



Safeguarding and Behaviour Newsletter

January 2024

At Brampton Primary School safeguarding is everyone's responsibility.

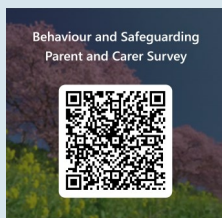
Welcome to the first safeguarding and behaviour newsletter of 2024. I (Sarah Fordham) am the new DSL for Brampton Primary school and I am very pleased to have joined such a welcoming school community.

Safeguarding is at the heart of everything at Brampton. At its best, safeguarding is preventative: schools identify needs and then support families and children to ensure they have everything they need to develop and maintain good physical and mental health.

This issue will cover a variety of topics: managing behaviour, mental health and wellbeing support for children and adults, online safety tips for carers, Newham's 'Family Hub' offer, and support for victims of domestic violence.

To ensure these newsletters are as informative and useful as possible, we would greatly appreciate your feedback. If you would like to share your views, including what should be in the 2024 newsletters, please complete our survey, either by scanning the QR code below or following the link: <https://forms.office.com/e/ddJaF86JFu>.

Thank you for all of your support in promoting the welfare and safety of all children at Brampton Primary School. If you are concerned about a child or family, please speak to



You can speak to any member of the team to report a safeguarding concern.



**Sarah
Fordham**
Designated
Safeguarding Lead



**Alex
Wedgbury**
Deputy
Designated
Safeguarding Lead



**Marie
Hardie**
Deputy
Designated
Safeguarding
Lead



**Olusola
Awelenje**
Deputy
Designated
Safeguarding Lead



**Stephanie
Raey**
Deputy
Designated
Safeguarding Lead



**Paven
Kettory**
Headteacher

**You can contact the school on 020 8472 0830 or alternatively email us:
safeguarding@brampton.newham.sch.uk**





Safeguarding and Behaviour Newsletter

January 2024

Important Safeguarding Reminders

Please remember to inform a member of staff if your child comes into school with an existing mark or injury. This is so we are clear on the cause. All staff are trained to ensure vigilance, which means we will speak to children about any injuries they present with.

One of the main reasons we make referrals to social services is due to physical chastisement. This can have a negative impact on children's physical and mental wellbeing. The NSPCC has put together a 'positive parenting leaflet' to give ideas about discipline and boundaries. This can be accessed via the link below:

<https://learning.nspcc.org.uk/media/1195/positive-parenting.pdf>

Newham has also partnered with the Solihull Approach to sponsor FREE online courses developed by psychologists and professionals. These courses are designed to help you understand your child's feelings, as well as focus on your own feelings as you go through life as a family. You will also learn to understand the changes in your child's development and how to make the most out of each relationship.

Here is a list of the free courses that you can access as a Newham resident:

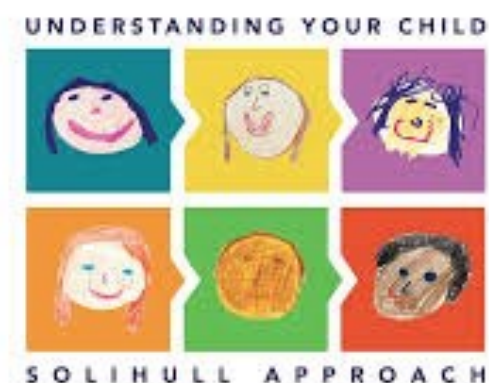
- **Understanding pregnancy, labour, birth and your baby** – This course is aimed at everyone around the baby - mums, dads, grandparents, friends and relations and was written by midwives and NHS professionals.
- **Understanding your baby** – This is aimed at everyone around the baby to support you and the new arrival. The course was written by psychologists, psychotherapists and health visitors.
- **Understanding your child (0-9 years)** – This course will help you be the best parent,

grandparent or carer you can be and contains award-winning, trusted content.

- **Understanding your child with additional support needs** – This course will help you be the best parent, grandparent or carer you can be and contains award-winning, trusted content.
- **Understanding your teenager's brain** – Find out what happens to the brain in adolescence and how this explains some of the changes you may have noticed in their behaviour.
- **Understanding your brain (for teenagers only)**
- There are many more on offer and all are available in a number of community languages.

The access code for each course is **NEWFAM**

Please click on this link to access the courses - [Online Courses | Newham - Solihull Approach | Parenting \(solihullapproachparenting.com\)](https://www.solihullapproachparenting.com)





Safeguarding and Behaviour Newsletter

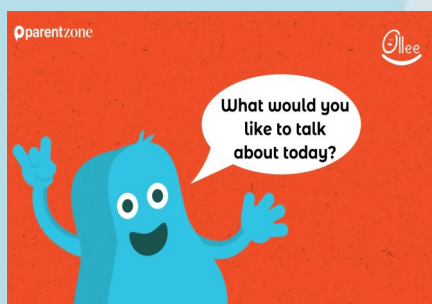
January 2024

Mental Health and Wellbeing

As parents and carers, you play an important role in your child's mental health. You can find plenty of resources and useful information about mental health for children here: parentingsmart.place2be.org.uk.

At Brampton we will be taking part in Children's Mental Health Week. This year's theme is **'My Voice Matters'**. On **Friday 9th February** we will be asking children to wear an item of clothing that express's who they are. This could be a fun pair of socks, a colourful jumper or funny hat. **We appreciate your support in ensuring children do not come to school with political symbols, flags and sensitive statements that could cause offence to others.**

My Voice Matters is about empowering children and young people by providing them with the tools they need to express themselves. When we feel empowered, there's a positive impact on our wellbeing. Children who feel



that their voices are heard can make a difference and have a greater sense of community and self-esteem.

