

Stanburn Primary School



Safeguarding Newsletter Autumn



WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead, Child protection officer or Deputies straightaway.

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

Meet the Designated Safeguarding Team:



Designated Safeguarding Lead

Mrs R. Malik



Child Protection Officer

Mr M. Lynch



Deputy Designated Safeguarding Leads

Mrs K. Hartland

Miss C. Crane

The Safeguarding Team oversee and coordinate all aspects of the school's work to ensure that children are kept safe.

They regularly attend training to ensure their skills and knowledge are up to-date.

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#):

Dear Parents and Carers,

Welcome to the first safeguarding newsletter of the year! In particular, welcome to our new families. I would like to remind you all that at Stanburn Primary School, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes in to contact with the children and families who comprise our community has a role to play. Everything that we do has the children at its centre. Their wellbeing, their safety, their achievement, their happiness underpins every decision we make. Often when safeguarding is mentioned, the immediate thought is about child protection – when a child is suffering harm, or is in danger of suffering harm. However, safeguarding is much more complex than this and encompasses a very wide range of areas. At Stanburn we ensure that all of our staff are well trained in all aspects of safeguarding and this training is regularly updated and frequently revisited throughout the year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe. With this in mind I will continue to send out a half-termly newsletter informing you of any recent safeguarding updates as well as providing you with key information around a range of safeguarding issues.

Mrs R. Malik (Designated Safeguarding Lead)

Useful contacts

[Harrow Safeguarding Children Partnership](#) 020 8901 2690

[Childline](#) 0800 1111

[NSPCC](#) 0808 8005000



Spotlight on Safeguarding

A child's first phone

According to Ofcom, about a quarter of 5-7 year olds own a smartphone, while by age 11, 91% of children have one. If you're considering getting your child a phone or passing down an old device, here are four crucial questions to think about:

Is your child mature and responsible enough?

Evaluate if your child can adhere to screen time guidelines and use the phone appropriately. Have they shown responsibility in other areas like taking care of their belongings? Make sure your child understands the potential risks of smartphone use, such as exposure to inappropriate content and cyber bullying.

What are your child's communication needs?

Think about whether your child truly needs a smartphone. If they're occasionally away from you and involved in activities where they need to stay in touch, a smartphone might be helpful, but not always necessary. If it's for educational purposes, consider whether they should have their own phone or if it could be a family device.

What safety features does the device offer?

Activate parental controls before handing it over to them to limit access to unsuitable content. Explore apps on your phone to monitor their usage. Research the device to understand the available safety features.

What boundaries should be set to ensure your child's safety when using a smartphone?

Establish clear rules regarding phone usage, including when and how it can be used, permitted apps and guidelines for communication with others. Discuss consequences for not following the boundaries and model healthy smartphone habits yourself to set a positive example for

4 RECOMMENDATIONS FOR SETTING BOUNDARIES WHEN GIVING YOUR CHILD THEIR FIRST PHONE:

1. Parental access:
 - Passwords shared
 - Regular checking of social media and messaging services
 - Approval of apps before download

2. Phone-free time:
 - Daily limits
 - Phone-free activities
 - Designated time set aside for phone use, then returned to a central place when not in use

3. Phone-free areas:
 - Phones are not to be taken into bedrooms or bathrooms
 - Phones turned off and stored in a central place (for charging), 30 minutes before bed

4. Conduct:
 - Respect and kindness shown whilst using the phone
 - Open dialogue and no secrecy about what it is been used for

@The_Enlightened_Parent



What device?

When you think it is the right time for your child to have a phone, then *Which?* provide an overview of some options available: [Mobile phones](#)

What effects do mobile phones have on children's mental health?

Compass discuss the research around this important topic, outlining the positive and negative effects that mobile phones have : [Children's mental health](#)

Spotlight on Safeguarding

The Significance of Sleep

For children, sleep plays a crucial role due to the significant changes happening in their bodies and minds. Here are some key reasons highlighting the importance of sleep:

- Physical growth and development: Sleep triggers the release of growth hormones necessary for physical growth.
- Brain development: Quality sleep is essential for brain development, especially in areas related to decision-making, impulse control and emotional regulation.
- Emotional well-being: Sleep aids in emotional regulation, stress reduction and is closely linked to mental health.

