

# Safeguarding principles for Students

## Students:

Well done to those of you who have been accessing the work set for you on G4S so far. Your teachers will continue to set work for you so please keep checking your emails and G4S daily.

You will no doubt be spending long periods of time on your computers or mobile/tablet devices. Clearly this important for you to do school work and to keep social contact with friends. Please have a look at the guidance below:

- Wherever possible you should be working in a communal space so that parents can check on the learning that is going on and also check who you are contacting and the nature of this contact.
- Where you need to work in a private space, work with a door open so that parents can come in to have a look at what you are doing. Stay safe and make sure that your friends are the only people you are contacting/contacting you.
- It is important for everyone to have some relaxation time away from the screens,
- Please come out of the rooms or work areas regularly to have a break.
- Speak with your parents/carers about what you have been doing and who you 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 parents/carers keep you safe online)

You can also contact the following staff if you have any concerns or worries:

**Mr Spillane:** 07740537713

**Mrs Tucker:** 07543237573

**Mrs Sweny:** 07543237574 (DDSL (PSM for Wyken and Elveden)

PSMs also with school mobile phones:

**Mrs Falconer:** 07740537714 (PSM for Hengrave and Melford)

**Ms Pawling:** 07740537715 (PSM for Ickworth and Kentwell)