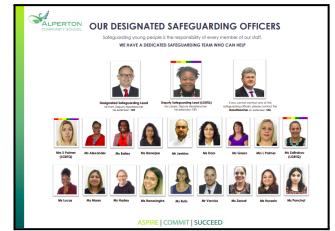


Latest Advice and Information for Parents, Students and Staff 2023 Summer Term Edition

Welcome to the final edition of our safeguarding newsletter of the academic year. The aim of the newsletter is to let parents, carers and students know about the most recent issues around safeguarding and keeping safe. There are lots of things which have links for you to explore to find out more or to get help if you have a concern.

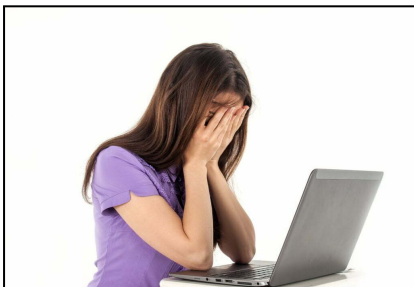


You can go to the Safeguarding page on our website where you can find our Safeguarding Team and past editions of the newsletter.

Safeguarding in Focus : Online Safety over the holidays (and at all times!)

Children can spend hours online - do you know what they are doing? Which apps are they using? Who are they communicating with? **As parents/carers we have a duty to protect children - just like we would in the real world.**

What are the risks?



1. Sexual exploitation.
2. Sexting.
3. Cyberbullying.
4. Criminal Exploitation
5. Exposure to pornographic material and violent media.
6. Exposure to extremist ideology.
7. Serious crime – kidnap, rape and murder.

How would you know?

Children very rarely see themselves as victims. But there are ways you can tell if a child is being subject to abuse or being groomed online. Here are some signs to look out for:



- takes steps to conceal the device or change passwords and security settings
- hide the screen when disturbed unexpectedly
- refuses or is secretive about who they are communicating with
- spending excessive amount of time online
- have become obsessive about being online
- become withdrawn, angry and upset after communicating online
- become over the top happy after communicating online
- their social media profile(s) has become more contains darker content
- their profile has changed, and they appear to adopt a different persona
- are communicating with or have an older group of friends on social media

How do children “hide” their activity on a smartphone : Photo Vaults

There are a number of apps available called “Photo Vaults” which are apps that look like innocent productivity apps such as a calculator. In fact, behind the disguise is a hidden vault that has complex password systems and allows a young person to hide all those videos, images and texts that they don’t want a parent or carer to discover.

The most popular apps at the moment are (but many other exist):



1. KeepSafe Photo Vault.
2. 1Gallery.
3. LockMyPix Photo Vault.
4. Calculator by FishingNet.
5. Hide Something.



1. Pic Safe.
2. Secret Photo Album.
3. Safe Lock.
4. Locker.
5. Secret photos KYMS.

If you would like to know more about this area then please click [HERE](#).



Keeping safe over the holidays.



In the Spring edition of the newsletter I talked about grooming. You can see a copy of the newsletter [HERE](#). Towards the end of term I delivered an assembly about keeping safe over the summer. You can view the assembly [HERE](#).

You can also get help and advice from the following places about any concern you may have in respect to safeguarding:



Brent

Brent Family Front Door **020 8937 4300**

childline

ONLINE, ON THE PHONE, ANYTIME

NSPCC via ChildLine on **0800 1111**



**METROPOLITAN
POLICE**

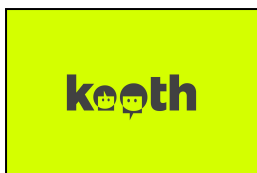
If you think there is immediate danger or concern call **999**
If you have concerns and possible criminal activity call **101**



Are all your contact details up to date?

If you change your home phone / email / mobile number please let the school know so that we have the most up to date contact details. Please let the school know by calling in or emailing at office@alperton.brent.sch.uk or using the MCAS app.

Mental Health & Wellbeing : 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 is **FREE** to students in Brent [HERE](#) or download from your App Store (Android and iOS).

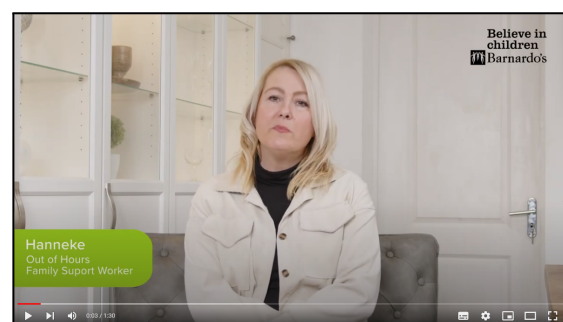
Young Minds is an organisation dedicated to the wellbeing of young people. Please click [HERE](#) for their information, advice and guidance on anxiety and stress.



NEW : Brent Out of Hours Support

Barnardo's out of hours phone helpline and webchat provides families in Brent with support and help at a time that works for you in the evenings and weekends. Through the web chat and phone helpline, we can help you:

- Register with Brent Wellbeing Centres
- Find and access wider support in Brent
- We can also offer information and support on:
 - Nutrition for babies and children
 - Early education and nurseries
 - Child development



You can find out more and watch the video or ask for support by visiting their website [HERE](#)

Cost of Living Support & Advice

Brent Council has put together a comprehensive package for residents.



- Money and debt
- Facing Homelessness?
- Energy & water bills
- Food and essentials
- Childcare & school
- Jobs and training



SCAN ME

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: 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](#).