

# Children's Safeguarding Newsletter

**March 2024**



**This edition of the children's newsletter shares some of the great work carried out across our schools in Cheshire East during the Spring Term and provides ideas that other pupil safeguarding groups could look at in school.**



# The Berkeley Academy

The Safeguarding Team have been focusing on Safer Internet this half term. They led an assembly on Safer Internet Day 2024 and spoke about the importance of speaking to trusted adults when they feel unsafe online.



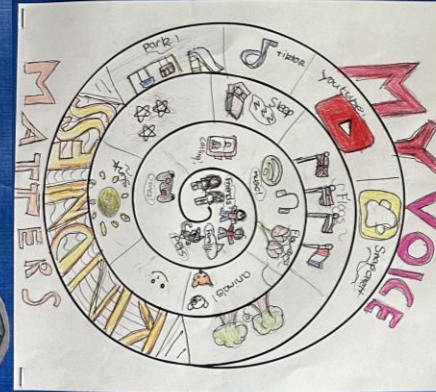
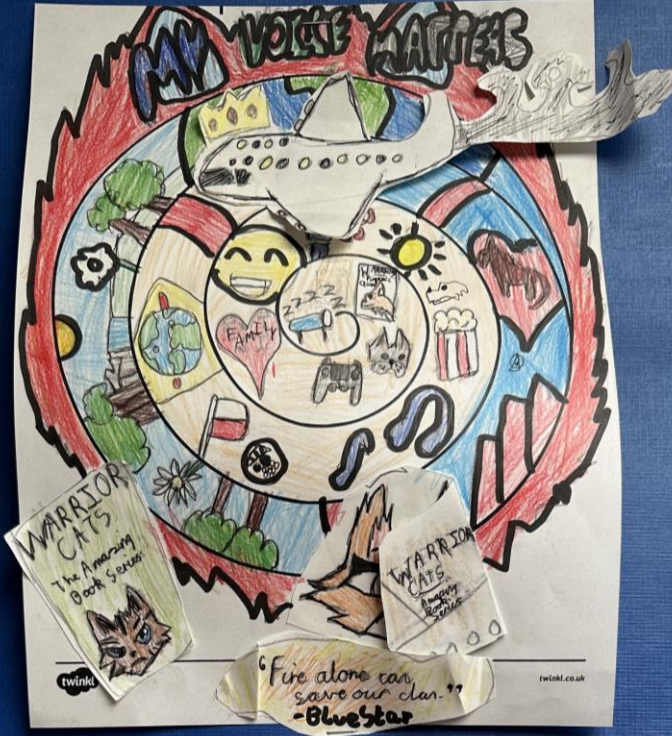
The School Council and Executive Committee have met to discuss Children's Mental Health Week. This year's theme is 'My Voice Matters' which led to them organising a 'lunchtime drop in'. Children attended this to use their voices to discuss ideas for the School Council and ask the School Council and Executive Committee for advice on how to manage their wellbeing.





# Underwood West Academy

The topic of this year's Children's Mental Health Week was, 'My Voice Matters'. The children loved sharing their own thoughts and ideas about who and what is important to them and after lots of discussion about how these people and 'things' can play such an important role in their mental health, the children completed 'spirals of importance'





# Gainsborough Primary and Nursery School



Our Stay Safe Team have been super busy this half term - they were awarded their badges by PCSOs Jen and Andrea. We also invited the PCSOs to our meeting to tell them about the outcome of a whole school survey we completed recently. We know the areas to focus on for the rest of this year are keeping our bodies safe and online safety. Jen and Andrea have gifted the team some goodies, and they are coming back to hand them out soon.



The whole school has completed their NSPCC Speak Out Stay Safe Assemblies and here is our certificate. Also, check out our new homemade Buddy the Speech Bubble! Mrs Dawson's daughter made it for Mrs Appleby to help teach our children to keep themselves safe - how amazing is he?

