



## Welcome to our Safeguarding Newsletter

### 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
- Ms Austin: Alternative DSL
- Mrs Montgomery: Wellbeing Mentor
- Mrs Duxbury: Safeguarding Advisor

If you are worried about a child's safety, please contact the DSL Lead or Deputies straightaway. For further information and to see our school's Child Protection Policy, please click here: <https://www.allsaintslessingham.co.uk/safeguarding/>

### School Email Accounts and Logins

We are proactively encouraging students to use their school Gmail accounts or Gmail address to access school-based learning opportunities at home.

However, it is vital that they do not use their school Gmail address or school account for any other online activity. If this was to happen it would be a breach of our school / home agreement and could create a potential online safety attack which may compromise themselves and the school systems.

An example of this may be students using their school email address to log into social media, games, websites or online shopping. Please remind students to sign out of their Gmail accounts after each time it is used.



**In essence, please use ensure that your child's school email address is used for school work and their personal emails are used for personal use.**



### Children's Mental Health Week

Launched in 2015 Children's Mental Health Week exists to empower, equip and give a voice to every child in the UK. This year, Place2Be have joined forces with Here4You to explore the importance of self-awareness and expressing emotions.

Here4You is supported by the Walt Disney Company and, through the characters of Pixar's 'Inside Out' and 'Inside Out 2', they are encouraging children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.

On the Place2Be website you'll find resources and ideas featuring Joy and the characters from 'Inside Out 2' that help explore this year's theme Know Yourself, Grow Yourself.

1 in 5 children now have a diagnosable mental health condition. By taking part in Children's Mental Health Week we can help ensure that children and young people across the UK feel listened to and know that they are not alone.

The following links give details of the help and support available, please do contact us if you need our help.



**Place2Be's:** <https://www.childrensmentalhealthweek.org.uk/families/>



**Mind:** <https://www.mind.org.uk/>

**Mind centres:** <https://www.map.uk.net/find-us>



**Kooth:** <https://www.kooth.com/>

# TIPS FOR FAMILIES

Place2Be's

CHILDREN'S  
MENTAL HEALTH  
WEEK

## 1 Encourage journalling

Just like Riley, encourage your older children and young people to express their emotions and thoughts through journalling. It can be less confronting than speaking out loud and is a helpful way to process what is going on.

## 2 Make space for reflection

When children and young people reflect on their different emotions, it can help them better understand themselves and what they need.

Go for a walk, drive, or try some mindful colouring or baking together.

## 3 Be visual

Use imagery, such as emojis or flashcards to help children and young people recognise and label their feelings.

## 4 Practice mindfulness

Try mindful activities, and quiet family time, to enjoy being in the present moment. This can help children and young people be aware of their thoughts and emotions and learn a useful new coping technique.

## 5 Communicate

Feedback is crucial for helping us see our blind spots and gain greater insight. Children and young people are no different. Creating safe and supportive ways to share your own experience with your child can help them understand themselves and their impact on the world around them.



If you're a parent or teacher, you'll find loads of useful advice to help you support the brilliant young people in your lives – from FAQs to downloadable packs. [Here4You.co.uk](https://www.here4you.co.uk)



# TOP TIPS FOR CHILDREN AND YOUNG PEOPLE

## ① Curiosity

Be curious about yourself – You're fascinating! Take notice of your thoughts and feelings, either as they come up or maybe later on that day. You can use techniques like mindfulness, meditation or journalling which can be really helpful.

## ② What matters most

Our values are often what make us tick, so what really matters to you. Are you ambitious, kind, funny, creative – whatever makes you who you are, it's fine, and it helps to know what drives you.

## ③ Feedback, feedback, feedback

Other people we know can often see things about us that we miss. Sometimes these can be areas for us to develop and sometimes they can be our strengths. Either way it's great to have a friend, family member or teacher that can help us with our blind spots.

## ④ Get creative

Whether it's paint, music, dance, drama or something else entirely creativity can often help us reach and express parts of ourselves that are sometimes hidden. Find your creative outlet and if you feel generous – share it with others.





## A Parent's Guide to AI

With a lot of talk about artificial intelligence (AI) across the digital space, people have concerns. However, decades of development in AI led it to its widespread popularity today. As such, you can use AI as a tool to benefit your child and family in many ways. But what is AI?

### WHAT IS ARTIFICIAL INTELLIGENCE?

#### Machine Learning

Using sample data to train computer programs to recognize patterns based on algorithms.



