



WHAT'S IN THIS MONTH'S ISSUE:

- Anti-bullying Week
- Road Safety Week

Spotlight on Safeguarding

Dear Parents / Carers,

Welcome to our November edition of our Safeguarding Newsletter.

This month in school we have had two important weeks raising awareness of anti-bullying and road safety.

During anti-bullying week we spent the week checking understanding of what bullying behaviour looks like and embracing the anti-bullying message.

As we are heading into Winter we have also focused on road safety and making the children aware of extra dangers on the journey to and from school.

ODD SOCKS DAY

We all had fun on Odd Socks Day, sharing the message of everyone being unique and special.



UNDERSTANDING DIFFERENT FORMS OF BULLYING

In school we have been checking our understanding of what bullying behaviour might look like and how we can take action. Defining bullying is the first step in identifying it, and it's important to note that it's unwanted, intentional, and persistent behaviour. Here are the different types of bullying to look out for:

- **Physical bullying** can include intimidating actions like kicking, punching, or hair pulling. It also includes grabbing, pushing and tripping a child over.
- **Verbal bullying** can take the form of name-calling, teasing, or spreading rumours.
- **Emotional bullying** can happen when a child is excluded from social situations, often through 'cancelling' or ignoring them as if they don't exist. This can be encouraged through verbal bullying.
- **Sexual bullying** includes unwanted sexual contact or comments and is often used as a way to intimidate someone.
- **Cyberbullying** occurs through the electronic devices and may involve sending or posting negative, harmful, or false content about another person. This can occur through social media, messages, online forums, and gaming communities.

Know What to Look For Warning Signs a Child is Being Bullied

- Unexplainable injuries
- Lost or destroyed belongings
- Frequent headaches, stomach aches, feeling sick or taking illness
- Change in eating habits
- Difficulty sleeping or frequent nightmares
- Declining grades or loss of interest in school
- Sudden loss of friends or avoidance of social situations
- Feelings of helplessness or decreased self esteem
- Self-destructive behaviors such as running away from home or talking about suicide

stopbullying.gov

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 36% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

1. WATCH FOR BEHAVIOURAL CHANGES

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act on the pain and anger that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or alluding to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.

2. THINK THINGS THROUGH

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings – perhaps from your own experiences – that could discourage your child from opening up to you? You could try discussing what you've noticed with another trusted adult who knows your child well.

3. BE OPEN AND UNDERSTANDING

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're "angry", do they mean "enraged" or "frustrated"? This will help them to understand how they're feeling and why.

4. LET THEM SPEAK FREELY

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and summarise what they've said at appropriate points (ideally without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.

5. CALL A TIME OUT

A conversation about bullying could leave both you and your child feeling distressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.

6. STAY INFORMED

Make sure you know your child's school's definition of, response to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.

7. PREP YOUR CHILD FOR THE RESPONSE

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unintended verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.

8. SUMMARISE YOUR CHILD'S EXPERIENCE

When you contact the school, make sure you've precisely described what your child experienced: what happened; when; where; and who was involved. This will help the school to investigate further, identifying any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.

9. LIAISE WITH THE SCHOOL

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.

10. CHECK IN FREQUENTLY

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert

Bob Basley is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 80 schools in England and Wales currently hold the quality mark.



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<https://www.oecd.org/education/tales/tales2018tables.htm> | https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/621070/health_behaviour_in_school_age_children_cyberbullying.pdf

Road Safety Week

Road Safety Week 2024 takes place between 17th-23rd November. Every year the campaign helps to share important road safety messages and celebrate road safety heroes. As a school we are always mindful for the safety of our children near to roads and conscious of how vulnerable they can be. At this time of year there is reduced visibility for drivers and pedestrians and as a result, your child can become even more vulnerable near to roads. To help raise your child's awareness of this issue, we have included information with safety tips so you can discuss with your child how important it is to be visible when near roads.



5 top tips on how to **BE BRIGHT & BE SEEN**

- 1 Brightly coloured or fluorescent clothing shows up well in daylight and at dusk when you're heading to and from school.
- 2 If you're out and about when it's dark, wear reflective gear to make sure you can be seen in car headlights. Reflective vests, sashes or wristbands work well. Remember, fluorescent clothing doesn't work after dark!
- 3 Don't forget to accessorise! Even small items such as clip-on reflectors, armbands and stickers on your outfit or school bag are a great way to improve your visibility.
- 4 If you like to cycle, remember that it's the law to have clean and working lights at night (white at the front, red at the back), as well as a rear reflector. It's good to fit spoke reflectors too.
- 5 Of course, 'Being Bright' isn't the only way to stay safer. If you're out at night, choose routes and crossing places that are well lit and remember to always use the Green Cross Code.

For more road safety tips, games and videos, visit the Tales of the Road website at www.direct.gov.uk/talesoftheroad

Be Bright,
Be Seen

THINK

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The resources below will help to remind children about road safety and keeping safe in the dark.

Teaching road safety: A guide for parents
<https://www.rosipa.com/media/documents/road-safety/teaching-road-safety-a-guide-for-parents.pdf>

Keeping children Safe in the Dark
<https://firstaidforlife.org.uk/keeping-children-safe-in-dark/>

Report any concerns if you suspect a child is being abused or is in danger of being abused.

Please contact the Designated Safeguarding Lead (Mrs Claire Roper), or one of the Safe and Sound team. You can also contact the Multi-Agency Safeguarding Hub (MASH) on:

- 01925 443322, press one and either say MASH or the name of their person you wish to speak to (if known)
- Outside of office hours call on 01925 444400.
- if you believe the child is in immediate risk of harm, call 999.
- If you believe a crime has been committed, contact the police on 101.

ROAD SAFETY

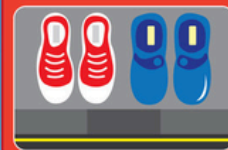
THINK

about where you should cross.



STOP

in a safe place at the side of the road.



USE YOUR EYES & EARS

to see and hear any approaching vehicles.



WAIT

until all the vehicles have passed.



LOOK AND LISTEN

again to make sure all is clear.



CROSS

the road. Keep looking and listening.

