

Spring 2023

# Connect

Your newsletter promoting safety and support at Sea Mills Primary.

## 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 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 your children, yourself and others safe.

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

## *When is it the right time to give your child a phone?*

How to start the conversation. Ask:

### Why do you want to get a phone?

Whilst deciding if it is time for your child to have their first phone can be a great opportunity to find out what your child expects to use their phone for. This could be for connecting with friends, playing games, for keeping in touch whilst out of the house or other reasons.

### What would/do you like about using your/a phone?

You can ask your child about their favourite apps or games, what they like using their phone for, or you can ask them to show you how to play or use their favourite game or website.

### What would you do if something worrying or upsetting happened on your phone?

You can ask them about the places they can go to find the safety advice, find out what they know about privacy settings, and ask them how to report or block on the services they use.

### How can we do more online together?

Ask your child about activities or games that you could enjoy as a family, this can be a great time to establish a [family agreement](#) to manage your families time online.

Want more information?

[Phones - UK Safer Internet Centre](#)



#### Talk with your child about responsible use of their phone

Discuss what is okay and not okay to use their phone for. Talk about time limits and expectations of where the device can and cannot be used, this could include things like the phone being charged outside their bedroom overnight.



#### Discuss what to do if something upsetting or worrying happens

Give them the strategies they need in case something concerning happens whilst they are using their device. This could be to lock the screen and tell an adult, to make a report to the platform they are using, or to block the user.



#### Explore parental controls

Take a look at the controls available both on the phone itself and on your home Wi-Fi. Talk these through with your child too. Parental controls are a helpful tool, but an open conversation with your child is the most important thing.

## Anti-Social Behavior in Sea Mills

There continues to be a worrying rise in antisocial behavior involving the young community of Sea Mills. For the most part, tackling problems associated with children and anti-social behavior is a joint effort where parents, schools, local authorities and the police all need to work together with children to educate them about moral values and respect, both for themselves and for others. Our school values and super skills ensure that children who attend out school know about respect and responsibility. Whilst we continue to work on this in school we require the support of families at home.

### **What are the signs of anti social behavior in children?**

- abusive and harmful behaviour to animals and people
- lying and stealing
- defiance and violating rules
- vandalism and other property destruction
- causing a nuisance in the community



### **How can you help at home?** (click on the links for more information)

1. Teach them how to solve problems (conflict resolution)
2. Help them [manage their anger](#)
3. [Emotional literacy](#)
4. Clear boundaries and curfews
5. Knowing who your children are socializing with and where

## Young Carers

### **What is a Young Carer?**

A young carer is a person under 18 who regularly provides emotional and/or practical support and assistance for a family member who is disabled, physically or mentally unwell or who misuses substances.

The Carers (Recognition and Services) Act 1995 defined young carers as “*Children and young people (under 18) who provide or intend to provide a substantial amount of care on a regular basis*”.

There are probably more young carers out there than you think. They take on extra responsibilities, like dressing the person they look after, cooking, cleaning, shopping, collecting prescriptions. It's a lot to take on as a child.

### **Here are some things you might not know about children who are carers:**

#### **Carers could be as young as five**

By definition, a young carer is someone under the age of 18 who looks after a family member or friend who has a physical or mental health condition, or misuses drugs or alcohol. They may also look after brothers, sisters or elderly relatives too.

**800,000—young carers aged 5-17 care for an adult or family member in England**

**27% of young carers aged 11-15 miss school regularly**

**Young Carers are often hidden.** Growing up should be about exploring and finding out who you are. But for young carers who have to look after a loved one, it's a little more tricky. Having to care for someone can often mean missing school or having to miss out with friends. It can put their childhood on a back burner. Many young carers and the people around them don't even realise they are carers.

If you want more information on what a young carer is or want access to support please have a look here: [Being a young carer: your rights - NHS \(www.nhs.uk\)](#) [Help for young carers](#) | [Carers Support Centre](#)



### WELCOMING SPACES

A Welcoming Space is a place of connection already established in communities where people can meet up, socialise, keep warm and access support relating to the cost of living.

Call the #WeAreBristol helpline on 0800 694 0184 Mon to Fri, 8.30am to 5pm.

Scan to Find  
your local  
Welcoming  
Space



Remember you  
don't have to be on  
a low income to  
get financial  
support for  
childcare costs.



### BENEFITS

If you are a new parent, your income has changed, your family circumstances have changed or you are looking at registered childcare, email: nbcc@bristol-schools.uk to speak to our Advice and Guidance worker. We can check that you are accessing everything you are entitled to regarding benefits and support in paying for childcare for under 5's.

