

Safeguarding principles for Parents/Carers

Parents:

Clearly this is an uncertain time for all parents and students nationwide. Below you will find some tips for keeping your child safe online and for checking on their wellbeing. There will also be some links to online support and numbers of staff for you to contact if you need to speak to someone.

Students will be spending a lot of time on their computer or mobile/tablet devices. Clearly this is important for them to do their schoolwork and keep in social contact with friends.

Consider the following pieces of advice where possible:

- Wherever possible they should be working in a communal space so that parents can check on the learning that is going on and also check who they are contacting, and the nature of this contact
- Where they need to work in a private space, check on them as often as possible to make sure they are not accessing unsuitable content online or engaging in dangerous conversations
- It is important for everyone to have some relaxation time away from the screens. Please encourage the children to come out of the rooms or work areas regularly to have a break
- Speak with the children about what they have been doing and who they have been in contact with.

Below you will find some useful links to wellbeing and online safety websites:

Wellbeing:

- <https://www.wellbeingnands.co.uk/> (online webinars and workshops focussing on how to look after your Mental Health)
- <https://www.suffolk.gov.uk/children-families-and-learning/suffolk-children-and-young-peoples-emotional-wellbeing-hub/> (Emotional Wellbeing Hub helpline number 0345 600 2090)

Online Safety:

- <https://www.thinkuknow.co.uk/globalassets/thinkuknow/documents/thinkuknow/parents/pdf/thinkuknow-parents-helpsheet-secondary.pdf> (Extra guidance and links to help your child stay safe online)

You can also contact the following staff:

Mr Spillane: 07740 537713

Mrs Tucker: 07543 237573

Mrs Sweny: 07543 237574 (DDSL (PSM for Wyken and Elveden)

PSMs also with school mobile phones:

Mrs Falconer: 07740 537714 (PSM for Hengrave and Melford)

Ms Pawling: 07740 537715 (PSM for Ickworth and Kentwell)