



# SAFEGUARDING NEWSLETTER

Spring 2024- Issue 1

Latest advice for parents and carers

Welcome to our Safeguarding Newsletter. Our aim is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. This issue contains information on where to get support, Child Criminal Exploitation, Parenting Tips and support, Online Safety, local support groups and workshops.

## Free online safety virtual workshop

We have a free online workshop for individual parents or groups.

The NSPCC have launched a new Keeping Children Safe Online workshop which provides parents and carers with information about how to support their child in their online world. The 40 minute pre-recorded presentation covers topics such as online bullying, mental health, and social media, as well as signposting to resources and organisations for help and support.

<https://youtu.be/MY5NDhvVkg4>





## Child Criminal Exploitation (CCE) and County Lines

Evidence from the National Crime Agency shows that child criminal exploitation is increasing across all areas of the UK where children, due to their ease of manipulation and coercion, are being groomed and criminally exploited.

In 2021, 27,000 children in England were identified as being involved in county lines. Intervening early is so important to keep children safe from this devastating form of abuse and being aware of the signs a child might be being exploited enables parents and professionals to seek support quickly.

Parents Against Child Exploitation (Pace) and Virtual College have teamed up to create this FREE short (20 to 30 minutes) online course designed for parents, carers and professionals working alongside children and young people.

<https://www.virtual-college.co.uk/resources/free-courses/child-criminal-exploitation-county-lines-training-course>



### The course will help you to

- Know more about county lines and other forms of child criminal exploitation
- Know the signs and indicators of child criminal exploitation
- Appreciate the impact child criminal exploitation has on families
- Understand what to do if you suspect a child might be at risk
- You will have the confidence to talk to a child about what county lines and criminal exploitation is.
- You will be able to recognise the signs that a child or young person might be being exploited.
- You will know how to seek support if you are concerned about your child or a child in the community



## The Parenting Puzzle

A series of seven YouTube videos from Family Links that cover:

- Praise and empathy
- Personal power and choices
- Feelings and what to do with them
- Kinds of touch
- Ages and stages: helping children to grow up
- Keeping children safe
- Behaviour to ignore, problem solving and negotiation

<https://youtu.be/CH-MTHIUvva?list=PLjLBUKxcmd1dkknvGTT3FRQ9pb70mGUWW>





## Keeping Your Child In Mind

Keeping your child in mind is our 4-week programme for parents who are ready to reflect on their own relationships, communication styles and parenting to make positive changes for themselves and their children.

Our aim is to support parents to understand the importance of positive family relationships and enhance the emotional health of children and parents. It will also support parents where a difference in parenting styles has caused a communication breakdown.

### Keeping your child in mind at a glance

- 4-week course for 2 hours per week
- parents attend without children
- suitable if your child has SEND

### Topics covered

Keeping your child in mind covers:

- Self awareness
- Appropriate expectations
- Boundaries and positive discipline
- Understanding empathy

To register for this course, you can either speak to a member of our DSL Team, our SENDCo or our family liaison officer and we can register the course for you. Or, you can go to this link and click “family member” and register for the course yourself.

[https://buckinghamshire-dash.achieveservice.com/en/AchieveForms/?form\\_uri=sandbox-publish://AF-Process-e4b0523f-bd09-4703-a8c5-08a20fa42329/AF-Stage-8bbb28be-add0-434f-8c2e-a73a98a9f524/definition.json&redirectlink=%2Fen&cancelRedirectLink=%2Fen&consentMessage=yes](https://buckinghamshire-dash.achieveservice.com/en/AchieveForms/?form_uri=sandbox-publish://AF-Process-e4b0523f-bd09-4703-a8c5-08a20fa42329/AF-Stage-8bbb28be-add0-434f-8c2e-a73a98a9f524/definition.json&redirectlink=%2Fen&cancelRedirectLink=%2Fen&consentMessage=yes)



Mental Health  
Support Team  
Buckinghamshire

## MALE CARERS GROUP

### **Lets talk about: Strategies to Manage Common Childhood Behaviours**

#### **Session Overview:**

- Arrival/general introductions
- Behaviours and Strategies
- Increase confidence in managing child's behaviours
- Parenting Programmes
- Q & A/Feedback