Ensuring that children get enough quality sleep is essential for their growth, learning and overall well being. The National Sleep Foundation recommends that children aged 5-12 get 9-11 hours of sleep a night.

Barriers to good sleep

There are many reasons that children don't get good quality sleep. Some of these are:

- Irregular sleep schedules, especially on weekends, can disrupt a child's sleep routine.
- Use of electronic devices late into the night can be a significant barrier to a good night sleep.
- A noisy or brightly lit room can make it difficult for children to fall asleep and stay asleep.
- Consuming caffeinated or sugary foods and drinks, especially in the evening can impact on a child's ability to fall asleep.
- Children might underestimate the importance of sleep, leading to a reluctance to create good sleep habits.

10 WAYS TO IMPROVE SLEEP FOR YOUNGER CHILDREN



Consistent bedtime

Aim to put your child to bed at a similar time every night.

Sleep - friendly environment

Create a quiet, cool, dark room with as little distractions as possible.

Limit screen time

Avoid all types of screens for at least 30 minutes before bed. Swap for a calm activity.

Encourage physical activity

Encouraging physical activity can tire them out, aiding in better sleep.

Diet and nutrition

Avoid sugary, rich and heavy foods in the evening as these can disrupt sleep.

Address anxieties

If your child has fears about bedtime, spend time reassuring them.

Be mindful of naps

Avoid naps, especially in the afternoon and evening.

Teach self-soothing

Teach them to fall to sleep and get back to sleep by themselves.

Calm routine

Create a calm routine before bed which includes activities such as reading, colouring or gentle play.

Model good sleep habits

Let your children see you prioritising sleep and maintain a consistent routine.



For more information about sleep click on the NHS link below: [sleep](#)

Minimum age for popular apps



Facebook (minimum age 13)



Instagram (minimum age 13)



Snapchat (minimum age 13)



TikTok (minimum age 13)



Twitter (minimum age 13)



Tumblr (minimum age 16)



WhatsApp (minimum age 16)



YouTube (minimum age 16)

Spotlight on Safeguarding

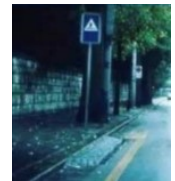
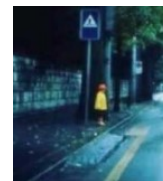


Be Bright, Be Seen!

We are always mindful for the safety of our children near roads and conscious of how vulnerable they can be. At this time of year, with reduced visibility for drivers your child is even more vulnerable near roads. With new bikes and scooters arriving at Christmas for some, the temptation to go out in the evening will be even stronger so I have included some safety tips below so that you can discuss with your child/ren how important it is to be visible when near roads. These tips emphasise how wearing brightly coloured clothing shows up well in daylight but, as it gets dark, reflective clothing and accessories are far more effective in signalling pedestrians or cyclists to drivers. If you're a driver, remember it will be more difficult for you to see pedestrians and cyclists when it's dark. Unlike this image, not everyone will be dressed in bright colours or reflective clothing. Children and others often wear dark coloured school uniform, winter coats or blazers.

5 top tips on how to **BE BRIGHT & BE SEEN**

- 1** Brightly coloured or fluorescent clothing shows up well in daylight and at dusk when you're heading to and from school.
- 2** If you're out and about when it's dark, wear reflective gear to make sure you can be seen in car headlights. Reflective vests, sashes or wristbands work well. Remember, fluorescent clothing doesn't work after dark!
- 3** Don't forget to accessorise! Even small items such as clip-on reflectors, armbands and stickers on your outfit or school bag are a great way to improve your visibility.
- 4** If you like to cycle, remember that it's the law to have clean and working lights at night (white at the front, red at the back), as well as a rear reflector. It's good to fit spoke reflectors too.
- 5** Of course, 'Being Bright' isn't the only way to stay safer. If you're out at night, choose routes and crossing places that are well lit and remember to always use the Green Cross Code.



There's a child in the same position on both photos (left). Which one is easier to see ?

For more information and activities to do around this topic with your child(ren) please visit:

[Be bright-be-seen](#)
[Road Safety Tips](#)