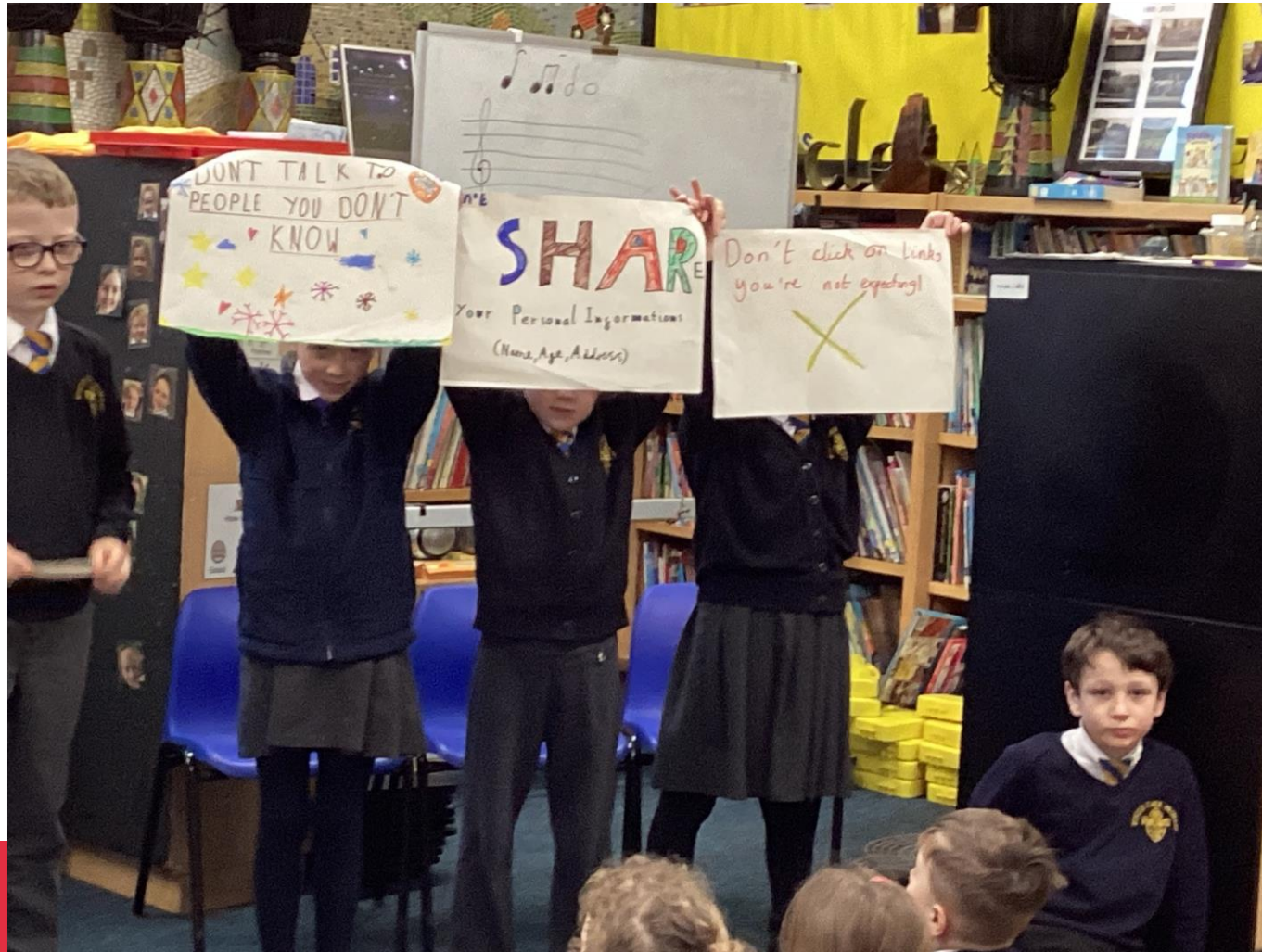


Our Mental Health Ambassadors have helped us to promote positive mental health during children's mental health week. Dr Alex George has written a book for children about their mental health and our Year 5 and 6 classes are lucky enough to have their own copies in their classrooms. Our favourite bit from the activities is the gratitude journal and the music playlist.



# Wincle CE Primary School

The school Safety Committee lead an assembly on E-Safety Day. They worked together to plan and deliver the assembly giving the school lots of information about how to stay safe online.





# Holmes Chapel Primary School

Our school Safety Squad and School Council representatives recently took part in two national webinars with Picture News. The webinars were aimed at KS2 children and were based around 'Protected Characteristics' and 'British Values'.

During the 'Protected Characteristics' webinar our safety squad discussed the following key points:

- *What are protected characteristics and why are they important?*
- *What is discrimination and why does the Equality Act matter?*
- *How the news can help us understand the characteristics*
- *How you can make an impact in your school and the wider world.*

During the 'British Values' webinar our school council discussed the following key points:

- *What are British values and why are they important?*
- *How the news can help us understand values.*
- *How you can make an impact in your school and the wider world.*

Our safety squad and school council members contributed their ideas, experiences and throughout the webinar and they were fantastic ambassadors of our school. The children are now going to prepare an assembly to deliver to the whole of KS2 to share what they have learned and how they can make an impact in our school and the wider world. A certificate was awarded to all children that took part. Well done!



# Parkroyal Community School

The Safeguarding Ambassadors at Parkroyal Community School have been into the reception classes this week to introduce themselves and their role within school. The Ambassadors talked to the children about the Parkroyal helping hand and told them how important it is to talk to someone you trust, if you have a worry or are feeling sad. The Ambassadors worked with the children to create their own helping hands.





