

MEET YOUR
SAFEGUARDING
TEAM AT GJPA

SAFEGUARDING AT GRAHAM
JAMES PRIMARY ACADEMY

February 2025



Mr C Mead –
Designated
Safeguard Lead
– Assistant
Head Teacher

Mrs K Lane –
Deputy DSL –
Assistant Head
Teacher

Mrs P Back –
Deputy DSL –
Head Teacher

Miss L Pulfer –
Deputy DSL –
Assistant Head
Teacher

For further
information, please
see our Child
Protection Policy.

<https://grahamjamesacademy.co.uk/key-information/policies/>

Here at Graham James, we Safeguard and promote the welfare of children, and it is everyone's responsibility.

Everyone who comes into contact with our children and you, their families, has a role to play. To fulfil this responsibility effectively, we all make sure our approach is child centred. This means that we consider, at all times, what is in the best interests of the child.

Is social media affecting your child's mental health?

While social media has the potential to educate children and young people about their health and wellbeing, there is also content that can be incredibly harmful to them, both mentally and physically.

Previously, Ofcom warned social media platforms that they must comply with new online safety rules, stating that they are required to protect under 18s from being exposed to harmful content. This includes having stronger age-checking measures in place as well as preventing their algorithms from pushing upsetting videos or images towards young people.

Knowledge is power when approaching social media. The first step is knowing what to look-out for. Here is a list of some of the main things to consider that may affect the health and wellbeing of the children and young people in your care.

- Cyberbullying
- Misinformation
- Focus on aesthetics rather than wellbeing
- Unrealistic body standards
- Screen time



Top Tips

Social media continues to become more intertwined with the lives of children and young people, with technology becoming an essential part of friendships, relationships and even education. It's important now, more than ever, to educate ourselves on this digital playground to empower the children and young people in our care to be smarter and safer online.

With all of this in mind, we have put together some tips to help you navigate social media to protect the health and wellbeing of the children and young people in your care.

- Encourage open conversations
- Curate their feeds – blocking and reporting harmful content
- Teach digital literacy – what they put online is out there and source reliability
- Limit screen time
- Use privacy settings
- Lead by example

Please, look at the SAFER SCHOOLS APP for more information.

Essex County Fire and Rescue Service – Education Visit

On the 31st of January 2025, we were very lucky to welcome Essex County Fire and Rescue Service to discuss important topics with our year 3 and year 6 children. Every year, these lessons take place, as we see them as vitally important lessons for our children, along with a well-structured curriculum to educate children on keeping themselves safe online and in society.

Year 3 were educated in home safety, whilst year 6 carried out learning based on keeping themselves safe online, and facts and safety about knife crime.

The children were extremely engaged in important conversations around these topics and really listened to the educators delivering the lessons. The visitors reported how brilliantly behaved the children were and they were a credit to our school. Teachers stated that the children were very sensible and gave great answers to questions and asked brilliant questions on these key topics.



Parking around the school

Please, be mindful of our neighbours when parking around the school. Parking is not permitted along the double yellow lines outside of the NHS building. Please, think about the safety of our children and families. If possible, park a short distance away and walk to our school. Unless you have permission to park in our staff car park, you should not be entering, as quite often staff are coming and going to meetings.

Please, walk along the school path and please, do not be tempted to take a shortcut through our car park. Please be a good role model for our children. Remind our children that they should not be riding bikes or scooters until they are fully off school premises.

Citizens Advice

<https://www.citizensadvice.org.uk/>



For 85 years, we've been helping to shape a society that's fairer for everyone - working on issues that affect the whole of society.

We can all face problems that seem complicated or intimidating. At Citizens Advice we believe no one should have to face these problems without good quality, independent advice.

That's why we're here: to give people the knowledge and the confidence they need to find their way forward - whoever they are, and whatever their problem.

We give advice to millions of people

Our network of independent charities offers confidential advice online, over the phone, and in person, for free. When we say we're for everyone, we mean it. People rely on us because we're independent and totally impartial.

We also give advice on consumer rights on our consumer helpline, support witnesses in courts through the Witness Service and give pension guidance to people aged over 50.

We help millions of people every year. In 2022-23, this included:

- 42.7 million visits to our website
- 457,000 people helped face to face (more than double the previous year)
- 1.8 million people using our phone service
- 895,000 helped by email or webchat
- 79,000 witnesses supported through the Witness Service

The Citizens Advice logo, which is a blue circle with the words 'citizens advice' in white text.

**citizens
advice**

In total we helped over 2.66 million people find a way forward with one-to-one advice. Our advice website had over 60 million views of our online self-help advice