



Safeguarding and Behaviour Newsletter

June 2024

At Brampton Primary School safeguarding is everyone's responsibility.

Welcome to Brampton Primary School's safeguarding and behaviour newsletter.

Safeguarding is at the heart of everything we do at Brampton. Our goal is to be preventative: identifying needs and supporting families and children early helps ensure they have everything required to maintain good physical and mental health.

In this issue, we cover a variety of important topics:

- Updates to our behaviour policy
- Discipline and managing behaviour
- Mental health and wellbeing support
- How to talk to your child about racism and discrimination
- Online safety
- Domestic violence

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**

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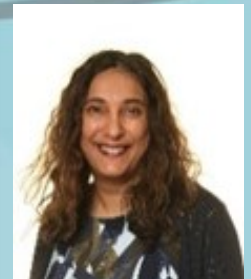
**Olusola
Awelenje**

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





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Important Safeguarding Reminders

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>

There is some great free parenting support for parents and carers living within Newham.

Newham recognise that parenting and raising a family is hard and many life events can make it feel harder. They have designed a range of offers to meet parents/carers where they are and offer a variety of parenting workshops and training courses that help you feel more equipped and better connected to your children and family.

The parenting programme booklet includes in-person and virtual courses that are delivered live and a range of digital courses that you can access when and where to suit you:

[Parenting programme booklet.](#)

To book, please complete the online [referral form](#) on the page for parenting programmes – Newham Families Advice and Support | Parenting Support

For more information, please contact The Early Help Parenting Team: parenting@newham.gov.uk

Unicef — Positive Parenting

Unicef have also put together guidance around positive discipline which can be found below.

Why positive discipline?

"Parents don't want to shout at, or hit their kids. We do it because we're stressed and don't see another way," says Professor Cluver.

The evidence is clear: shouting and hitting simply do not work and can do more harm than good in the long run. Repeated shouting and hitting can even adversely impact a child's entire life. The continued "toxic stress" it creates can lead to a host of negative outcomes like higher chances of school dropout, depression, drug use, suicide and heart disease.

"It's like saying, 'here's this medicine. It's not going to help you and it's going to make you sick,'" says Professor Cluver. "When we know something doesn't work, that's a pretty good reason to look for a different approach." Rather than punishment and what not to do, the positive discipline approach puts an emphasis on developing a healthy relationship with your child and setting expectations around behaviour. More information can be found below:

[How to discipline your child the smart and healthy way | UNICEF Parenting](#)



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Behaviour Update

To ensure fairness, purposefulness, and effectiveness, we have reviewed and updated the sanctions for poor behaviour choices during lunchtimes.

Children will still receive a lunchtime reflection for the following behaviours:

- Fighting
- Deliberately hurting another child (e.g., kicking, punching, throwing another child to the floor)
- Extreme rudeness to supervisory staff
- Failure to attend a behaviour reflection/ time out session
- Disruptive behaviour during behaviour reflections
- Bullying

For lesser misdemeanours, children in key stage 2 will receive time out for poor behaviour choices:

- Throwing food on the floor
- Refusing to follow the instructions of supervisory staff or teachers on duty
- Running when the bell has rung

The child will be required to complete a short time-out session (approximately 10 minutes) supervised by a member of the senior leadership team (SLT). A log is kept for any children sent to time out. If a child receives three time outs within a half term, they will receive a lunchtime reflection.

Thank you for your attention to these updates, and for your continued support in maintaining a positive and safe environment for all students.

Racism and Discrimination

At Brampton primary school, we strive to create a school culture that actively opposes racism, discrimination, and prejudice in all its forms. We are dedicated to promoting equality of opportunity, understanding, and mutual respect.

You can support us in this by talking to your children about racism and discrimination. It is never too early to expose children to topics such as racism and discrimination.

Place2Be have produced a short video and guidance to support parents/carers of children aged 4-11 in talking about these topics.