# Prestbury Church of England Primary School

Our School Council worked with their classes to develop a guide How to keep Safe online for the school community. This was put together by the children for the children (and to support families outside of school time).

## WHAT YOU SHOULD DO ONLINE.

- Only use age appropriate games
- Check with parents about new game or website
- Limit your time
- Ask for permission from parents before friending people
- Be respectful and set a good example and encourage others to be kind
- Report bad behaviour
- Use the internet
- Use the internet for useful things E.G shopping, research, learning
- Keep in touch with friends and family
- Keep location off
- Be respectful
- Set a good example to others
- Post nice comments and nice things about other people

OFFICIAL-SENSITIVE

## WHAT YOU SHOULDN'T DO ONLINE

- Trust bad messages
- Share personal information
- Just accept random/unknown friends
- Insult or be prejudice or harass
- Reveal other peoples information
- Post photos without permission
- Trust or chat with strangers
- Don't assume people say who they are
- Be aware of fake news
- Click on random links
- Take photos of yourself and send them {parents' permission}
- Click on pop ups
- Share passwords
- Use social media before recommended age
- Don't spend money

OFFICIAL-SENSITIVE

## How to keep safe online

OFFICIAL-SENSITIVE

### Keeping safe online

Top tips:

Do:

- Only use age appropriate games and behave appropriately
- Use child friendly version of youtube
- Check with parents new game and website
- Limit your time
- Ask parents' permission before friending people
- Be respectful and set a good example and encourage others to be kind
- Report bad behaviour
- Use the internet for useful things E.G shopping, research, learning
- Keep in touch with friends and family
- Keep location turned off
- Be aware of Spam emails
- Tell you parents everything, even if you have done something wrong

Don't:

- Trust bad messages
- Share personal information
- Just accept random/unknown friends request
- Insult or be prejudice or harass
- Reveal other people's information or post photos without permission
- Don't trust /chat strangers
- Don't assume people are who they say they are
- Be aware of fake news.
- Click on random links
- Take photos of your self and send (parents' permission)
- Click on pop ups
- Share passwords
- Use social media before recommended age e.g WhatsApp (parent control)
- Spend money without adult permission)
- Don't give away personal information e.g. where you live





# Mablins Lane Primary School

The Happiness Heroes at Mablins Lane School have been working very hard this half term. They invited the police to come into school to talk about internet safety and social media.

Inspired by a school in America who have created a "We Dine Together " support group they have also been designing T Shirts for a Lunchtime support club called "We Lunch Together"  
The team will be around at lunchtime to make sure no one is on their own or feeling isolated. The Happiness Heroes are working hard to promote Positive Mental Health and Safety around school.



# Park Lane School

PC Marc Harley, Youth Engagement Officer, came to talk to secondary age pupils at Park Lane School about keeping safe while using the internet. This was part of Internet Safety Day. Our pupils were very engaged and the talk lasted over an hour due to questions Marc was being asked. The pupils and Marc both really enjoyed the session.

*"I really enjoyed the talk too, the students were really engaging and asked some great questions". (Marc Harley).*





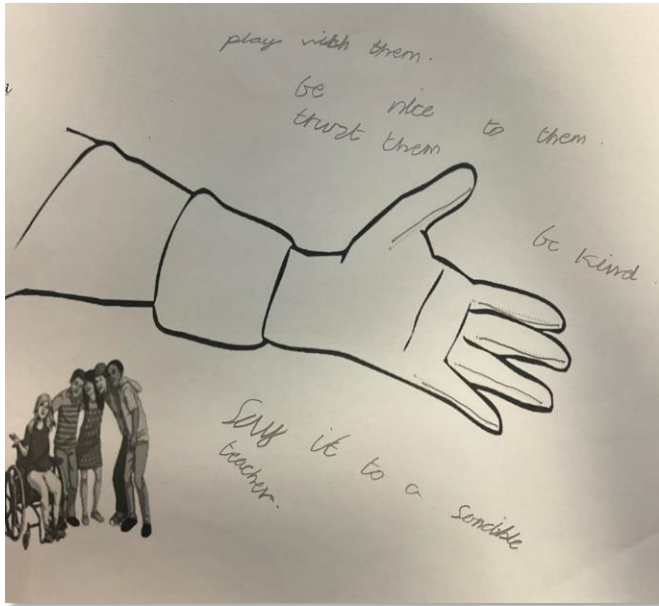
# Alderley Edge Community Primary School

Children at Alderley Edge Community Primary School have keeping safe online at the forefront of all their work. Activities during Online Safety Day in February included special visits from the police to share how to stay safe online and additional online safety lessons using Project Evolve resources. The AECPS Safety Ambassadors also ran a competition to design an online safety mascot for the school.