Venue: Princes Risborough Family Centre  
Wellington Avenue  
Princes Risborough  
Bucks, HP27 9HY  
Time: 6.30pm - 8pm  
Date: 22nd February 2024

[www.oxfordhealth.nhs.uk/camhs/bucks/mhst](http://www.oxfordhealth.nhs.uk/camhs/bucks/mhst)  
[bucksmhst@oxfordhealth.nhs.uk](mailto:bucksmhst@oxfordhealth.nhs.uk)  
01865 901 566



Funded by  
UK Government

# Save money on your energy bills with the Energy Doctors

Our team of Energy Doctors at Buckinghamshire Council can help you stay warm and save money by improving the energy efficiency of your home for free.

## We can:

- visit your home and advise how you can reduce your energy use and costs.
- install suitable low-cost energy efficiency and water saving measures such as draught proofing for windows, LED bulbs, portable solar generators, aerating shower heads and more.



## Eligibility

To qualify for a visit your home must meet all of the following criteria:

- you rent the property through a private rental agreement, or own and live in the property
- your household has an income of £30,000 or less (before tax), is in receipt of means tested benefits such as Universal Credit and Council Tax Support, or a member of your household is disabled
- the domestic property you live in has an energy performance certificate (EPC) rating of D, E, F or G, or does not legally require an EPC



For more information scan the QR code or visit [buckinghamshire.gov.uk/energy-dr](https://www.buckinghamshire.gov.uk/energy-dr)

Or request a visit by phoning Better Housing Better Health on **0800 107 0044**



Buckinghamshire  
Council

LEVELLING  
UP

This project is funded by the UK government through the UK Shared Prosperity Fund (UKSPF).



## EAL Resources for Online Safety

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

**Parents: Supporting Young People Online (Childnet)**

<https://www.childnet.com/ufiles/SupportingYoung-People-Online.pdf>

**Leaflets available in other languages here** <https://www.childnet.com/resources/supportingyoung-people-online>

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese

## ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone / email / mobile number, that you immediately let the school know, so that we have the most up to date contact details.

Thank you.

## USEFUL ONLINE SAFETY WEBSITE

Internet Matters – Contains a wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

## Who Let The Dad's Out?

1st Saturday of every month

9.30am to 11am

Who Let the Dads Out? runs on the first Saturday of each month.

Relax over a bacon butty and proper coffee while the kids enjoy playing together. Then join in with the games or craft. Who Let the Dads Out? is a chance for dads and kids to get together while giving mum a morning off. The group is run by volunteers from the Granville Street Church family.

The sessions are open to all dads (or other male carers) along with children up to the age of ten. There are plenty of toys and a variety of craft and play activities.

When the dads get a chance to sit down, there are newspapers, coffee and bacon butties provided. Who Let the Dads Out? is free but a donation of around £1 will help us to cover costs.

Who Let the Dads Out? is run by members of Granville Street Church and is part of a national network of similar groups, headed up by Care for the Family.



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>My First Playtime</b> 10am to 11:30am</p> <p>Drop in <a href="#">My First Playtime</a></p>	<p><b>Grandparents Group</b> 10am to 11:30am</p> <p>Drop in Details on next page <a href="#">Grandparents Group</a></p>	<p><b>Midwives Clinic</b></p> <p>Appointment only Details on next page <a href="#">Midwives Clinic</a></p>		<p><b>Midwives Clinic</b></p> <p>Appointment only Details on next page <a href="#">Midwives Clinic</a></p>
<p><b>Midwives Clinic</b></p> <p>Appointment only Details on next page <a href="#">Midwives Clinic</a></p>	<p><b>Little Swans</b></p> <p>Invite only Details on next page <a href="#">Little Swans</a></p>			<p><b>Midwives Breastfeeding Clinic</b></p> <p>Appointment only Details on next page <a href="#">Breastfeeding Clinic</a></p>
<p><b>Health Visitor Drop In</b> Monday afternoons</p> <p>Drop in Details on next page <a href="#">Health Visitor Drop In</a></p>	<p><b>Midwives Clinic</b></p> <p>Appointment only Details on next page <a href="#">Midwives Clinic</a></p>		<p><b>Play and Explore</b> 1:30pm to 3pm</p> <p>Drop in <a href="#">Play and Explore</a></p>	
	<p><b>How to Move Up to Secondary School</b> Commences 21 February</p> <p>Booking required Details on next page <a href="#">How to Move Up to Secondary School</a></p>	<p><b>Stress, Anxiety and Low Mood</b> Commences 11 January</p> <p>Booking required Details on next page <a href="#">How to Deal with Stress, Anxiety and Low Mood Course</a></p>	<p><b>Community Pantomime</b> Friday 12 January</p> <p>Booking required Details on next page</p>	







