



Safeguarding Newsletter – May 2020

Golden rules of staying safe online

Due to the ongoing increase in children accessing social media during the lockdown period, parents are 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:

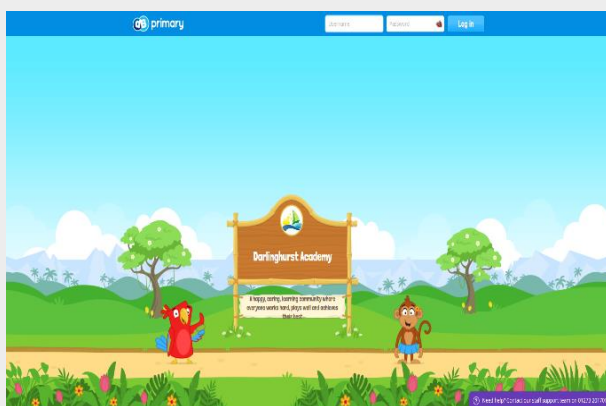
1. Don't post any personal information online, like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself.
3. Keep your privacy settings as high as possible.
4. Never give out your passwords.
5. Don't befriend people you don't know.

Online Safety Follow the SMART rules to help stay safe online.

- S (Safe)** Stay safe online by not sharing your personal information.
- M (Meet)** Do not meet anyone who you have only become friends with online.
- A (Accept)** Do not accept messages and friend requests from people you do not know.
- R (Reliable)** Not everything online is reliable. People online are strangers and you can't always trust everything they say.
- T (Tell)** Tell an adult you trust if anything happens online that you do not like.

Be careful what you share online! Stop, and think before you share information online. Don't say or do anything that you wouldn't do in the real world!

Wherever possible use DB Primary to communicate with your school friends.
If you have misplaced your password please contact 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



Looking after your wellbeing

There continues to be 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.

Where can I get help?

Your GP

Young Minds provides advice and support on a range of topics affecting children. Parents Help Line on 0800 802 5544 (Free Monday to Friday 9.30 to 16.00) www.youngminds.org.uk/
Childline 0800 1111 www.childline.org

Emotional Wellbeing and Mental Health

Service (EWMHS) 0300 300 1600 (Monday to Friday 9.00 to 17.00) www.nelft.nhs.uk/services-ewmhs

NSPCC at NSPCC.org.uk

Samaritans call 116123 or email jo@samaritans.org

School Nurse 01702 534843 or via email on: sccg.southendpublichealthnurses@nhs.net

Mind provides advice and support on a range of topics including types of mental health problem, legislation and details of local help and support Phone: 0300 123 3393 (weekdays 9am - 6pm) www.mind.org.uk/

Mental Health Foundation provides a guide to Mental Health problems, topical issues and treatment options via their website. <https://www.mentalhealth.org.uk/>

SANE provides confidential emotional support and information to anyone affected by mental illness. It also provides a resource for anyone affected by suicide. Phone: 0300 304 7000 (4.30 - 10.30pm daily) www.sane.org

Rethink Mental Illness offers practical help and information for anyone affected by mental illness on a wide range of topics such as The Mental Health Act, living with mental illness, medication and care. Phone 0300 5000 927 (Mon-Fri 9.30am-4pm) www.rethink.org

Support for parents and carers

Net Aware - A no-nonsense guide to the social networks, sites and apps children are using.

Share Aware - have teamed up with O2 to help you keep your child safe on social networks, apps and games. Read their advice on how to Be Share Aware.

Online safety advice - Whether you're an online expert or you're not sure where to start, their tools and advice will help you keep your child safe.

Parent Info - A website for parents about life online.

ThinkUKnow - A website from National Crime Agency's CEOP Command about keeping children and young people safe on the internet.

UK Safer Internet Centre - Promote the safe and responsible use of technology for young people.

Internet Matters - A site to help empower parents and carers to keep children safe in a digital world.

NSPCC
ChildLine



Young Carers at www.carers.org or YoungCarers@southendcarers.co.uk

24 hour National **Domestic Abuse** Helpline 0808 2000 247

If you need help please reach out ❤️

NEVER ALONE

NSPCC 0808 800 5000 (24hrs)	National Domestic Abuse Helpline 0808 2000 247 (24hrs free)
Mind 0300 123 3393 (Mon-Fri 9-6)	Victim Support 0808 168 9111 (24hrs)
Cruse Bereavement 0800 808 1677 (Mon-Fri 9-5)	ChildLine 0800 1111 (24hrs)
Action on Elder Abuse 0808 808 8141 (Mon-Fri 9-5)	Respect - Men's Advice Line 0808 801 0327 (Mon-Fri 9-5or8pm)
Samaritans 116 123 (24hrs free)	National Centre for Domestic Violence 0207 186 8270

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

STAY ALERT! **CONTROL THE VIRUS** **SAVE LIVES**

Darlinghurst Designated Safeguarding Team

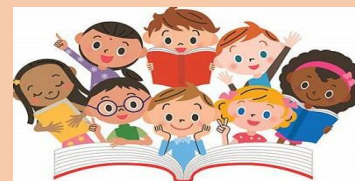


Mrs Grant
Inclusion Leader



Mrs Dutton
Assistant Principal

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



Remember that if you aren't there you can't share and the children may move on to another website in your absence!

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)

For any queries please email us at generalenquiries@darlinghurst.co.uk

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