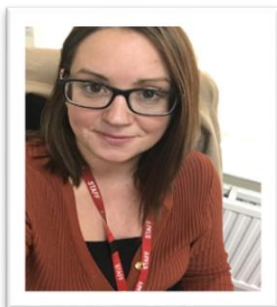


Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and co-ordinate 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.

Designated Safeguarding Lead:

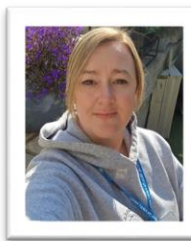
Miss Ackroyd

Deputy Designated Safeguarding Lead:

Mrs. Spencer

Designated Safeguarding Support:

Mrs. Hodgson



Mrs. Dignam

Mrs. R.
Cheeseman**School Safeguarding Governor:**

Mrs T Housley

All can be contacted via the office or by telephone
on: 01274 639374

Welcome to our new half-termly Safeguarding newsletter produced by our school safeguarding team. We hope you will find the contents useful.

Each half-term we will send home our newsletter in line with Keeping Children Safe in Education Part 1 and 2 to ensure that as parents you are updated on how school is supporting safeguarding and child protection as well as offering support and guidance to keep children safe at home.

Report any concerns if you suspect a child is being abused or is in danger of being abused. Please contact a Designated Safeguarding Lead, or any member of staff.

You can also contact the Bradford Children and Families trust on: 0800 953 0966

Out of Hours service: 01274 431010

By online form: [Bradford Children and Families Portal](#)

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

MASH: Multi-Agency Safeguarding Hub

CP: Child Protection

CIN: Child in Need

TAF: Team around the Family

CEOP: Child Exploitation and On-Line Protection Centre

KCSIE: Keeping Children Safe in Education

PREVENT: Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism

CAMHs: Child and Adolescent Mental Health Services

CHUMS: Mental Health and Wellbeing Service

SEND: Special Educational Needs & Disabilities

The myHappymind initiative was launched across school in September and children have been accessing weekly sessions teaching them about their brains and how to maintain positive mental health. Through breathing exercises, discussions and more traditional written tasks, they are developing the knowledge and skills to help them understand how to keep themselves calm and happy.

I have had lots of positive feedback from staff and children who tell me the children are really enjoying the programme and being able to record their thoughts in their journals.

When we first introduced myHappymind, information was sent to you as parents regarding an app that can be used at home to reinforce the concepts taught in school and to encourage the family to join in. If you would like any further information on how to use this please contact a member of the team who will be happy to help.

Here's what some of our school council members had to say about the programme!

In Year 4 we like 'happy breathing'. It's relaxing and resets our brains! - Evie

The quizzes are fun and help us remember what we have learnt Sienna- Year 6

I enjoy learning about my character strengths
Mikey Lee- Year 3



Children's Mental Health Week: 3rd-9th February

Launched in 2015 Children's Mental Health Week exists to empower, equip and give a voice to every child in the UK. This year, Place2Be have joined forces with Here4You to explore the importance of self-awareness and expressing emotions.

Here4You is supported by the Walt Disney Company and, through the characters of Pixar's 'Inside Out' and 'Inside Out 2', they are encouraging children and young people across the UK to discover how getting to know who they are can help them build resilience, grow and develop.

On the Place2Be website you'll find resources and ideas featuring Joy and the characters from 'Inside Out 2' that help explore this year's theme 'Know Yourself, Grow Yourself'.

1 in 5 children now have a diagnosable mental health condition. By taking part in Children's Mental Health Week we can help ensure that children and young people across the UK feel listened to and know that they are not alone.

Look out for news on our Facebook page nearer the time about what we will be getting up to in school during the week and how you can support your child(ren)'s mental health at home.



'Together we will flourish'

Your beginning will seem so small, since your future will flourish – Job 8:7

Support in School



Mrs Lynsey Hodgson is our Pastoral Lead. Mrs Hodgson works with our SENDCO (Mrs Cheeseman) to support children across school with their social and emotional needs where these are becoming a barrier to their learning. This work may take the form of a group or individual sessions all of which are tailored towards the children's needs.

Mrs Hodgson is a trained Youth Mental Health first aider.



Mrs Claire Dignam is our Family Worker. She works across school supporting children and families and helping to reinforce and extend the links between home and school.

Mrs Dignam's work ranges from running our popular weekly playgroup and drop in sessions to supporting parents with court cases and other legalities and making referrals to the foodbank or other support agencies. Perhaps, most importantly she makes a great cup of tea if you just need someone to talk to!

Mrs Dignam is a trained Adult Mental Health first aider.

10 INTERNET SAFETY TIPS FOR PARENTS

- 1** Don't block all access to technology. Help your child learn to use tech **safely** and **positively**.
- 2** Take an **interest** in your child's favourite apps or sites. Co-view or co-create at times.
- 3** Be the parent. You're in charge. Set **boundaries** and consider using filtering software.
- 4** Create a family media **agreement** with tech free zones such as cars, bedrooms, and meals.
- 5** Teach your child what **personal information** they should not reveal online (YAPPY acronym).
- 6** Help your child learn to **filter** information online and navigate fact from fiction.
- 7** Navigate digital **dilemmas** with your child. Avoid using devices as rewards or punishments.
- 8** **Balance** green time and screen time at home. Focus on basic developmental needs.
- 9** Don't support your child to sign up for sites with **age restrictions** (e.g. 13+) if they're underage.
- 10** **Learn more:** Explore reliable resources for parents so you can educate yourself.

Don't forget to download the free National Online Safety App which can help you keep up-to-date with new developments in keeping your child/ren safe.



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