There are a number of other agencies in Bristol that can provide advice including Citizens Advice Bristol & North Bristol Advice Centre:

#### NORTH BRISTOL ADVICE CENTRE

Independent welfare benefits and debt advice, including complex casework, appeals and representation at tribunal:

Tel: 0117 951 5751 Website: [www.northbristoladvice.org.uk](http://www.northbristoladvice.org.uk)  
(Online Advice Tool for enquiries 24/7)

Citizens Advice [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

### BUDGETING, GAS & ENERGY

For energy saving advice and support in the Bristol area call 0800 082 2234 or visit [www.cse.org.uk/advice](http://www.cse.org.uk/advice)

- Visit National Energy Action [www.nea.org.uk](http://www.nea.org.uk)
- Visit Citizens Advice [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)



### MENTAL HEALTH

The pressures of the cost of living crisis are likely to affect our mental health & wellbeing, making us feel stressed, anxious or low. Please reach out to get the support you deserve:

Visit VitaMinds [www.vitahealthgroup.co.uk](http://www.vitahealthgroup.co.uk) or phone 0800 012 6549 for 24/7 Support

WomanKind supports women in the Bristol area with professional counselling, group psychotherapy, befriending and a helpline service. visit [www.womankindbristol.org.uk](http://www.womankindbristol.org.uk)

Every Mind Matters - [www.nhs.uk/every-mind-matters/](http://www.nhs.uk/every-mind-matters/)

The Samaritans also offer support 24 hours a day, 7 days a week on 0330 094 5717

### BROADBAND

You are able to get a reduction in broadband if you are claiming means tested benefits. Speak to your broadband provider and ask about the 'social tariff'.

### BRISTOL REFUGEE RIGHTS

Advice and support with your house, money or asylum claim. Email, phone, text or WhatsApp. Leave a message with your name, phone number, language you speak & if you need an interpreter. Tel: 07526 352 353 [www.bristolrefugeerights.org](http://www.bristolrefugeerights.org)

**Project MAMA:** Drop-in groups and support available for refugees throughout pregnancy, childbirth, and the first few weeks of parenthood. [www.projectmama.org](http://www.projectmama.org)

### FOOD

If you're struggling to afford food at the moment, there are organisations and schemes across the city which can help you. There are foodbanks across Bristol for those who are eligible:

North Bristol and South Gloucestershire Foodbank: <https://nbsg.foodbank.org.uk>

Find your local food club: [www.bristolearlyyears.org.uk/health/bristol-food-clubs](http://www.bristolearlyyears.org.uk/health/bristol-food-clubs)

Call the #WeAreBristol helpline for free on 0800 694 0184 Monday to Friday, 8.30am to 5pm.

### GENERAL COST OF LIVING ADVICE

Call #WeAreBristol  
helpline for free on  
0800 694 0184

Do you need cost of living advice and support?

Visit @BristolCouncil support at [www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support](http://www.bristol.gov.uk/residents/people-and-communities/cost-of-living-support) or call the #WeAreBristol helpline for free on 0800 694 0184 Monday to Friday, 8.30am to 5pm. Guidance is available on housing, benefits, financial help, mental health & wellbeing.





## NSPCC Online Safety Workshops for Parents & Carers

The NSPCC Online Safety Workshop for Parents & Carers can be delivered online or face to face and is tailored to meet the needs of the audience.

The workshop has some core content, which consists of general online safety information for parents and includes:

- What children and young people are doing online
- Parental concerns
- What the risks are for young people in terms of what they see, do and who they meet online
- How to manage these risks as a parent
- Sources of help/support

In addition, we have content on the following topics:

- Gaming
- Grooming
- Livestreaming
- Mental health and well being
- Modelling good behaviour
- Online bullying
- Online challenges, hoaxes and scams
- Online dating
- Online friendships
- Online pornography
- Parental controls
- Persuasive design and screen time vs screen use
- Sharing nudes
- Social media

For a 30minute webinar/workshop, we suggest having the general presentation and a focus on 2 of the themed topics. For up to 5 themed topics the session is 1 hour. If you are interested in booking a workshop, please state which topics you would like us to include and some suggested dates/times.

Our workshops are delivered free of charge.

For further information or to book a workshop, please contact: [parentworkshops@nspcc.org.uk](mailto:parentworkshops@nspcc.org.uk)



# SEA MILLS PRIMARY IS

RESPECT  
RESPONSIBILITY  
ASPIRATION

## UNITED AGAINST BULLYING

When someone says or does something unintentionally hurtful and they do it once, that's **UNKIND**.

When someone says or does something intentionally hurtful and they do it once, that's **MEAN**.

When someone says or does something intentionally hurtful and they keep doing it, even when you tell them to stop or show them you're upset, that's **BULLYING**.

## Choose to be **KIND**

If you are being bullied or see someone being bullied talk to someone you trust.

