

Stoke Park Primary School—Safeguarding Newsletter

Dear parents/carers,

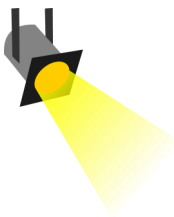
This term we have been busy planning our safeguarding week, which will be taking place on the penultimate week of term 6. During this week, we will be teaching the children about how to stay safe in different contexts and we have some interesting visitors booked in for each class. We will also be running parent workshops and drop in sessions.

This edition's spotlight on section focuses on bullying. Bullying is taken very seriously at Stoke Park and won't be tolerated. Please read on to find out more about how we define bullying and the different types of bullying. If you have any concerns that your child may be being bullied or is bullying others, please get in touch so we can work to resolve the issue.

Mrs Higgitt

Assistant headteacher and DSL

Spotlight on: Bullying



Learning to understand and manage conflict is an important part of growing up. Bullying is not simply a 'falling out' with friends. Research shows that experiencing bullying can have a significant impact on a child's life well into adulthood. To ensure we are able to prevent bullying, act quickly when it takes place and avoid misidentifying bullying, it is vital that we have a shared definition of bullying.

At Stoke Park we define bullying as **'The repetitive, intentional hurting of one person or group by another person or group, where the relationship involves an imbalance of power. Bullying can be physical, verbal or psychological. It can happen face-to-face or online'**.

Bullying behaviour can be:

- Physical – pushing, poking, kicking, hitting, biting, pinching etc.
- Verbal - name calling, sarcasm, spreading rumours, threats, teasing, belittling.
- Emotional – isolating others, tormenting, hiding books, threatening gestures, ridicule, humiliation, intimidating, excluding, manipulation and coercion.
- Sexual – unwanted physical contact, inappropriate touching, abusive comments, homophobic abuse, exposure to inappropriate films etc.
- Online /cyber – posting on social media, sharing photos, sending nasty text messages, social exclusion
- Indirect - Can include the exploitation of individuals.



**STOKE
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PRIMARY**

The Safeguarding team.

The Safeguarding team. If you have any concerns about a child's welfare or safety, please speak to a member of the schools safeguarding team



Mrs Higgitt—Designated safeguarding Lead (DSL)

Mrs Lambert—Deputy Designated Safeguarding Lead (DDSL)

Mrs Dennison—Deputy Designated Safeguarding Lead (DDSL)

Or contact **First Response** on:
01179036444

Social Media

We are responding to an increasing number of incidents that are occurring online. Whilst there are many benefits to pupils having access to the online world, it comes with many risks, especially if their use is unsupervised. Studies have found that excessive use of social media increases a young person's susceptibility to depression, anxiety, poor body image and self worth. It can also impact a child's sleep routine, which in turn can affect their ability to concentrate and thrive in school.

Age restrictions of Social Media Apps

Please be mindful that social media apps are not appropriate for pupils under the age of 13. Below are the age restrictions for the most popular apps:

What's App—16 years +

Instagram—13 years +

Facebook—13 years +

Snapchat—13 years +

TikTok—13 Years +

Domestic Abuse

Are you concerned that someone you know may be experiencing domestic abuse?

You can speak to Next Link to get advice.

Next Link domestic abuse telephone help lines are open 8.30am – 5.30pm Monday to Friday and 9.30am – 1pm Saturday **0800 4700 280**

Help is also available 24 hours a day, 7 days a week on the **National Domestic Violence Helpline – Freephone 0808 2000 247**

As well as domestic abuse support services, Next Link provide women's mental health support services and independent support for victims of rape and sexual abuse.

