between 15 to 17, and adults aged under 30 are often most at risk. Sextortion can be committed by individuals, but organised crime gangs are usually behind it. Sextortion attempts can happen very quickly, or they can happen over a long time.

Please see our website for further information:

<https://www.allsaintslessingham.co.uk/wp-content/uploads/2024/06/Sextortion.pdf>



## Top Tips for...

# MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

### GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

### TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

### GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

### LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you *do* want to go online.

### AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

### HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

### BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the internet – like social media platforms – can also boost your wellbeing.

### 'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

### SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

### TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

### SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

### WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

### Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College®



National Online Safety®

#WakeUpWednesday





# Safeguarding Team

At All Saints School

Need help?

Don't put up with Bullying - tell someone

We all have the right to feel safe all of the time

Need someone to talk to?



Where to go for help online...

Or go to our school website & click on this button

**ALERT US**

Speak to us - we're here to listen to you



Ms Dangerfield

Ms Paffett

Miss King

Mrs Berryman

Mrs Montgomery

Ms Austin