# Pebble Brook Primary School

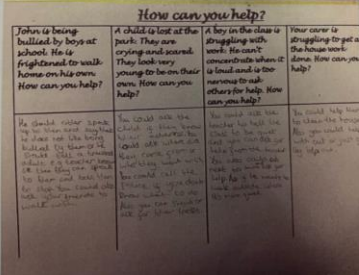
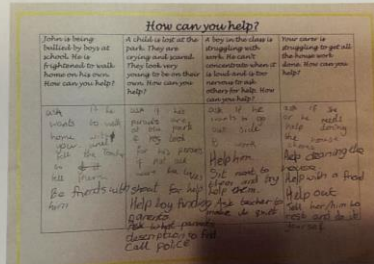
## Antibullying and voice of the child work from across school at Pebble Brook



### Asking for Help

Year 5/6 discussed why we might need to ask for help and advice. They also shared times that they have given advice when they have been asked for help themselves.

They then looked at scenarios and discussed what advice they would give in each situation.

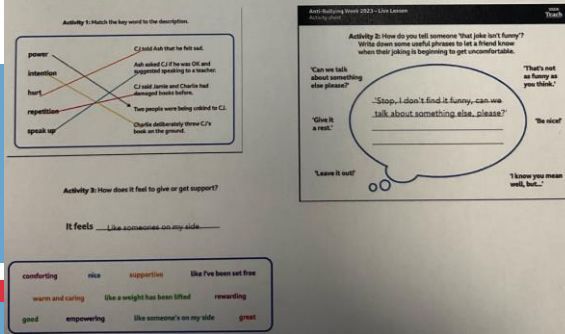


### PSHE Live lesson

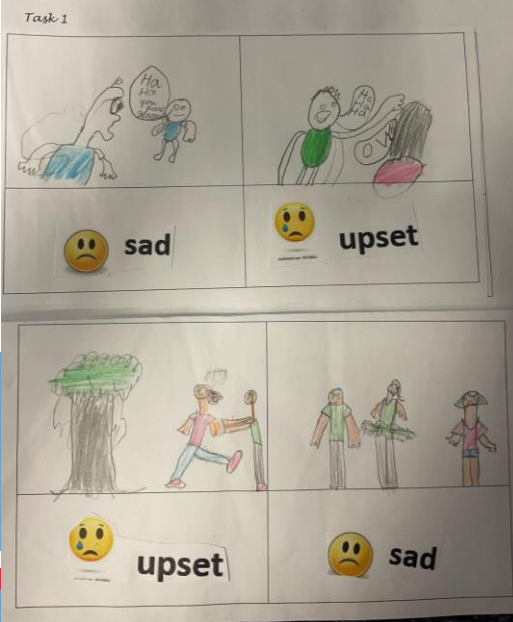
#### Anti-Bullying week

This week for PSHE, the children in phase 3 took part in a PSHE Live session with a focus on Anti-Bullying. The children carried out a variety of tasks including matching descriptions to a bullying reenactment as well as writing their own responses for telling somebody that the joke about them is making them feel uncomfortable.

The children concluded the lesson by showcasing how they feel personally when they receive support.



Feelings when bullied  
In our first task we were asked about how it would feel if we were bullied and to give different scenarios of bullying. We discussed how bullying can be physical and mental.  
After this we thought about ways we can help people who are being bullied and give them a helping hand.





# St. Mary's Catholic Primary School, Crewe



## E- Safety Awareness

In February, children in Year 1 and 2 learnt about online safety with the help of Lucy from the Altru Drama Company. The children had a wonderful time and explored various scenarios that taught them valuable lessons about staying safe on the internet. They also had a lot of fun learning a catchy rap about keeping safe online.



Year 5 and 6 pupils watched a superb performance delivered by actors of the Altru Drama Company. The children learnt about navigating the digital world in a safe way. Through the power of drama, the children explored important topics such as safeguarding personal information, password security, privacy settings and falling victim to online scams.

Following the performance, Year 6 children had the opportunity to take part in interactive workshops. They engaged in meaningful discussions, practical activities and hands on tasks aimed at reinforcing the key concepts of being safe online.



# Alsager School

Article on Cyber safety written by one of our Y11s

School News

February Edition



## A MESSAGE ON BULLYING

By Charley Lovis and Freya Fielding

### What is Bullying?

Bullying is seeking to harm or intimidate someone. It is also repetitive – this means that peer conflict and bullying are NOT the same thing. Bullying can happen anywhere, to anyone, at any time. Bullying also comes in many forms such as:

**Physical bullying:** a form of bullying where someone uses their body or an object to hurt or scare another person

**Verbal bullying:** when someone uses words to hurt, harass or scare another person

**Sexual bullying:** targeting someone with sexual actions or comments

**Cyberbullying:** using electronic communication to hurt another person

### The Difference between Bullying and Peer Conflict

There is a common misconception between bullying and peer conflict – even though they both involve conflict between two groups/ people, they have many differences. It is important to know the difference between bullying and peer conflict so that you can report anything in an appropriate way. We have put the differences between bullying and peer conflict in a table so you can easily see them.

