



## Safeguarding Newsletter – April 2020

### Golden rules of staying safe online

Due to the potential increase in children accessing social media during the lockdown period, parents should be reminded about the need to monitor their child's activity online. Please speak to your child about the 5 golden rules of staying safe online:

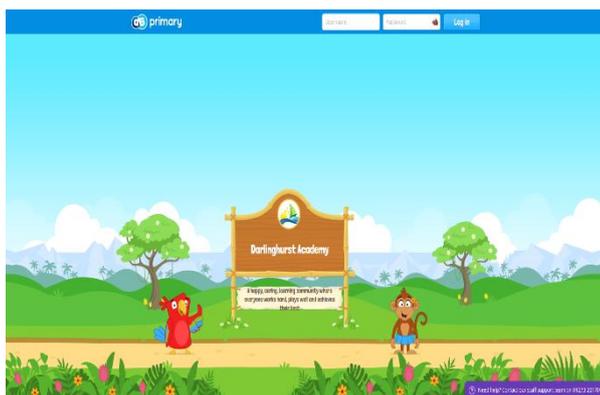
1. Don't post any personal information online, like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself.
3. Keep your privacy settings as high as possible.
4. Never give out your passwords.
5. Don't befriend people you don't know.

Wherever possible use DB Primary to communicate with your school friends.

**DB Primary** allows our children to develop their skills in core subjects, in a fun and engaging way. DB Primary learning cloud offers pupils a secure and moderated online environment. It is specifically designed to improve digital literacy skills, and at the same time, help pupils to learn how to use the internet safely.

During the Covid-19 crisis school based activities, similar to what they would normally undertake during lessons will be posted by the class teacher.

If you have misplaced your password please contact [ictsupport@darlinghurst.co.uk](mailto:ictsupport@darlinghurst.co.uk)



There is also a community on DB Primary to contact Mrs Grant, Mrs Wheeler and Mrs Ricks that you can contact if you are worried about anything – Anchor Room



### ParentInfo - Coronavirus Advice

The website [parentinfo.org](http://parentinfo.org) have published a number of helpful articles to support families, we have included a few of the relevant titles below:

Covid-19: Education questions answered

### Looking after your wellbeing

There is lots of fantastic information being shared online to support young people and their families. Mind have posted extensive information on how to keep yourself safe and well during this time.



The importance of protecting your own mental health and that of your child(ren) is just as important as supporting their physical health during these unprecedented times. Recognising the signs that someone may be struggling with their mental health can be really hard. We've got advice to help you support children who may be experiencing depression or anxiety and some ways in which to deal with this.

#### Signs of depression:

- Persistent low mood or lack of motivation
- Not enjoying things they used to like doing
- Becoming withdrawn and spending less time with family
- Experiencing low self-esteem or feelings of worthlessness
- Feeling tearful or upset regularly
- Changes in eating or sleeping habits

#### Signs of anxiety:

- Becoming socially withdrawn and avoiding spending times with friends or family
- Feeling nervous or 'on edge' a lot of the time
- Suffering panic attacks
- Feeling tearful, upset or angry
- Trouble sleeping and changes in eating habits

#### How to help a child with anxiety or depression:

Realising and acknowledging your child may be struggling with their mental health and experiencing anxiety or depression can be hard. Sometimes parents feel like it is their fault or want to know why their child is struggling with a mental health problem. The most important thing to do is to reassure your child and never judge them for how they are feeling.

#### Ways to help a child who is struggling:

- Letting them know you are there for them and are on their side.
- Try talking to them over text or on the phone if they don't feel able to talk in person.
- Being patient and staying calm and approachable, even if their behaviour upsets you.
- Recognising that their feelings are valid and letting them know it is okay for them to be honest about what it is like for them to feel this way.

'How to look after your families mental health when you are stuck indoors'



The **NSPCC** offers advice on a number of subjects relating to staying safe. A few of the articles of interest have been highlighted below.



#### Talking to children worried about coronavirus

We've got advice if you're worried a child is struggling with their mental health or has anxiety about coronavirus (COVID-19).

Get support



#### Working from home

Our tips and advice if you're working from home with children for the first time or looking for new ideas for planning your day.

Get tips



#### Online safety

We've got lots of advice to help you keep your children safe online - from setting up parental controls to how to talk about online safety.

Get tips

- Thinking of healthy ways to cope. You could do activities together, like yoga or breathing exercises.
- Encouraging them to talk to their GP, someone at school or Childline (0800 1111) especially if they are struggling to talk at home. (Anchor Room Community on DB Primary is available to speak to a member of staff
- Take care of yourself and get help and support if you need to. Try not to blame yourself for what is happening and stay hopeful about your child's recovery.

For any queries please email us at [generalenquiries@darlinghurst.co.uk](mailto:generalenquiries@darlinghurst.co.uk)

Follow us on social media:



@darlinghurst academy



### School Nursing Service

The Director of Public Health for Southend Borough Council has put measures in place to support young people and families living in Southend.

During this time whilst education providers are closed, the School Nursing Service will continue to offer a duty service; a registered senior nurse will be available to answer any questions, queries or referrals via the telephone.

The service can be accessed via the telephone on 01702 534843 or via email on:

[sccg.southendpublichealthnurses@nhs.net](mailto:sccg.southendpublichealthnurses@nhs.net)

Don't forget to share **story time** on our Instagram account



### Darlinghurst Designated Safeguarding Team



Mrs Grant  
Inclusion Leader



Mrs Dutton  
Assistant Principal

### Who to contact

If you would like to contact outside agencies for advice, help or guidance, please contact one of the numbers below:

**First Contact Team** (Social Care): 01702 215007 (Mon-Fri)

**Out of Hours Team** (Social Care): 0845 6061212 (365 days)

**NSPCC Helpline:** 0808 800 5000

**Childline:** 0800 1111

**Police:** 999 (Emergency) or 101 (Non-Emergency)