

SAFEGUARDING NEWSLETTER



AUTUMN ONE 2022 – Issue 5

Latest advice for Parents and Carers

Welcome to the fifth edition of our Half Termly Safeguarding Newsletter that will keep you up to date with essential information regarding safeguarding. For our fifth issue, we will be focusing on Domestic Abuse. Please remember that if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to a member of our school's safeguarding team.

Headteacher: Jas Leverton

Designated Safeguarding Lead/ Lead for Looked After Children: Kimberly McKoy

Deputy Safeguarding Officer/ Mental Health Lead: Cassim Bana

Governors with Safeguarding Responsibility: Sonia Gable and Marie Segal

What is mental health?

We all have mental health. Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change on a daily basis and over time and can be affected by a range of factors.

How can I help my child?

Parenting Smart is a hub of short, useful articles written by Place2Be's parenting experts. Each article, aimed at parents of children aged 5 to 11, shares practical advice on a number of different topics. Click on the images below for a short video and a quick read on the topic in each caption:

Healthy habits for parenting

2 min video
6 min read

Read now

Helping your child develop talents

6 min read

Read now

Helping your child prepare for Secondary School

10 min read

Read now

Useful Links

[How to set up your child's new devices](#)

[Parental control step by step guide](#)

[The 6 apps and services that every parent should know about](#)

[Tips for Playing Games Online](#)

[PEGI Age Ratings](#)

[Be Internet Legends: Interland](#)



What is Domestic Abuse?

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- can happen inside and outside the home
- can happen over the phone, on the internet and on social networking sites
- can happen in any relationship and can continue even after the relationship has ended
- both men and women can be abused or abusers.

Types of domestic abuse

Domestic abuse can be emotional, physical, sexual, financial or psychological, such as:

- kicking, hitting, punching or cutting
- rape (including in a relationship)
- controlling someone's finances by withholding money or stopping someone earning
- controlling behaviour, like telling someone where they can go and what they can wear
- not letting someone leave the house
- reading emails, text messages or letters
- threatening to kill someone or harm them
- threatening to another family member or pet.

Effects of domestic abuse

Living in a home where domestic abuse happens can have a serious impact on a child or young person's mental and physical wellbeing, as well as their behaviour. And this can last into adulthood.

What's important is to make sure the abuse stops and that children have a safe and stable environment to grow up in.

NSPCC can support children and young people who have experienced domestic abuse to help them move on and receive the care they need.

Children are now recognised victims of domestic abuse

Being exposed to domestic abuse has serious consequences for children and young people; and it can affect how they feel, think and behave in harmful ways.

If a child reveals abuse

If a child talks to you about domestic abuse it's important to:

- listen carefully to what they're saying
- let them know they've done the right thing by telling you
- tell them it's not their fault
- say you'll take them seriously
- don't confront the alleged abuser
- explain what you'll do next
- report what the child has told you as soon as possible.

Contact

As a resident or a professional in Redbridge, you may have concerns about a child's welfare or safety. Any concerns should be reported by contacting Children's Social Care:
Tel: 020 8708 3885

E-mail: CPAT.referrals@redbridge.gov.uk

During the evening or at weekends, please call the Emergency Duty Team on 020 8708 5897.

If a child is in immediate danger, please call the police on 999

Domestic abuse: Support

For parents/ Carers

If you're an adult experiencing domestic abuse, there are organisations that can help.

Relate 0300 003 0396

You can talk to Relate about your relationship, including issues around domestic abuse.

National Domestic Violence Helpline 0808 2000 247

A 24 hour free helpline run in partnership between Women's Aid and Refuge.

Men's Advice Line 0808 801 0327

Advice and support for men experiencing domestic violence and abuse.

Dark nights, Dark Mornings

It's that time of year when we have dark nights along with dark mornings. This can bring many dangers and requires the need for extra safety measures, particularly on the roads. Whether that means when riding a bike or simply being a pedestrian. There are many safety measures that we need to consider and to instil into our children. The resources below will help remind children, including teenagers, about road safety and keeping safe in the dark.

[Teaching Road Safety: A Guide for Parents](#)

Teaching road safety: [Advice for parents and families](#)

[Be Bright, Be Seen Poster](#)

[Keeping Children Safe in the Dark](#)

[Dark Nights and Children Safety](#)

[Safety First – Cycling at Night](#)