[Place2Be: Parenting Smart: Talking to my child about race and discrimination](#)





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Mental Health and Wellbeing

As parents and carers, you play an important role in your child's mental health and wellbeing.

Practical tips to support children's wellbeing and behaviour can be found on the Place2be website — [supporting children's wellbeing](#).

There are 52 short videos with a linked short read for you to search through on a range of topics related to children's wellbeing and behaviour.

Lumi Nova

Lumi Nova is another way to support children's mental health, recommended by Newham. This is a **therapeutic game** that helps children aged 7-12 years self manage worries and build resilience.

Who is Lumi Nova for?

Lumi Nova is for 7-12 year olds facing difficulties with anxiety:

- **Phobias** ,e.g., being afraid of spiders or insects, heights, being near dogs, or the dark
- **Social anxiety** ,e.g., feeling worried about making new friends, going to social events
- **Separation anxiety** ,e.g., unable to sleep alone, worried about being away from parents, going to school

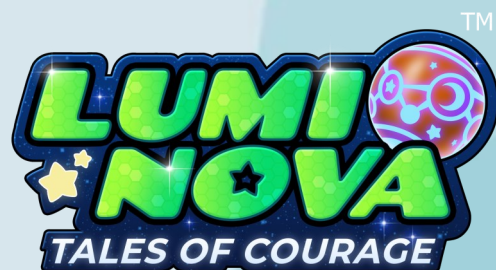
What are the benefits of using Lumi Nova?

There are many benefits to using the programme:

- Children learn **life long skills** to self manage their worries.

- Children learn how to **break down big worries** into smaller, manageable challenges.
- It increases **resilience & confidence**.
- Children have a better **understand and talk** about worries through a playful experience.
- They get **instant access** to a highly effective evidence based therapy.

Lumi Nova provides exposure therapy and should not be used with children who have severe anxiety, are in crisis, have suicidal thoughts or at risk of self harm. See [Instructions For Use](#).





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Online Safety

Parent Zone 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.

Age ratings

Age ratings are designed to help users find suitable and appropriate online content and platforms. They can also be hard to understand.

So what are the really important things to know? Click on the link below to find out more.

<https://parentzone.org.uk/article/age-ratings>

There are things you can try to make social media safer for primary aged children.

Start by understanding what is good and bad about social media and the role it plays in your child's life

Encourage them to go on appropriate social media platforms in busy parts of your home so you can check in and chat with them about what they are up to

Look at age-appropriate social media platforms together. Let them show you where they want to go, what they want to use and who they want to connect with. You may learn

something.

Talk about how to have fun and be safe at the same time. They may already know more about this than you think.

Talk to your child about how they might feel when they see certain things on social media. Children now often understand the term 'fake news', and this is a good way to explain it. You may want to start a conversation with your own example. For instance, "When you see some images on social media does it make you think other people have better lives?". Then remind your child that what they see are just bits, and probably the best bits of people's lives.

Make sure that online activity is in addition to, not instead of, real life connections. Build screen time around family activities, not the other way round. Many people find that children like to share their online time with adults they trust.

Be a good example and keep to the rules you set your child. For instance, avoid using a device when a child is not allowed to and make time to listen and pay attention to your child without a phone in your hand. Children frequently complain that the adults in their life are spending too much time online, being distracted and ignoring them.

Further details of each section can be found in here: <https://parentingsmart.place2be.org.uk/article/safe-social-media-for-primary-aged-children>





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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 .

We aim to make these newsletters as informative and useful as possible, and we value your feedback. Please share your thoughts and suggestions for the 2024 newsletters by completing our survey. You can do so by scanning the QR code below or following this [link](#).

Thank you for your ongoing support in promoting the welfare and safety of all children at Brampton Primary School. If you have concerns about a child or family, please speak to a member of our senior safeguarding team for advice and support.

Your involvement is crucial in ensuring the safety and wellbeing of our school community.

