

# SAFEGUARDING NEWSLETTER



Spring 2022 – Issue 7

Latest advice for Parents and Carers

Welcome to the seventh edition of our half-termly Safeguarding Newsletter that will keep you up to date with essential information regarding safeguarding. For our seventh issue, we will be focussing on Cyber Security. Please remember that if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to a member of our school's safeguarding team.

**Co-Headteachers:** Jas Leverton/Cassim Bana

**Designated Safeguarding Lead/Lead for Looked After Children:** Kimberly McKoy

**Deputy Safeguarding Lead/Mental Health Lead:** Cassim Bana

**Deputy Safeguarding Officers who can also be contacted:** Catriona Prasad, Catherine Smith and Beverley Boothe

**Governors with Safeguarding Responsibility:** Sonia Gable and Asif Jahangir

At Cranbrook, to help us keep our children safe and give them a chance to be listened to, we have a range of Pupil Voice opportunities to allow them to be heard and have their views respected. Throughout our school we have our Safety Team (specific adults) posters displayed in every teaching space and around the corridors. The poster has photographs of our Safety Team members- all of our staff here are trusted adults but the Safety Team adults are additionally trained to help the children even further if needed. We also have our very own Anti-Bullying Ambassadors. These selected children have been trained to help and support children at lunchtimes with any issues and endeavour to resolve them. In addition we have our own School Councillors; two representatives from each class and they meet altogether regularly to discuss any issues, ideas or concerns that have arisen from their regular class council meetings. Each class has its own 'Talk Box' which is checked throughout the day to respond to any concerns the children have, whether it's about playtimes, friendships and worries outside of school.

## Useful Links

[How to set up your child's new devices](#)

[Parental control step by step guide](#)

[The 6 apps and services that every parent should know about](#)

[Advice on how to stay secure online from the UK's National Cyber Security Centre](#)

[National online safety](#)



# Safeguarding

At Cranbrook Primary School we would like all of our children, irrelevant of their context, to feel safe, secure and happy, so that they can voice their feelings and have the resilience to overcome barriers to their learning and become confident, successful and responsible citizens. Our school is committed to Safeguarding and promoting the welfare of all of its pupils. We recognise that some children may be especially vulnerable to abuse and that children who are abused or neglected may find it difficult to develop a sense of self-worth, to view the world in a positive way or achieve academically. We will always take a considered and sensitive approach in order to support all of our pupils.

## What is Safeguarding?

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding children and child protection guidance and legislation applies to all children up to the age of 18.

### Safeguarding means:

- Protecting children from abuse and maltreatment
- Preventing harm to children's health or development
- Ensuring children grow up with the provision of safe and effective care
- Taking action to enable all children and young people to have the best outcomes.

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

### Contact

As a resident or a professional in Redbridge, you may have concerns about a child's welfare or safety. Any concerns should be reported by contacting Children's Social Care:

Tel: 020 8708 3885

**E-mail:** [CPAT.referrals@redbridge.gov.uk](mailto:CPAT.referrals@redbridge.gov.uk)

During the evening or at weekends, please call the Emergency Duty Team on 020 8708 5897.

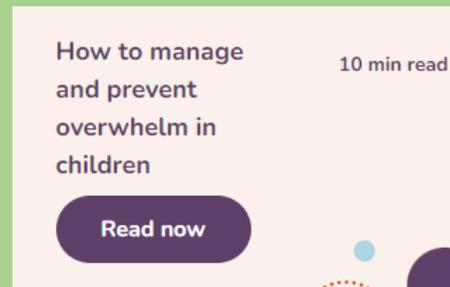
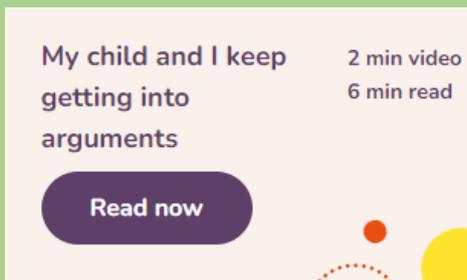
If a child is in immediate danger, please call the police on 999.

# What is mental health?

We all have mental health. Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change on a daily basis and over time and can be affected by a range of factors.