Bullying	Peer conflict
<ul style="list-style-type: none"> <li>Imbalance of power (bully overpowers victim)</li> <li>Repetition</li> <li>Goal is to harm, hurt or humiliate</li> <li>They continue the behaviour when aware it is causing harm</li> </ul>	<ul style="list-style-type: none"> <li>Balance of power</li> <li>Usually just once</li> <li>disagreement where both sides express views</li> <li>Usually stop behaviour when they realise it is causing harm</li> </ul>

### The Webinar

Recently, Anti-bullying Ambassadors took part in a webinar where they discussed topics related to bullying in and out of school with other schools as well. This feedback, coming directly from students, was helpful to change certain things done at school and how we could improve dealing with bullying. These questions also brought new ideas to help students who are dealing with bullying and highlighted important things about bullying in school.

### How is bullying handled at school?

We recommend reporting bullying on the SHARP system – this is a great way to report bullying as you can make it anonymous if you want to. This means that staff are aware of the situation, but you will not be involved (if you do not want to be). You can also speak to a member of staff, even if it is just a quick chat with your form tutor during form time. Mrs Brazier is also going to be putting together a rota of teacher ambassadors who will be on duty each break time who you could find if you need to talk to someone. You will not know which sanctions have been put in place, but the group/ individual will be given sanctions when necessary. It's important to know that bullying is being dealt with, as we know that a lot of students don't think that bullying is being handled when it's reported – some things must stay private and that's why you might not think that your report is being taken care of.



With online safety becoming a growing concern amongst parents and guardians, the 4 C's highlight everything we need to be protecting our young people from in the growing age of the internet.

### So what are these dangers?

**18+** **Content**  
Inappropriate or harmful material

**Contact**  
Being the victim of harmful interactions

**Conduct**  
Behaving in a way that causes harm or increases the chance of it

**Commerce**  
Risks like online gambling, phishing and financial scams

This poster is made by Charlotte Alcock

### Staying Safe Online

In an era dominated by the advancements of technology, concerns about the dangers lurking online have become a focal point for parents. While the internet is a potential threat to young people, we need to focus, not just on the perils but also the potential solutions to safeguard the younger generation.

The vast expanse of the internet is full of inappropriate or harmful material, capable of influencing impressionable minds; which is a direct concern of children having access to the internet. From explicit content to extremist ideologies, the exposure is undeniable. Vigilance in monitoring and ensuring strong content filters is crucial – not only so parents are at peace with the knowledge their child is safe but to also ensure their child is as unexposed to the improper content as possible.

Cyberbullying. Being the victim of harmful interactions remains a genuine concern. The menace of online grooming and the potential online abuse can cast a shadow over the brilliance the internet possesses. Empowering young people with the knowledge to recognise and report such incidents is vital. To do this you should not only rely on the school's constant lessons and informative talks about social safety, but also take it upon yourself as a parent or guardian to explicitly show and help your child understand the dangers of the internet. In addition to this, they should also be informed about how to spot incidents and, most importantly, know who and how to report them to.

Navigating the online world demands responsible conduct. Addressing issues like online hate speech and promoting digital etiquette are pivotal in reducing the risk of harm caused by behaviour of others and your own child. As a young person your child may find it difficult to understand the impact of their words, even if they are only expressed via a screen on the internet. According to Cyberbullying statistics, 1 in 5 children between 10 and 15 have experienced some form of cyberbullying within the last year. Not only is this a distressing statistic, it is an anxiety inducing experience for the victim that can consequently lead to long term insecurities, mental scars and battles that may impact someone for the rest of their lives. It is so important that we teach children how to behave responsibly, not only in person but online.

In the vast marketplace of the internet, children can find themselves navigating a digital terrain where the pull of online commerce poses significant concerns. Much like a vibrant bazaar, the digital realm offers an array of goods, services, and entertainment options. However, amid the dazzling stalls lie hidden pitfalls akin to deceptive street vendors. The risk of stumbling upon virtual marketplaces promoting online gambling, phishing schemes, and financial frauds is alike to unknowingly entering a shadowed alley. It is crucial to equip our young children with the knowledge they need to distinguish between the genuine merchants and the manipulators of the cyber marketplace. This digital marketplace, rife with tempting offers and concealed threats, underscores the importance of fostering financial awareness as a protective coat, shielding our children from the perils of digital commerce.

