

Issue 9 – Spring / Summer Term 2019

Our Safeguarding team includes all Pastoral Managers and our Interpreter team:

- **Mr. Gerard McKenna**
(Headteacher)
- **Ms. Manderson**
(Deputy Headteacher & Designated Safeguarding Lead)
- **Ms. Lazare**
(Assistant Headteacher & Deputy Designated Safeguarding Lead)
- **Mr. Hart**
(Assistant Headteacher Digital Technology and Online learning)
- **Ms. Edwards**
(PSHEE Coordinator)
- **Ms. Flora Copson**
(HR Manager)
- **Ms. Minott-Statham**
(Mental Health and Wellbeing Lead)
- **Mrs. Mona Shah**
(Governor with responsibility for Safeguarding)

Useful information: Contact Brent Family Front Door if you have a concern: 0208 937 4300

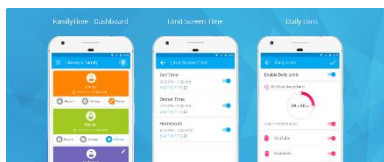
Mental Health Awareness Week

App focus: 'Instagram'. Fact: around half of 8 - 15 year olds use 'Instagram', an image-based social network app? We have seen a growing and concerning number of children using Instagram. We ask that our parents are vigilant about their child's use of digital technology, especially the apps which engage teenagers. These often draw children into harmful and inappropriate content and activities which sometimes spill into school life. These apps are also influencing the self-image children have of themselves and affect their mental wellbeing.

Other apps we are aware of causing more concerns include: **Discord**, **Snapchat** and **House Party**.

The Children's Commissioner published a report called '[Growing Up Digital](#)' which highlights that terms and conditions for digital apps such as Instagram mean that adults and children need to carefully consider images they share and receive on their digital devices. Once online they are the property of Instagram.

There are useful apps available for parents to monitor their children's use of digital devices. One such app is '**Qustodio**'. For more information go to <https://www.qustodio.com/en/>. Similar monitoring apps include '**FamiSafe**' to monitor Android phones and Google's '**FamilyLink**'. Microsoft also have enabled monitoring of PCs.



Supporting Your Child During Exam Time

Students at key stage 4 and 5 are now in the exam season. We wish them the very best. As we start to move towards exam season, Young Minds have launched advice for parents about supporting their children. We have sent an important letter to parents in support of our Muslim community observing Ramadan during this time

Tips include:

- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Remove distractions i.e mobile phones
- Reassure them – reinforce that you are and will be proud of them no matter what happens.
- Remain positive and hopeful!
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.

Anxiety is often worst at night and this means it is useful to encourage good bedtime routine

You can find out more here: <https://youngminds.org.uk/find-help/for-parents/parents-guide-to-support-a-z/parents-guide-to-support-exam-time/>

Safeguarding our children and young people in education from knife crime and drugs.

Ofsted this week published a researching report looking at how schools in London are working to reduce knife crime amongst young people. Parents can rest assured that through our curriculum we aim to ensure our students are alert to the dangers of knife crime and share knowledge and skills about how to stay safer in their neighbourhoods.

Attached to this bulletin, you will also see an announcement. Brent Safer Neighbourhood Board (SNB) has organised a public meeting entitled "End drug-related crime."

Important reminders:

- All students who ride to school must wear a helmet.
- We are an inclusive school. Everyone has the right to equality of opportunity irrespective of their protected characteristics. These are; *age, disability, gender reassignment, marriage and civil partnership, pregnancy and maternity, race, religion or belief, sex, and sexual orientation.*