

# Safeguarding Bulletin for Parents and Students from the Wellbeing Hub

## Safeguarding online

A brief safeguarding update during this period of distance learning. With our students spending more time online than usual it is important that we all understand how to ensure that they are keeping safe and also the tools you can use if you have concerns.

Buckswood teaching staff will only communicate with our students and families via school email or Microsoft Teams or via the mail with official school documentation. If you, or your child receives messages from teaching staff outside of these channels, please let Ms. Jeffery ([admin2@buckswood.co.uk](mailto:admin2@buckswood.co.uk)) know.

For those families whose children are currently boarding at school due to travel restrictions, you may receive communication from residential staff via school email or the school mobile WhatsApp numbers which have been communicated to you earlier in the academic year. If you or your child is receiving messages through staff personal mobile numbers or email accounts, please let Ms. Jeffery ([admin2@buckswood.co.uk](mailto:admin2@buckswood.co.uk)) know.

Sometimes assignments will be set through Teams which include links to external websites. Any content that has been linked will have been pre-screened by staff, but the school is not responsible for comments written below videos on sites such as YouTube so we advise that comments are switched off. A number of sites such as GCSEPod contain useful videos and information along with quizzes that students can do and are important resources during this period of distance learning, supplementing the instruction provided during lesson times.

During this period of increased online activity, it is especially important for parents and carers to be aware of your child's internet usage and we advise that you ensure your parental controls on internet access within your house are up to date and set to the levels that provide maximum protection against inappropriate content. Your child may also be using social media sites and thereby have a greater exposure to potential cyber-bullying so we ask that you talk to your child regularly and monitor them for any changes in behaviour/mood that might be caused by such behaviour. If you are concerned that your child is being bullied online do please let Ms. Jeffery know or your child's head of year so we can support your child.

Below is a list of resources to help you in keeping your children safe online:

- [Thinkuknow](#) provides advice from the National Crime Agency (NCA) on staying safe online
- [Parent info](#) is a collaboration between Parentzone and the NCA providing support and guidance for parents from leading experts and organisations
- [Childnet](#) offers a toolkit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support
- [Internet matters](#) provides age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world
- [London Grid for Learning](#) has support for parents and carers to keep their children safe online, including tips to keep primary aged children safe online

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- [Net-aware](#) has support for parents and carers from the NSPCC, including a guide to social networks, apps and games
- [Let's Talk About It](#) has advice for parents and carers to keep children safe from online radicalisation
- [UK Safer Internet Centre](#) has tips, advice, guides and other resources to help keep children safe online, including parental controls offered by home internet providers and safety tools on social networks and other online services

Whilst it is great that the internet allows us to still remain connected, there is still the element of human contact which is missing. This may lead to increased anxiety, mood swings and a range of emotions which can be difficult to deal with whilst everyone is restricted to contact with the same people every day. We recognise that this creates further stressors and can lead to anxiety about completion of work. Please prioritise your child's mental health during this time – if they are overwhelmed by work then get in touch and the school will work with you to adjust things accordingly. We want our students to be engaged, to be learning and making progress but are also aware that this is not expected to come at the cost of their wellbeing.

Some tips on how to take care of mental health during this time can be found at <https://www.mentalhealth.org.uk/publications/looking-after-your-mental-health-during-coronavirus-outbreak>

There may also be more specific support in other languages available through websites located in your own country and we encourage you to seek these out.

We thank you for your continued support of the school and hope to see everyone again back in the classrooms as soon as it is safe to do so. Please keep in touch with updates on what you have been up to and we hope to be able to share this with the whole school community.

***In addition to this On-Line Safety advice which is relevant for everyone, we have also put together some more guidance and support that we hope may be of use. We appreciate that not everyone will benefit from these particular topics but hopefully there is some support here for everyone. If we can help you in any way please email us on [admin2@buckswood.co.uk](mailto:admin2@buckswood.co.uk) Best wishes for all of us in the Hub.***



### Advice for parents and carers looking after children with special educational needs and disabilities (SEND)

The Department for Education (DfE) has published guidance for parents of children with SEND (Special Educational Needs and Disabilities) listing links to useful resources to help support your children's education. The

link to this guidance can be found here <https://www.gov.uk/guidance/help-children-with-send-continue-their-education-during-coronavirus-covid-19>

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## Children in Lockdown – What Coronavirus means to UK Children.