Mitigating these risks requires a comprehensive strategy. Educational institutions are integrating digital safety into the curriculum, arming students with the tools to critically

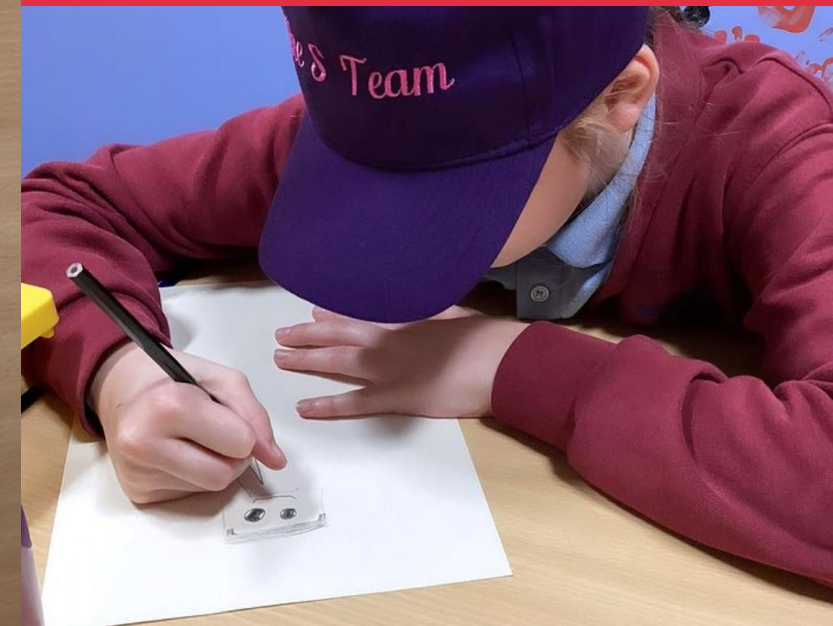
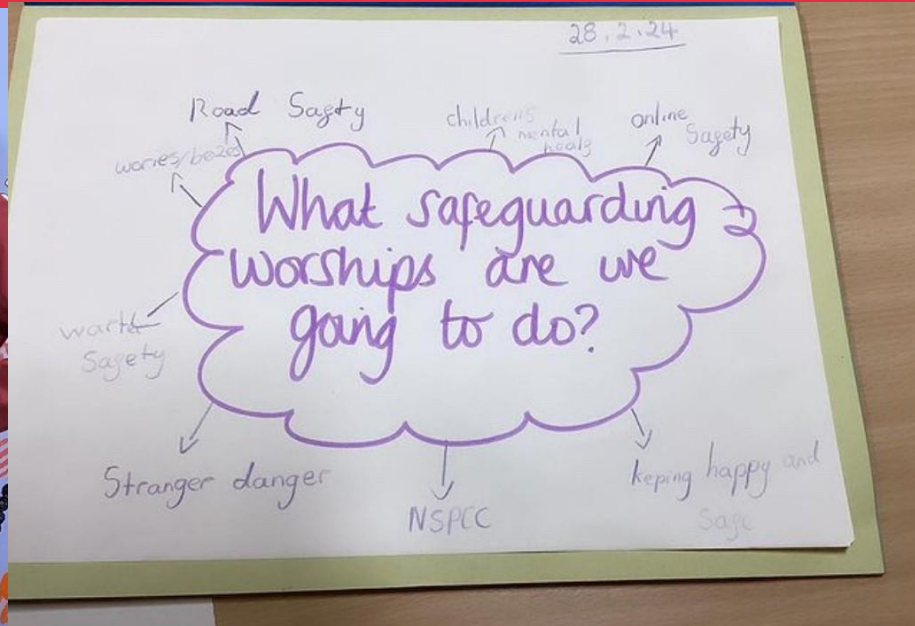
evaluate online content. However, parents and guardians play a pivotal role in fostering open communication and monitoring online activities responsibly. Reporting mechanisms should be readily accessible, and the creation of a digital authority can provide a centralised avenue for reporting and addressing concerns.

So, while the internet undeniably harbours risks, portraying it as the singular danger oversimplifies the intricate challenges faced by young people today. By acknowledging the potential pitfalls and proactively implementing solutions, we can transform the digital abyss into a navigable space that empowers rather than endangers our youth.



# St John's C E Primary School

We have started a Safeguarding club at St John's so the children around school can talk about what keeps them safe. Our Safeguarding team is called 'The S Team'. We have special caps to wear so children know who the team are and they can ask us questions. We have planned different assemblies to deliver with the whole school and we have been designing our own Safeguarding character called 'Stewart.'



# Mossley C.E. Controlled Primary School



Mossley C.E.  
Controlled Primary School  
"They shall have life, life in all its fullness"

## Internet Safety – Written by Theo Year 6 pupil and safeguarding councilor



PC Cornall came and spoke to us ( year 5 &6) about online safety. He was making us aware of what dangers there can be involving consoles. Some apps are suitable for some ages however, some children play on apps that are not age appropriate. He recommended that we should also only have a certain limit for how long we are on electronics for. As we know gaming can be uncontrollably addictive and we may forget to drink water, eat food and exercise. Going on a device is a privilege and being allowed access to the whole world on a singular device is trust.