#### Neural Networks

Computer systems designed to imitate the neurons in a brain.



#### Natural Language Processing

The ability to understand speech, as well as understand and analyze documents.



#### Robotics

Machines that can assist people without actual human involvement.



Artificial intelligence is a field of study in computer science. It deals with creating machines that are 'intelligent' and can perform tasks like a human. AI uses information from various sources to provide its information. 54% of children who use generative AI tools use them for homework or schoolwork.

Navigating our children's online world can be challenging, but you're not alone. There are plenty of online safety guides offer practical advice and tools to help your child enjoy a safe digital experience. The first step to ensure your child's online safety is getting the right guidance: <https://www.internetmatters.org/digital-family-toolkit/>

Activate parental controls to manage children's devices, apps and platforms, to give them safer online experiences. Parental controls can be used to manage screen time, block inappropriate content, prevent accidental spending, and keep strangers away. Research shows they improve digital wellbeing when used alongside regular conversations about online activities: <https://www.internetmatters.org/parental-controls/>

Find age-specific activities you can do with children to support their media literacy and critical thinking online:

<https://www.internetmatters.org/activities-to-do/>

## Making the most of artificial intelligence



Have a look at this website for further information, how to get the most out of generative AI and using AI with children and young people:

<https://www.internetmatters.org/resources/parent-guide-to-artificial-intelligence-ai-tools/>

Discover tailored online safety advice and tips based on your child's age and how they engage online:

<https://www.internetmatters.org/advice/>

## AI in Education: Embracing the Future with Caution

In recent years, Artificial Intelligence (AI) has become a buzzword, revolutionizing many sectors, including education. From smart assistants that help students with homework to personalized learning tools, AI is increasingly playing a role in how we learn and teach.

As a school we have been discussing this and considering AI in different subjects. But, as with any innovation, it's important to weigh the benefits and challenges that come with integrating AI into school.



### Some benefits of Using AI in Education

1. **Personalized Learning** AI has the ability to tailor educational experiences to individual students. With the help of learning platforms powered by AI, lessons can be customized to match a student's pace, strengths, and areas for improvement. This creates a more efficient learning environment where students can progress at their own speed without being held back or overwhelmed.
2. **Efficient Administrative Tasks** AI can assist teachers and school administrators by automating repetitive tasks like grading, attendance tracking, and scheduling. This frees up valuable time for educators, allowing them to focus more on teaching and less on paperwork.
3. **Accessibility and Inclusion** For students with learning disabilities or those who speak different languages, AI can provide support that ensures equal access to education. Tools like speech-to-text software, language translation, and even virtual tutors can make learning more inclusive.
4. **Enhancing Engagement** AI-powered tools like gamified learning apps and interactive simulations make learning more engaging and fun. These tools help students explore complex concepts in an interactive way, which can boost motivation and curiosity.

### The Problems of Using AI in Education

1. **Over-reliance on Technology** One of the biggest concerns about AI in education is that it could lead to an over-reliance on technology. Students might become too dependent on AI for answers, reducing critical thinking skills and creativity. It's essential that AI serves as a supplement to traditional learning, not a replacement for it.
2. **Privacy and Data Security** AI systems often require access to large amounts of personal data to function effectively. This raises concerns about data privacy and security, especially when it comes to children's personal information. Schools must ensure that AI tools they use comply with privacy regulations and protect students' data.
3. **Bias in AI Systems** AI is not perfect, and one of the risks of using AI in education is the potential for bias. AI algorithms are trained on data, and if that data contains biases (intentional or not), it could affect the fairness of the system. For example, an AI-powered grading tool might be unfairly skewed against students from certain backgrounds.
4. **Loss of Human Interaction** While AI can be an excellent tool for delivering content and feedback, it cannot replace the invaluable human connection between teachers and students. Emotional support, mentorship, and the ability to address complex social dynamics are aspects of education that AI simply cannot replicate.

### Conclusion: A Balanced Approach

AI in education has the potential to enhance learning experiences, streamline administrative tasks, and increase accessibility. However, it's crucial that we use this technology thoughtfully and carefully. At All Saints School we will strive for a balance—embracing the advantages of AI while being mindful of its limitations and potential risks. By doing so, we can ensure that AI enhances our school, without replacing the human elements that make learning meaningful.

As we move forward, I want to ensure that we're using AI to complement, rather than replace, the invaluable skills and experiences that come from having human contact and care.