Session/activity overview and further details		
<p><b>My First Play Time</b> A session for families and carers with children aged 0 to 1 years Children can explore and learn whilst playing with a range of activities Activities such as messy play, arts and crafts, construction, and sensory play. No need to book</p>	<p><b>Play and Explore</b> A session for families and carers with children aged 0 to 5 years (up to 10 years during school holidays) There will be a variety of activities including arts and crafts, games and outside play. No need to book</p>	<p><b>Midwives Clinic and Breastfeeding Clinic</b> Anti and postnatal support for families. Contact your Midwife or go to the link below for more information. <a href="https://www.buckshealthcare.nhs.uk/birthchoices/">https://www.buckshealthcare.nhs.uk/birthchoices/</a></p>
<p><b>Little Talkers</b> Little Talkers is a 5 to 6 week programme delivered by the Family Support Service. It offers support if you're concerned about your toddler's talking and understanding of language, but their social skills appear to be developing well. Email to book: <a href="mailto:earlyhelpduty@buckinghamshire.gov.uk">earlyhelpduty@buckinghamshire.gov.uk</a> or call 01296 383293</p>	<p><b>Little Swans</b> Support for families who have had a premature baby. Invite Only. Contact your Health Visitor for more information Call 01296 838000 (Option 6, then Option 2)</p>	<p><b>Health Visitor drop in and Health Checks</b> Come and speak to a Health Visitor to discuss any concerns you may have regarding your child's development Call 01296 838000 (Option 6, then Option 2) to find out more.</p>
<p><b>Grandparents Group</b> A Play and Explore Session for Grandparents and their Grandchildren up to 5 years. There will be a variety of activities including arts and crafts, games and outside play. No need to book</p>	<p><b>How To Live Your Best Life</b> How would your friends describe you? Is this the person you want to be? Would you like to feel more empowered to make different choices? Then our interactive 6 week course could be for you. Email to book: <a href="mailto:earlyhelpduty@buckinghamshire.gov.uk">earlyhelpduty@buckinghamshire.gov.uk</a> or call 01296 383293</p>	<p><b>Community Pantomime</b> Pantomime provided by Rah Rah Theatre for Grandparents and their Grandchildren. This is for those who attend the Grandparents Group on Tuesdays. Please let the leaders of the group know if you would like to attend. Booking required.</p>

Sessions do not need to be booked in advance unless stated



# What Parents & Carers Need to Know about PERSUASIVE DESIGN ONLINE

'Persuasive design' refers to the techniques that companies employ to influence our thoughts and behaviours when we're on the internet. These approaches can be spotted on websites, in apps and even as part of some video games. Persuasive design means that this content has been deliberately presented in a way that's intended to encourage you to spend your time or money (or both). These methods often prove highly effective at keeping people engaged and invested for longer than we might expect.

## WHAT ARE THE RISKS?

### POTENTIAL ADDICTION

In the digital world, persuasive design can make certain activities more addictive and harder to walk away from: some people may begin to feel anxious or irritated without access to their device or their favourite app, for example. It can also often leave users feeling isolated, as – if they spend most of their time on social media – they may start to find it difficult to talk to other people in real life.