UNICEF has published a report looking at the impact of coronavirus and lockdown on children and young people's lives in the UK. They have published a guide for young people. The link to this guide is here <https://www.unicef.org.uk/working-with-young-people/coronavirus-guide/>

## Advice for parents who are subject to a co-parenting arrangement



**Family Law**  
LexisNexis®

Family Law has published an article offering advice to parents of children who are the subject of a Child Arrangements Order (CAO) made by a family court. The article provides advice and tips to help manage contact arrangements during the coronavirus crisis. The guidance can be found here.

[https://www.familylaw.co.uk/news\\_and\\_comment/a-practical-guide-to-co-parenting-during-the-coronavirus-crisis](https://www.familylaw.co.uk/news_and_comment/a-practical-guide-to-co-parenting-during-the-coronavirus-crisis)



## Supporting Daily Routines

One of the most important ways to keep mentally healthy is to have routine and structure, and to maintain a healthy sleep pattern. This can be a challenging thing for anyone especially for our young people. The Education Endowment Foundation (EEF) have produced a video

and checklists to help parents and children manage their routines. You can watch this short video here

[https://educationendowmentfoundation.org.uk/public/files/videos/EEF\\_Supporting\\_daily\\_routines\\_during\\_school\\_closures.mp4](https://educationendowmentfoundation.org.uk/public/files/videos/EEF_Supporting_daily_routines_during_school_closures.mp4)

And the checklist can be download here

[https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19\\_Resources/Resources\\_for\\_parents/Supporting\\_home\\_learning\\_routines\\_-\\_Planning\\_the\\_day.pdf](https://educationendowmentfoundation.org.uk/public/files/Publications/Covid-19_Resources/Resources_for_parents/Supporting_home_learning_routines_-_Planning_the_day.pdf)



## BBC Own It App updated for COVID-19

The BBC's Own It app helps young people new to social media manage their well-being, whilst empowering children to make smart choices, and helping them to lead a positive life online.

The Own It app and keyboard lets children:

- get advice whenever they type
- track their feelings
- win badges as they reflect
- find help when they need it
- taking quizzes to learn more about themselves

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The app also includes a special keyboard to use which offers helpful tips and friendly advice to children when they need it.

The app can be downloaded for free from the App Store or Google Play.

<https://www.bbc.com/ownit/take-control/own-it-app>

### How to work from home with the kids are around



Parent Zone have put together this article with support on how to help you with the added pressure of work as well or looking after your children and managing their home learning.

<https://parentzone.org.uk/article/how-work-home-when-kids-are-around>

### Video chatting – A Guide for Parents of secondary aged children



Hands up if you've used Zoom, FaceTime, Houseparty, WeChat, Skype or WhatsApp to stay in touch with family and friends since COVID-19 restrictions began? That'll be most of you, then – and the same is probably true of your children. Parent Zone have put a guide together to give you advice and guidance to support your child with this topic in a safe way. The guide is available here

[https://parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-secondary-school-age-children?utm\\_source=Parent+Zone+Newsletter&utm\\_campaign=9df86b2d9f-EMAIL\\_CAMPAIGN\\_2020\\_04\\_23\\_02\\_29&utm\\_medium=email&utm\\_term=0\\_1ee27d9000-9df86b2d9f-179247841](https://parentinfo.org/article/video-chatting-a-guide-for-parents-and-carers-of-secondary-school-age-children?utm_source=Parent+Zone+Newsletter&utm_campaign=9df86b2d9f-EMAIL_CAMPAIGN_2020_04_23_02_29&utm_medium=email&utm_term=0_1ee27d9000-9df86b2d9f-179247841)