

# Connect

Your BIG termly newsletter promoting safety and support in Sea Mills.

## Welcome

The safety of our children, staff and families is our number one priority. Before we are in a position to learn, we need to make sure our needs are met; food, water, warmth and rest. We must also feel secure and safe.

This termly newsletter, published three times a year, is one platform we use to connect with families and share top tips, advice and news on how to keep yourself and others safe.

If there are specific areas that you feel you would like us to explore, please do let us know.

## Childnet Online Gaming Tips

1. Engage with the gaming environment and begin to understand what makes it so attractive to young people as well as the types of activities that they enjoy!
2. Talk with your children about the types of game(s) they are playing. Ask them to show you or have a go yourself.
3. Some games may offer children the chance to chat with other players by voice and text. Ask them who they are playing with and find out if they are talking to other players. If chat is available, look at the type of language that is used by other players and who they are.
4. Look out for age ratings and familiarise yourself with the [PEGI](#) icons on games. The [PEGI](#) classification gives you a clear indication whether a game is suitable for your child.

The childnet parent site includes a section on hot topics and information on parental controls and gaming. The [hot topics](#) section covers the issues that parents may be concerned about.

<http://www.childnet.com/parents-and-carers>

The Childnet International – Know IT All for Parents site includes video guides for parents in a number of languages.

<http://www.childnet-int.org/kia/parents/>

## 9 tips for creating an eco-friendly home



Invest in **better isolation**



Save **water**



DIY **isolation**



Get **sustainable** tableware



Use a programmable **thermostat**



Hang **out** your clothes



Install **LED light** bulbs



Get yourself a **composter**



Grow **plants and herbs**

## A note from Nicky

Hi I am Nicky and I am part of the family support team. We are here to support you and your family in many ways. We can provide a listening ear, help you with form filling, attend meetings with you, look at child care provision, support with emotional well being and more. Come and visit us in school- have a cup of tea and chat in a chilled environment.

Look forward to seeing you soon. *Nicky*





Public Health  
England

# Beat the Heat

## Keep in touch



Look after yourself, older people and the young



Listen to the weather forecast and the news



Plan ahead to avoid the heat

## Keep well



Drink plenty of water, cut back on alcohol & caffeinated drinks



Dress appropriately for the weather



Slow down when it is hot

## Find somewhere cool



Know how to keep your home cool



Go indoors or outdoors, whichever feels cooler



Cars get hot, avoid closed spaces

## Watch out



Be on the lookout for signs of heat related illness



Cool your skin with water, slow down and drink water



Stay safe when swimming



Get help. Call NHS 111 or in an emergency 999

**For more information go to [www.nhs.uk/heatwave](http://www.nhs.uk/heatwave)**

## Staying Safe Away from home

Just like deciding when a child is old enough to be left at home on their own, there is no set age when you know it will be safe for them to go out without you. Obviously, toddlers and young children won't be able to stay safe without you watching over them, and even older children have different levels of maturity. So some 11 year olds will be quite capable of going to the park or the shops on their own but others might not be ready to do this safely.

As well as thinking about how mature your child is for their age, the decision about whether you are happy for them to go out alone will depend on where they are planning to go. For example, going to the playground round the corner is very different to catching a bus to the local shops. **Here are some of the questions to ask yourself before you make up your mind :**

**Where and when do they want to go?**

**What do they want to do there?**

**Who is going to be with them?**

**How far are they going?**

**What time will they be back?**

**How can I reach them?**

## What is Emotional Abuse?

Emotional abuse is any type of abuse that involves the continual emotional mistreatment of a child. It is sometimes called psychological abuse. Emotional abuse can involve deliberately trying to scare, humiliate, isolate or ignore a child.

*Emotional abuse is often a part of other kinds of abuse, which means it can be difficult to spot the signs or tell the difference, though it can also happen on its own .*

Emotional abuse includes:

- humiliating or constantly criticising a child
- threatening, shouting at a child or calling them names
- making the child the subject of jokes, or using sarcasm to hurt a child
- blaming and scapegoating
- making a child perform degrading acts
- not recognising a child's own individuality or trying to control their lives
- pushing a child too hard or not recognising their limitations
- exposing a child to upsetting events or situations, like domestic abuse or drug taking
- failing to promote a child's social development
- not allowing them to have friends
- persistently ignoring them
- being absent
- manipulating a child
- never saying anything kind, expressing positive feelings or congratulating a child on successes