**Bullying could be:**



Physical



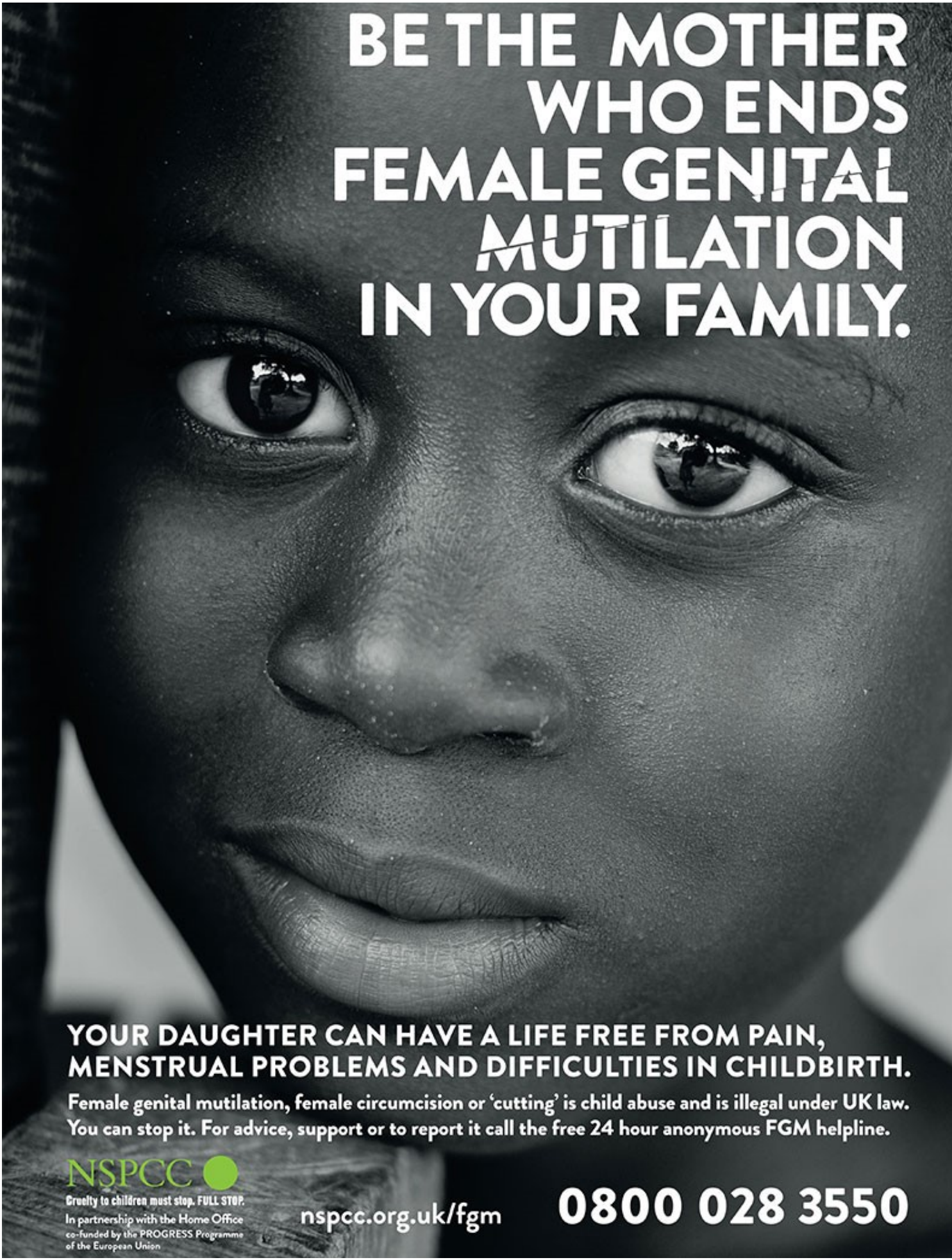
Emotional



Social



Cyber



# BE THE MOTHER WHO ENDS FEMALE GENITAL MUTILATION IN YOUR FAMILY.

**YOUR DAUGHTER CAN HAVE A LIFE FREE FROM PAIN,  
MENSTRUAL PROBLEMS AND DIFFICULTIES IN CHILDBIRTH.**

Female genital mutilation, female circumcision or 'cutting' is child abuse and is illegal under UK law. You can stop it. For advice, support or to report it call the free 24 hour anonymous FGM helpline.

**NSPCC** 

Cruelty to children must stop. FULL STOP.  
In partnership with the Home Office  
co-funded by the PROGRESS Programme  
of the European Union

[nspcc.org.uk/fgm](http://nspcc.org.uk/fgm)

**0800 028 3550**