### MENTAL HEALTH CONCERNS

Scrolling online or gaming without regular breaks is proven to be harmful to our mental health. The constant bombardment of news stories (many of them negative), images and influencers' posts can create sensations of unease, uncertainty and FOMO (fear of missing out). Young people can get so immersed in this environment that they become less likely to spot misleading posts.

### PROLONGED SCROLLING

Social media can draw any of us – regardless of age – into a continuous pattern of refreshing our screen, following posts and links down rabbit holes or reading countless comments made by others. This aimless scrolling can eat up time which could have been spent on more productive activities. It could also lead younger users into areas of the online world which aren't age appropriate.

### SENSORY OVERLOAD

Repetitively scrolling, clicking on links or playing games can create an unending stream of new information and visual stimuli. Put it this way: social media isn't exactly renowned as a carefree, chilled-out environment. Such overstimulation can become too much for young people to handle, resulting in sensory overload and causing them to feel stressed, overwhelmed and exhausted.

### COSTLY ADDITIONS

Video games sometimes display offers for downloadable content or loot boxes which can be bought with real money. While these 'microtransactions' temptingly promise to improve a player's gaming experience, most of the time they are money sinks. Young people in particular, excited by the chance of enhancing their game, could spend quite a sizeable sum very quickly indeed.

### PHYSICAL CONSEQUENCES

Hours spent sitting and scrolling means far less time moving around and getting exercise: hardly ideal for a young person's physical health. Additionally, prolonged exposure to the light given off by a phone's screen can lead to eye fatigue and discomfort, especially if viewing it in the dark. Extended phone use before bed can also impact on sleep quality, affecting mood and energy levels over the following days.

# KEEP SCROLLING

## Advice for Parents & Carers

### ESTABLISH LIMITS

Talk to your child about setting some time limits on how long they can use their phone, tablet or console in the evenings or at weekends – or perhaps how often they can go on a specific app, game or website. You could also decide to involve the whole family in creating this shared screen time agreement, making things fair (and healthier) for everyone.

### NIX NOTIFICATIONS

Stop knee-jerk responses at the source by turning off push notifications and alerts. Whether it's a gaming notification or a social media update, these not-so-gentle reminders are designed to catch our attention and lure us back to our device. Switching them off – or even deleting any particularly intrusive apps – can help prevent your child from being reeled back into the online world.

### ENCOURAGE MINDFULNESS

Acknowledging any addiction is key in overcoming it – and compulsive scrolling is no different. If anything mentioned in this guide sounds familiar, it could help to have an honest, open chat with your child about how much time they spend online. Get them to think about how often they scroll through social media aimlessly or habitually open it up whenever they have a spare moment.

### MAKE A CHECKLIST

Considering a list of relevant questions can be an effective way of helping children figure out why they're scrolling on certain sites or consuming particular pieces of content. A checklist can prompt young people to ask themselves if they're learning anything or benefiting from this activity – or if they're wasting their time. Taking a step back can sometimes help us to see things more clearly.

## Meet Our Expert

Rebecca Jennings has more than 20 years' experience in the field of relationships, sex and health education (RSHE). As well as delivering workshops and training for young people, parents and schools, she is also a subject matter expert on RSHE for the Department of Education.



The National College

NOS National Online Safety  
#WakeUpWednesday



We know that for lots of families your circumstances may have changed recently, so if you feel your child may now be eligible for Pupil Premium, please complete the form and return it to the school office. If you are not sure, complete it anyway and we can run it through the Bucks System.



## Free School Meals & Pupil Premium

Research shows that better food in schools is improving what children eat during the school day, and there's evidence of a clear link between what children eat at lunchtime in school, where they eat it and how they focus with their teachers in the afternoon.

All children in reception, year 1 and year 2 in state-funded schools in England are eligible for Universal Infant Free School Meals. This includes infant pupils in maintained infant and primary schools, free schools, academies, special schools and pupil referral units.

Free School Meals are also available to pupils in years 3 and above whose parents receive certain benefits and register using this application form. Please return this form to your child's school if you think you qualify for Free School Meals.