## How can I help my child?

**Parenting Smart** is a hub of short, useful articles written by Place2Be's parenting experts. Each article, aimed at parents of children aged 5 to 11, shares practical advice on a number of different topics. Click on the images below for a short video and a quick read on the topic in each caption:



# What is Cyber Security?

**Cyber security** is the way we reduce the risk of becoming a victim of **cyber crime**. **Cyber crime** is criminal activity that either targets or uses digital technology, like a computer, a computer network or a mobile device, in order to steal money or information to sell on e.g. **hacking, Phishing, malicious software**. Cyber security is about protecting the devices we use and the services we access online. For further guidance click [here](#)

## Cyber Aware Tips

If someone gets into your email, they could potentially reset the password on all your online accounts. That is why it is so important to keep it secure by

- **Protect your email account with a separate password**
- **Create a strong password using three random words**
- **Turn on two factor authentication**
- **Update your devices**
- **Back up your data regularly ([guidance](#))**

## What is phishing?

**Phishing** is when someone (a criminal) tries to convince you to do something they can use to their advantage.

For example, in a scam email or text message, their goal is often to convince you to click on a link. Once clicked, you may be sent to a website, which could download viruses on your computer, or steal your passwords, personal information or bank details. Click the image for further guidance



To **reduce your chances of becoming a victim** of a cyber crime Please click [here](#) for further Guidance by **Metropolitan Police**

# Encouraging Open Discussions about Digital Lives

There are many things you can do to support your children. This is not a complete list, but a range of strategies you can use to improve your child's online experience:

- Explore together
- Talk to your child about their online experiences
- Supervise your child/ren while they're online
- Safe Search
- Set boundaries
- Lead by example
- Stay calm

For further guidance refer to [Keeping your under 5 safe online](#), attached **Cyber aware activity sheets** and the leaflet about **Digital lives**.

## Tips for parents and guardians

To help protect your children online:

- keep computers and games consoles in family rooms where you can monitor activity
- install [parental control](#) software or activate [parental controls](#) through your Internet Service Provider (ISP) to prevent access to inappropriate content
- check age restrictions for websites or social networks to make sure your children are allowed to join
- advise your child not to post personal information or any images they wouldn't want everyone to see
- check their social media accounts' privacy settings, so their posts are only seen by friends and their location isn't tracked
- avoid using webcams unless talking to family, and **consider covering it when not in use**
- monitor how your children use the internet and **watch for any secretive behaviour**
- encourage your child to be open about what they do online and who they're talking to
- ensure the games your children play online are **age appropriate**

### Report cyber crime

If you are currently being subjected to a live and ongoing cyber-attack then please call **101**

If you suspect you have been scammed, defrauded or experienced cyber crime, the [Action Fraud](#) team can also provide the help, support and advice you need.

**Call Action Fraud on 0300 123 2040 (textphone 0300 123 2050).**

### Report suspicious emails

Ever wondered what you should do if you or your children receive an email you think might be **scam**? The National Cyber Security Centre (NCSC) has recently launched its Suspicious Email Reporting Service, so if you receive an email you think is at all suspicious you can simply forward it to [report@phishing.gov.uk](mailto:report@phishing.gov.uk)

## SAFEGUARDING AWARENESS FOR PARENTS AND CARERS (FOOTBALL ASSOCIATION)

Every week millions of children are playing football, many of whom do so with organised clubs and organisations. The Football Association, as part of its safeguarding response, has devised, and created a safeguarding course for parents/carers. The course aim is to help parents make informed choices about the football settings where they enrol their children. The course helps parents to recognise best practice and see where there may be concerns, so that they can act and report them quickly and effectively. The free course can be accessed [here](#)



**ALSO RETURNING  
SUMMER 2023!**

**TASTER  
SESSIONS**

**REDBRIDGE  
HOLIDAY**

**AGES  
5 PLUS**

**MEGA  
MIX**

**CINEMA  
or  
SWIM  
for  
£1**

**1 - 14 APRIL 2023**

**Challenge yourself to try  
something new this Easter!**

We have a variety of activities for you to come and get involved with:

- adapted multi-sports & cycling
- digital workshops
- dance & theatre
- nature / bushcraft
- interactive library activities

[Find out more about Redbridge holiday Mega mix](#)

## Redbridge Talking Therapies

Redbridge talking therapies service provide a wide range of free treatments and services for anyone going through a hard time, or struggling with feeling stressed, anxious, low or other distressing emotions. Please click the image for further guidance