Prevent incidents by observing the following

# Pedestrian Safety Tips



**Be Seen**

1. Wear bright colours
2. Wear reflectors
3. Carry flashlights
4. Walk facing traffic



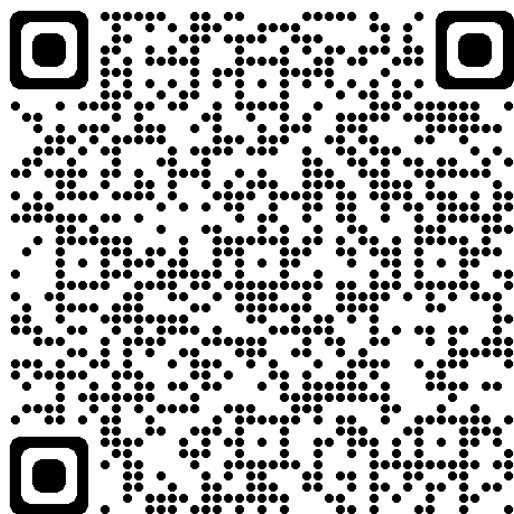
**Be Smart**

1. Watch for drivers turning at intersections
2. Always cross at designated crosswalks
3. Never cross once the signal has turned yellow or red
4. Make eye contact with drivers
5. Remove headphones
6. Stay off your phone

**BRISTOL**



**CHILDREN'S CHARTER**



# Keep your child safe on Snapchat

Snapchat is an app for sending photos and videos (known as 'Snaps'), and text messages. The 'Stories' feature lets users share photos or videos with all their contacts at once.

Snaps disappear after being opened, usually within seconds. Stories disappear after 24 hours. Images and messages aren't automatically saved on phones.

The **minimum age** to use Snapchat is **13**, but it's easy to sign up if you're younger.



## What's the problem?

There's a risk of seeing sexual content, and of bullying.

Your child's location could be shared **automatically** with their contacts, which could put them in danger if they have strangers as 'friends' on the app. A new 'Meet Up' feature allows people to get directions to another user's location, if they're sharing their location.

There's a risk of children being 'groomed' by strangers into sharing pictures and information about themselves. Gangs also use apps to groom and recruit children.

## 4 steps to help your child use Snapchat safely

### 1. Tell your child to only use it with real friends

Anyone could pretend to be a child or teenager online, so encourage your child not to talk to people they don't know in real life. Encourage them not to share information such as what school they go to or where they live with people they don't know offline.

### 2. Use privacy settings

By default, only 'friends' your child has added on Snapchat can contact them directly and see their story or location, so encourage your child to keep those default settings.

To check and change the settings:

Tap the person icon in the top-left of Snapchat, then the cog in the top-right.

Scroll down to the 'Privacy Control' section and tap the relevant options (e.g. 'Contact Me' and 'View My Story').

Under 'See My Location', enable 'Ghost Map' to turn location sharing off.

Under 'See Me In Quick Add' you can stop your child's profile from being suggested to strangers as a potential 'friend'.

### 3. Talk to your child about image sharing and being careful about what they share

Even though images disappear in Snapchat, they can be screenshotted and then shared – outside of the original sender's control.

So, remind your child to think carefully about the images they share, and with whom. Before they share anything, tell them to ask: "Would I be happy for other people to see this?"

In particular, make sure your child knows the risks of **taking, sharing or viewing naked or sexually explicit pictures of themselves or another child, either voluntarily or if asked to by someone else**.

This is known as 'sharing nudes and semi-nudes' or 'sexting' and is illegal, even when the person doing it is a child. It can also be distressing for a child to have their image shared more widely, or to see an inappropriate image that someone else has shared.

### 4. Make sure your child knows how to use reporting and blocking functions

To **report** a Snap or Story, press and hold on it, tap 'Report Snap', then explain the problem

## What is Neglect ?

Neglect is the ongoing failure to meet a child's basic needs and the most common form of child abuse. A child might be left hungry or dirty, or without proper clothing, shelter, supervision or health care. This can put children and young people in danger. And it can also have long term effects on their physical and mental wellbeing.

## Types of neglect

Neglect can be a lot of different things, which can make it hard to spot. But broadly speaking, there are 4 types of neglect.

- **Physical neglect:** A child's basic needs, such as food, clothing or shelter, are not met or they aren't properly supervised or kept safe.
- **Educational neglect:** A parent doesn't ensure their child is given an education.
- **Emotional neglect:** A child doesn't get the nurture and stimulation they need. This could be through ignoring, humiliating, intimidating or isolating them.
- **Medical neglect:** A child isn't given proper health care. This includes dental care and refusing or ignoring medical recommendations

## Gympanzees Summer Pop Up

25<sup>th</sup> Jul – 19th Aug 2022

SGS Pegasus School, Patchway, Bristol, BS32 4AJ

**An inclusive Pop Up activity centre for children and young people with disabilities, with multiple interactive rooms, and different session types to suit all abilities and disabilities.**

Gympanzees sessions are for children and young people (0-25 years) with sensory, physical, learning difficulties, SEN and any mild to profound disability.

The Pop Up is split into sessions based on your child's needs, from quieter to more active, lively sessions, so your child can experience the benefits of movement and play in an environment that's right for them.

There will be a trampoline room, soft playroom, music room, indoor and outdoor playground, active and calm sensory room, and gym. There will also be a sociable café to meet and chat with others after the session.