### Pupil Premium - completing this form could also raise money for your child's school...



The Pupil Premium is a Government scheme that provides funding to schools of £985 - £1,385 per pupil whose parents receive one of the qualifying benefits listed on this application form.

The school can use this money to raise the attainment of disadvantaged pupils and close the gap between them and their peers

**Q. How can I apply?**

A. Simply complete this application form and return it to your child's school

**Q. Why should I apply?**

A. You and your school could benefit from Pupil Premium funding worth £985 - £1385 per pupil. As well as this, if your child is in year 3 or above this form is also used to apply for Free School Meals and could save you hundreds of pounds a year.

**Q. My child is in Reception, year 1 or year 2 and automatically receives Universal Infant Free School Meals, do I still need to complete this form?**

A. Yes! Pupil Premium is only paid to a school if the parent registers using this form and is receiving one of the qualifying benefits listed. Even though your child automatically receives free meals at school completing this application form may entitle your school to Pupil Premium funding.

**To register for free school meals, including Pupil Premium, please complete this application form and return it to your child's school as soon as possible to avoid delay.**



## Buckinghamshire Council

2022/23

### FREE SCHOOL MEAL & PUPIL PREMIUM APPLICATION FORM

CHILDREN WHOSE PARENTS/CARERS RECEIVE ONE OF THE FOLLOWING BENEFITS ARE ENTITLED TO FREE SCHOOL MEALS AND WILL GENERATE PUPIL PREMIUM FOR THEIR SCHOOL:

- ✓ **Income Support (IS)**
- ✓ **Income-based (not contribution-based) Job Seeker's Allowance (IBJSA)**
- ✓ The guaranteed element of the **State Pension Credit**.
- ✓ **Income-related employment and support allowance**
- ✓ **Support under Part VI of the Immigration and Asylum Act 1999**
- ✓ **Universal Credit** with an annual net earned income of no more than £7,400
- ✓ **Child Tax Credit** (with no Working Tax Credit) with an annual income of no more than £16,190
- ✓ Where they are entitled to Child Tax Credit and also Working Tax Credit during the four-week period immediately after their employment ceases, or after they start to work less than 16 hours per week, their children are entitled to free school meals.

Children who receive IS or IBJSA in their own right are also entitled to receive free school meals.

Administration for the provision of free school meals is undertaken by Buckinghamshire Council for those pupils attending an education establishment within Buckinghamshire. This form should be completed and returned to your child's school.

#### 1. DETAILS OF PARENT/CARER WITH QUALIFYING BENEFIT – COMPLETE IN BLOCK LETTERS

SURNAME/FAMILY NAME as it appears on your benefit letter:

FORENAME:  TITLE:  DATE OF BIRTH:  dd/mm/yyyy

NATIONAL INSURANCE NUMBER

OR NATIONAL ASYLUM SEEKER NUMBER

ADDRESS

POST CODE

DAYTIME TEL. NO(s)

#### 2. DETAILS OF THE CHILD/CHILDREN

Surname/Family Name	Forename	Date of Birth	Name of School

#### 3. DECLARATION

I declare that the information given on this form is true and complete and I undertake to inform the school if my entitlement to one of the qualifying benefits is terminated. I understand that the results of any free school meal eligibility check may also be used to assess my entitlement to other support/benefits, including free travel to school. *The remainder of this declaration does not apply to pupils in Reception, Year 1 or Year 2* - I agree that you will use the information I have provided to process my claim for free school meals and will contact other sources as allowed by law to verify my initial, and ongoing, entitlement to free school meals. I understand that I may be liable for any costs incurred in providing free school meals for my child(ren), should I fail to inform the school of the termination of my benefit.

I have read and I understand the above declaration.

SIGNATURE \_\_\_\_\_ (Parent/Guardian) DATE \_\_\_\_\_

s110 of The Education Act 2005 requires that data is only used for its intended purpose, i.e. to determine eligibility for free school meals and that improper use of information is an offence. All LA users are required to sign a declaration to confirm that they will only use data for its intended purpose.