Meet Ollee

<https://app.ollee.org.uk/#/welcome>

Ollee is a **digital friend for children aged 8-11 funded by BBC Children in Need's A Million & Me initiative**, which aims to make a

difference to children's emotional wellbeing. Ollee was created by Parent Zone.

Other support services for parents/carers

NHS Urgent Mental Health Support – Every mental health trust in London has put in place a 24/7 crisis line for people of all ages – children, young people and adults. The lines, which are free to call, can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

Newham Talking Therapies

Do you need some emotional support?

We offer free confidential psychological support to the residents of Newham. Newham Talking Therapies provides NHS psychological therapies to help with common mental health challenges. We will help with a range of problems such as anxiety and depression by providing a range of different types of psychological support.

<https://www.elft.nhs.uk/newham-talking-therapies>

Young Minds

Young minds have lots of practical advice and tips on supporting children – from how to encourage your child to open up about their feelings to dealing with mental health services.

<https://www.youngminds.org.uk/parent/>

Pop-up CAMHS Newham

Pop-Up CAMHS will be led by friendly mental health clinicians at Newham CAMHS who look forward to meeting you and answering any questions you may have.

Feel free to drop by for support, help, and consultation about any mental health queries. Families and young people will be seen on a first come, first serve basis.

<https://www.eventbrite.co.uk/.../online-pop-up-camhs-newham-registration-102088330946>



Safeguarding and Behaviour Newsletter

January 2024

Online Safety

Parentzone have some excellent resources to support parents/carers in keeping their children safe online.

You can access the parent zone library via the following link—<https://parentzone.org.uk/library>. If you type in the name of an app/game you can find out information about this.



Practical tips to help minimise the risks your child might face

It's good practice for apps and websites to have safety advice and well-designed safety features which can make a real difference to how safe your child will be when using them.

Work through safety and privacy features on the apps that your child is using, or might use. Make sure they understand the point of these and how to use them. Don't be put off by believing your child knows more than you: the tools are actually quite easy to manage.

- **Ask them to show you** which social media apps they use and what they like about them. Talk about how they use them and what makes them so engaging.
- **Explain** how you can use privacy settings to make sure only approved friends can see posts & images.
- **Check if any of their apps have 'geo-location'** enabled, sharing their location unintentionally.
- **Show them how to report offensive comments** or block people who upset them.
- **Check 'tagging' settings** so that when others are posting or sharing photos online, your child's identity is not revealed. Also, get people's consent before sharing photos.
- **Encourage your child to come and talk to you** if they see anything that upsets them.

Keep talking and stay involved

In a mobile age, children can't be completely protected, even by the best privacy controls; another child may use different settings. So it's important to keep talking to your child about the implications of social media. Getting a sense of what they think is a useful place to start; you may be surprised by how much thought they may have given to the issues.

Encourage your child to think carefully about the way they, and others behave online, and how they might deal with difficult situations.

- **People may not always be who they say they are** online: how can this create problems?
- **Why is it unwise to meet** anyone in the real world that you've only ever met online?
- Even if you think your messages are private, remember that words and images can always be captured and broadcast.
- **People present themselves differently online** - do they really look like that? Are they always having that good a time?
- Be aware that screens, and especially being anonymous, can lead people to say things they wouldn't say to someone's face.
- **What does being a good friend and a likeable person online** look like?
- There can be **pressure to be part of a particular group online** or to be seen to be following a certain set of ideas. How can you take a step back and make your own decisions?



Safeguarding and Behaviour Newsletter

January 2024

Newham's Family Hubs Network

"Family Hubs are designed to offer early support to children, young people and families, building upon the existing Early Help offer, and acting as a 'one stop shop' for general advice and guidance on a range of needs and services. Families can access various support including health services (antenatal, maternity, health visitor, school nurses); infant feeding support; early years education and childcare; youth services; parenting and relationship support; and, much, much more."


You can find out more information via the following websites:

Newham Family Hub Network - www.newham.gov.uk/familyhubnetwork

Start for Life Offer (0-5 years) - [Newham Families Advice and Support](#) | [Start for Life \(0-5 years\)](#)

Parenting Offer - [Newham Families Advice and Support](#) | [Parenting Support](#)

Find out what is on in the Newham Family Hub Network from January to March. There are a number of activities for children from 0-5.




Newham London

Newham Family Hub Network

Start for Life Offer (0-5 years) and Children's Activities Timetable

January-March 2024

East Ham and Plaistow Family Hub Network



Family Hubs contact:
☎ 0203 373 2555 ✉ easthamfamilyhub@newham.gov.uk
newham.gov.uk/familyhubnetwork

WE ARE NEWHAM.



Safeguarding and Behaviour Newsletter

January 2024

Domestic Violence Support

Newham Domestic Abuse and Sexual Violence Service is a confidential support service for all genders ages 16+. Providing support for all forms of domestic abuse and sexual violence.

The service offers:

- Emotional and practical support to those experiencing domestic abuse and sexual violence
- Specialist advocacy services (IDSVa)
- Case work support
- Female Genital Mutilation (FGM) services
- Case work support for women who sell sex/are sexually exploited
- Support at court for domestic abuse cases
- IDSVa services at Newham hospital
- Co-location services at children's centres and housing services.

Open 24 hours per day, 7 days per week

Telephone: 0808 196 1482

Email: InfoNewhamDSV@hestia.org

Website: www.hestia.org

There are also a number of other support services that you can get confidential advice and support from. These can be accessed via the link below.

<https://www.newham.gov.uk/health-adult-social-care/domestic-violence-support>

At Brampton Primary School, we understand that families sometimes experience difficult times. Please do let us know if you need any support or advice on any financial, parenting, bereavement or any family concerns. We are here to listen and can direct you to support services that can provide vital assistance .