PC Cornall helped us to understand that we need to be a certain age for some online games. This has helped because we now know we shouldn't be on games that are for older children and that they have an age limit for a reason! They have age limits because of inappropriate behaviour, bad language, offensive language and also violence and there are plenty of circumstances why children should not be on a games that are not prescribed for them.



# Handforth Grange Primary School

This term we have done a lot of work on Anti-Bullying including joining the United Against Bullying Programme which is funded by the DfE and part of the Anti-bullying Alliance. As part of the programme we surveyed all KS2 pupils on both bullying and wellbeing and used this alongside internal data to identify any groups which are more vulnerable to bullying. It was clear that not all incidences were being reported to adults so we got the pupils to elect 2 Anti-bullying Ambassadors in each class to champion kindness and be a voice for anyone who doesn't feel they can go and tell an adult if someone is being unkind or bullying them. They have led assemblies on what bullying is and who they can talk to if they are being bullied. They have also written a child-friendly anti-bullying policy with the Behaviour Lead and this has been shared with parents and pupils. They have also taken an active role during Anti-bullying week and meet regularly with the lead to discuss prevention strategies. This has included rearranging the organisation on the football games, buying new playground equipment and completing a survey of potential unsupervised areas so that adults can be repositioned as needed. We have also had NSPCC workshops to role play bullying scenarios and what we can do to solve or prevent them and we have also had the local PCSO in to talk to the pupils about online behaviour especially Whats App. We followed this up with a parent workshop from the police on digital safety (following the talk in the Safeguarding update) and parents reported that it was extremely helpful and most of our pupils were then taken off the What's App groups by their parents following this.

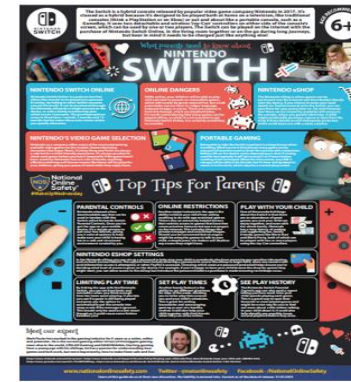
Following all the work we did, we surveyed the pupils again and this resulted in high levels of feelings of belonging and good wellbeing in school across all groups and a very low level of bullying with most reported incidents to the Anti-bullying reps being friendship issues which the behaviour lead coaches the pupils to sort out themselves in a safe environment. This was also confirmed in our recent Ofsted inspection.



# Scholar Green Primary School

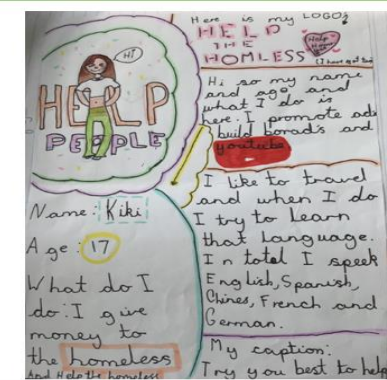
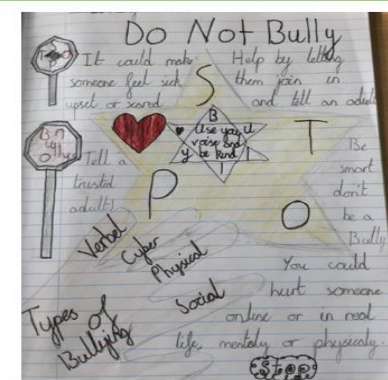
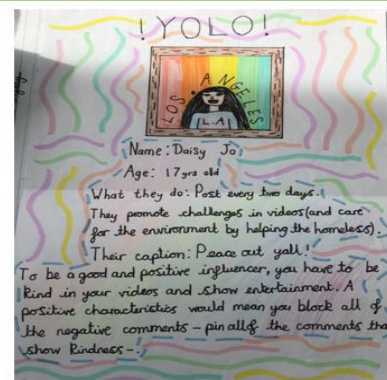
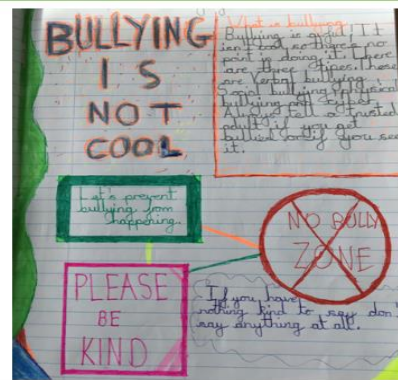
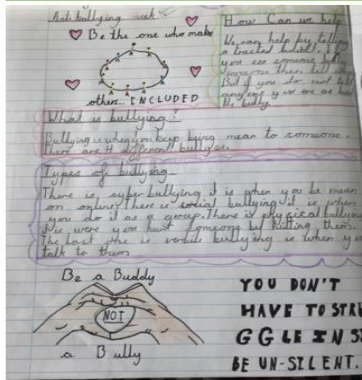
On Internet Safety Day PC Cornall delivered an assembly to our Year 5 and 6 class and talked to our parents about keeping their children safe online, age restrictions for Apps and general dangers when online.

