

Cherry Tree Primary School and Nursery



Safeguarding Newsletter

(This newsletter is also available on our website – www.cherrytree-pri.essex.sch.uk)

Autumn Term 2024

Useful Telephone Numbers

Citizens Advice Bureau –
Basildon 03444770808

- **National**
helplines:[National Domestic Violence Helpline](#) **0808 2000 247**
- [National LGBT+ Domestic Abuse Helpline](#) **0800 999 5428**
- [Respect](#) **0808 802 4040**
- [Men's Advice Line](#) **0808 801 0327**
- [Shelter](#) **0800 800 4444**
- [NSPCC Helpline](#) **0808 800 5000**
- [ChildLine](#) **0800 1111**
- [Samaritans](#) **116 123**
- **PACE (Parents Against Child Exploitation)-** 0113 240 3040

If you have any concerns about a child in our school please do not hesitate to contact one of the school's Designated Leaders.

Our Safeguarding Team:

Mrs. Milsom (Pastoral Leader)

Mrs. Cory (AHT – Inclusion Leader)

Mrs. Tiffin (AHT – Early Years)

Ms. Stone Riley (Headteacher)

Miss Barlow (Deputy Headteacher)

Mr. C Lake (AHT- KS1)

If you are concerned that a child or young person is being harmed, neglected or is at risk you should contact Essex Social Care (Children and Families Hub) on [0345 603 7627](tel:03456037627). Out of hours: (5.30pm - 9.00am Monday - Thursday, 4.30pm-9.00am - Friday and Bank holidays) Telephone: 0345 606 1212 or [email](#). In an emergency call the Police on 999.

The 2 Johns- E-Safety Children and Parent workshops – September 2024

Children's workshops have been delivered at Cherry Tree in Years 2, 3, 4, 5, and 6. These have had a positive impact on developing safeguarding skills and helped to support useful conversations between children and adults to help keep children safe online. Feedback for the children was positive. Workshops have also included discussions about their favourite apps and games. Parents' online workshops will look at the dangers children face not only from predatory bad people but also how they may be groomed in games which range from receiving gifts for the younger players and being groomed on servers for the older ones. **Parents' workshops will be delivered online on Wednesday 9th October 6-8pm. An online link will be sent via Study bugs and will help to ensure Safeguarding is everyone's business**

Emotional Wellbeing and Mental Health

There are many different types of mental health issues which may impact your child. The [Young Minds website](#) has an A-Z of specific mental health conditions and life events. For each topic there is advice and signposting of where to go for help.

Being able to talk openly can help relieve many anxieties that may be building up inside your child. Try to make regular time to spend with your child, giving them the opportunity to talk about anything they want. It could be during a walk or while baking a cake, for example, to help them relax and open up. Hearing you respond honestly can also be hugely beneficial as it reassures them their feelings are valid. Talking to your child about how they're feeling is so important, but can be hard. Here are some useful tips to help [start the conversation](#).

Help and support

Raise concerns with SET CAMHS - Parents/carers and young people can raise concerns with the Single Point of Access team. Telephone: 0800 953 0222.

To find out more about additional support services available both in Essex and nationally please visit the [Help and Support page](#).

Online Safety

Parental controls and security settings

Parents and carers should be ensuring the settings of the apps and online games that their children use are set to private, with location settings turned off, to restrict the ways in which they could potentially be targeted by perpetrators. Many apps are public facing automatically, and have to be manually set to 'private'. Parental controls can be used to help block or filter the content children see when searching online. Parental controls are also available to help:

- plan what time of day children can go online and how long for
- stop them from downloading apps they're too young for
- manage the content different members of the family can see

It's important to bear in mind that children and young people can potentially have access to the internet anywhere, not just at home. There are Wi-Fi hotspots, internet cafes, and a friend's house and of course mobile data is available 24/7. So, whilst parental controls are useful, the most important thing you can do is have an open and honest relationship with your child about their online interests. Please also consider age restrictions on Apps.

In addition to device settings, did you know broadband and mobile network providers have their own parental controls? Take a look at what you can monitor and what limitations you can set to keep your family safe from online harm with this [guide from Internet Matters](#).

[Find out more about setting up Parental Controls on devices, games consoles, apps and internet providers \(Internet Matters\).](#)

[Essex Police - Sort your settings campaign](#)

Social Media and Online Safety

Social Media - Social Media allows people to communicate and engage with others online. There are many benefits but young people should be made aware of dangers and the impact that negative use of social media can have on a person's mental wellbeing. The [Internet Matters App guide](#) also has lots of useful information on social media.

