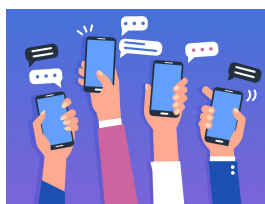


Safeguarding in Focus : Mobile Phones, Group Chats and Banter



Many of the safeguarding concerns we deal with in school start out of school - usually on social media. **Most often it is when a “group chat” has been created and the conversation goes wrong and students start to say things which are hurtful and negative.**

When we talk to our students they often say that it started out as a bit of “banter” in a group chat. As a school we want to ask parents to help by checking your child’s phone regularly - not to be negative but to have a **positive constructive conversation about their use of social media.**



As parents you are in charge! Here are 5 steps to make sure you know what is happening on your child’s phone now and in the future and also a [Mobile Phone Health Check](#) for you to use:



1. Check basic settings like age ratings
2. Review the apps on the phone with your child
3. Turn “safe search” on to filter out any inappropriate sites
4. Check the connection - is it safe and secure?
5. Agree, as a family, digital boundaries

I need help! There is help available - lots of advice and guidance is online you can use - including family digital agreements. **If you are worried then please contact your Pastoral Manager who is a Safeguarding Officer.**



If you have an **immediate concern** about a child then please call **999**

Safeguarding in Focus : Exam Stress & Anxiety

Year 11 and 13 have just completed their “mock” exams - we call them Pre-Public Exams (PPE). After the Christmas Holiday, other year groups will sit their mid-year exams. In this safeguarding focus we will look at how to help young people in managing exam stress and anxiety. **As parents/carers it is about looking out for the signs that your child may be suffering from stress or anxiety.** The main indicators are :

1. Poor sleep patterns
2. Change in behaviour
3. Loss or change in appetite



Click [HERE](#) for a copy of the poster

It’s worth preparing ways in which you can help support during exam periods - not just for mid year but end of year exams too. This will help not only the young person but also equip parents to cope too!

Top 10 things that can help with exam stress and anxiety:



1. Work with your child to see what revision style works for them
2. Encourage revision breaks and find a balance between study and relaxation
3. Make sure your child is eating and drinking at regular intervals
4. Have time after revision to wind down
5. Reassure your child - reinforce that you are and will be proud of them
6. Remain positive
7. Plan an activity to mark the end of the exams
8. Set aside 1-to-1 time so that they can talk about any worries
9. Let them know their feelings are valid and normal - but offer support and solutions where possible
10. If anxiety and stress start impacting their day-to-day life seek help from your GP



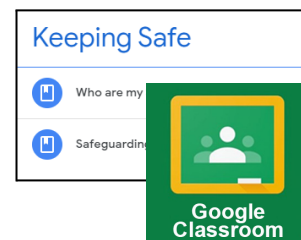
Young Minds is an organisation dedicated to the wellbeing of young people. Please click [HERE](#) for their information, advice and guidance on anxiety and stress.

Safeguarding Assemblies

Each term we have safeguarding assemblies. The focus of these assemblies is to remind students how to keep safe but also to look at wider issues that, we as a school, have noticed about our students and the area in which we live. I thought it would be a good idea to share the assembly presentations with parents/carers so that you can see the messages. You can see all the assemblies we deliver on safeguarding [HERE](#).

Safeguarding on Google Classroom for students & families

In every Year group Google Classroom we will make available all the safeguarding information that students can access at any time via the school website and their school login. It is in a section called **Keeping Safe** - it also has lots of mental health & wellbeing information too.



Sources of Information, Advice and Guidance



Download the Kooth App to access your mental health & wellbeing community. Kooth offers young people access to online chat with a team member to discuss anything that is on your mind. This **FREE** to students in Brent [HERE](#) or download from your App Store (Android and iOS).

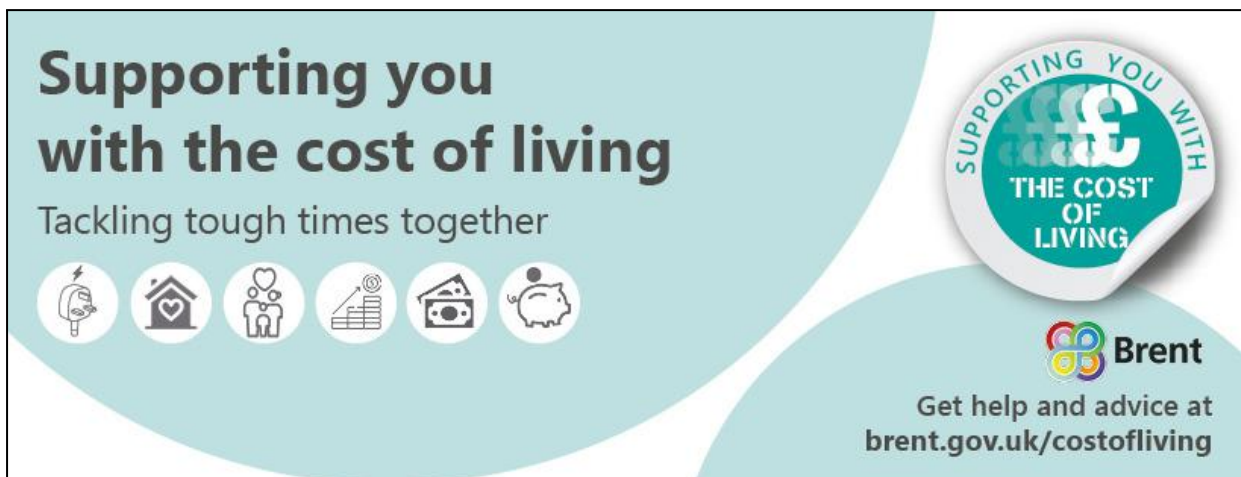
If you are worried about a child or you have a concern then the NSPCC can help. You can contact them either via their website [HERE](#) or by calling them on 0800 1111 or 0808 800 5000.



Cost of Living Support & Advice

As a school we want to help our families with the cost of living crisis that we all now face. If you or a family that you know is struggling to meet the cost of living there is help available from school and Brent.

Brent Council has put together a comprehensive package for residents.



**Supporting you
with the cost of living**

Tackling tough times together

Icons: lightbulb, house, family, bar chart, house with dollar sign, piggy bank

**SUPPORTING YOU WITH
THE COST OF LIVING**

Brent

Get help and advice at
[brent.gov.uk/costofliving](https://www.brent.gov.uk/costofliving)

- **Money and debt** - Can you get financial assistance from Brent?
- **Facing Homelessness?** - Get help and advice from Brent Housing
- **Energy & water bills** - Both financial and energy saving advice
- **Food and essentials** - information about saving money and using a food bank
- **Childcare & school** - get help with school meals, travel and childcare costs
- **Jobs and training** - training & employment services to find a local job

Use your phone camera to scan in the QR Code that will take you to the **Brent Cost of Living Help & Advice** page ... here you can find help on:



SCAN ME

You can also call in to one of the **7 Brent Hubs** set up to get help. Our nearest ones are in : **Ealing Road Library** and **Brent Civic Centre**



Live in Ealing?

Ealing has a similar offer to Brent. You can access the **Ealing Cost of Living Help & Advice** page [HERE](#). Ealing also has a link to the Community Support Directory for residents to find local support [HERE](#).

Alperton Community School

We have a number of ways that we can help families and students who come to Alperton. One problem we have is **KNOWING** about families that need help. **Please let us know if you are struggling (or you know if a family is struggling) and we will help.** Please contact your Pastoral Manager or email us confidentially on:



familysupport@alperton.brent.sch.uk