Useful contacts:

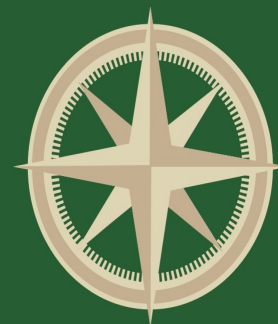
First Response: To report any safeguarding concerns. This can be done anonymously. 01179036444

North Bristol Foodbanks (0117 9791399) For areas covered see here: <https://northbristol.foodbank.org.uk/locations/>

[Young Minds](#): supporting children and young people's mental health

[Mind](#): adult mental health support and information

[Refuge](#): domestic abuse support



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What Parents & Carers Need to Know about iPADS

Apple debuted the first iPad in 2010, kickstarting the tablet market, and it remains the best-selling tablet to this day. Although Apple doesn't offer a child-specific version, iPads are hugely popular with youngsters due to their ease of use and endless choice of apps. There's a selection of models, with different-sized screens and distinct features – including the standard iPad; the iPad Air; the iPad Pro; and the iPad mini. Thankfully, they all offer parental controls so you can regulate how your child uses the device ... and how long they spend on it.

WHAT ARE THE RISKS?

PHYSICAL DAMAGE

While some tablets (such as the Amazon Fire Kids editions) come with rugged shock-proof cases, iPads aren't built for rough and tumble. They're also more expensive than most other tablets, and any damage your child's iPad suffers could be costly to repair. Buying a child-friendly case and screen protector for the device could be a wise move, especially if it's being used by younger ones.

SCREEN ADDICTION

Like most digital devices, tablets have the potential to become quite addictive. You might find your child spending too long staring at their iPad, which could lead to irritability, mood swings and a loss of interest in more important tasks. If this happens, be sure to visit the built-in screen time settings and ensure you limit how long they're able to spend on the device each day.

INAPPROPRIATE CONTENT

18
CENSORED

Even if it would never occur to your child to go searching online for age-inappropriate sites, apps or information, there's always a possibility that something unexpected – perhaps a video that auto-plays or content incorrectly suggested by an algorithm – could appear on their tablet and upset them. You can help prevent this by adjusting the content settings (see our 'top tips' section below).

SIRI SUGGESTIONS

The parental controls built into iOS (the fundamental operating system of Apple devices) enable you to block access to most age-inappropriate content – but your child could potentially still bypass these restrictions (either accidentally or deliberately) by using Siri, Apple's voice-activated digital assistant. To avoid this, toggle the 'Ask Siri' functions to 'off' in the iPad's settings menu.

Advice for Parents & Carers

ENABLE FAMILY SHARING

Before letting little ones loose on an iPad, it's a good idea to set up Family Sharing, as this lets you utilise the parental controls to manage exactly how your child is able to use the device. You can do this fairly easily by going into the iPad's settings; once there, you'll be able to add an existing Apple account (if your child already has one) or set one up from scratch.

APPLY SOME LIMITS

The 'Downtime' function allows you to tell the iPad to lock itself at certain periods (at mealtimes or before bed, for instance), while 'App Limits' removes access to certain apps once they've been used for a specified length of time each day. The iPad can display a reminder when these limits have nearly been reached, letting your child mentally prepare for the end of their gaming or viewing time.

STOP ACCIDENTAL SPENDING

To empower your child with an increased sense of freedom on their device (without giving yourself something else to worry about in the process) you could enable the iPad's 'Ask to Buy' feature. Whenever your child tries to download or buy an app, game or product, the iPad sends you a request to approve (or deny!) it. This option only becomes available if you've set up Family Sharing.

SET CONTENT AND PRIVACY RESTRICTIONS

The parental controls can stop the iPad from displaying explicit or age-inappropriate content (in apps like iTunes and Safari, for instance) when your child is signed into their account. You'll also be able to restrict the capacity to download and install apps, and you can specify permissions which prevent children from changing the iPad's privacy settings once you've selected them.

TRACK IT DOWN

Just like the iPhone, Apple's iPads have 'Find My' software to help you locate your child's iPad – or indeed, any linked Apple devices that have gone AWOL, including phones, watches and AirPods. If you enable 'Find My' in the settings menu, it will display the last known location of an iPad that's been mislaid, as well as giving you the option to lock a missing iPad that you suspect has been stolen.

Meet Our Expert

Carly Page is an experienced technology journalist with a track record of more than 10 years in the industry. Previously the editor of tech tabloid The Inquirer, Carly is now a freelance technology journalist, editor and consultant.



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