It was a great success!



We share Guides with parents from National Online Safety and have child friendly ones around school

Year 5 have been making anti-bullying posters and created their own 'Positive' Influencer after discussing the positives and negatives of Influencers online







## Internet Safety Week

Children loved Mrs Minshall-Thomas reading this story, teaching them all about staying safe online.



PC Jarvis visited every class to talk about

Online Safety and quizzing the children.



# Sound and District Primary School



# Sandbach High School and Sixth Form College

Our student Anti Bullying Ambassadors have delivered another fantastic assembly on online safety and the emotional impact on our mental health. The ambassadors have worked with forms to discuss what bullying is, how you can be proactive as a bystander and where to report it. Next term they are visiting the local community in Sandbach to share their amazing knowledge!





# The Berkeley Academy



On Friday 15th March, The Safeguarding Champions had a meeting with our Safeguarding Link Governor. We talked about what we do to keep people safe in our school and how we plan to carry on making our school a better place. We were asked if safeguarding had regular meetings, and we said that meetings are held every 2-3 weeks and are often about a certain topic e.g. Anti-bullying Week, Safer Internet, Road Safety and more, but sometimes are even just about ideas or jobs we need to do.

She asked us if we have done anything to do with wellbeing and people's mental health and we said that we organised a Mental Health Talk outside our Year 6 Area. This was for children to come and talk about any problems they have and for us to give them advice. As some children were a bit hesitant to speak, we reassured them that we wouldn't share anything they told us. However, we did say that if we thought the situation was serious, then we would tell the Safeguarding Leads in our school - we soon realised that it is sometimes easier for children to speak to children rather than adults. We find that no matter how small the problem, we try to help children in any way.

During the Winter/Autumn term, when it was getting darker at night, we held a competition for people to create a poster on how to keep safe at night, with things like wearing hi-vis vests and looking out for cars when crossing a road. For Safer Internet week, we created two different PowerPoints for KS1 and KS2 and presented them in assemblies, to warn children about the things you can see online and how to ignore them. We explained that if children want to download an app then they should ask for their parent's permission.

We ended the meeting by showing our link governor the Safeguarding display in the computer suite. She liked the display and gave us a few ideas on things we could do for safeguarding. One of these ideas was creating a pupil survey for children to give us their feedback and opinion about The Safeguarding Champions!

OFFICIAL



## Springfield School Crewe and Wilmslow

We have been very busy as a school running our safeguarding competition to re-design our new safeguarding poster to be displayed both in Crewe and at our new Wilmslow site. The children have shared their design ideas that are to be judged by the school council. Here are a few of the designs in the running.



Great work everyone!



# Springfield School Crewe and Wilmslow



### Safeguarding and Wellbeing Council

#### Children's Mental Health Week

Mental Health is an area our Council feel very strongly about and they were very keen to be part of this special week. They introduced the week with a collective worship where they shared a PowerPoint explaining why they choose the event, the aims of the charity and the activities that had been arranged for all classes. The team visited each class to record the activities and see the wonderful work taking place.



#### Internet Safety Day

Internet Safety Day was celebrated all around the UK on the 6<sup>th</sup> February. The theme for this year was 'Inspiring Change'. As you can see from our wonderful display board, we had some lovely posters from the event and the Council designed a quiz for the children to complete to show their knowledge of online safety.



# Woodcocks' Well Primary School

### Spring is on the way!

Lighter nights, warmer days and the sight of daffodils can only mean one thing, Spring is on the way! It is a great time for connecting together through exercise and activities which can boost the whole family's wellbeing. It would be wonderful to see some pictures of what the children have been up to outside of school. Perhaps they have been busy feeding the wildlife or getting green fingered in the garden. They would make a wonderful addition to our display.

#### Useful websites and information



<http://www.cheshireeast.gov.uk/livewell/livewell.aspx>

[www.youinmind.org](http://www.youinmind.org)

[www.youngminds.org.uk](http://www.youngminds.org.uk)

[www.Kooth.com](http://www.Kooth.com)

[www.nspcc.org.uk](http://www.nspcc.org.uk)

[www.childline.org.uk](http://www.childline.org.uk)

[www.annafreud.org](http://www.annafreud.org)

Discovering a world of wonder empowered by God's spirit

Aspiration, Confidence, Independence, Passion, Reflection and Resilience

**Thank you to all the staff,  
children and young people  
that have contributed to the  
newsletter this term**



OFFICIAL