



NEWSLETTER



Dear Parents/Carers,

January 2024

Hello and welcome to the first Safeguarding, Wellbeing and Pastoral newsletter of the year.

I wanted to let you know that I am back to school now, having been off for some months due to ill health and treatment. I wanted to say a sincere and heartfelt thank you for all the messages of support, love and care that I have received during my treatment.

I wanted to take the opportunity of the new year to remind you of the support that we offer to our families and children here at Stopsley.

As you know, we have a truly dedicated team who work tirelessly teaching and supporting children across all areas of the school in classrooms and outside of the classroom too.

We are a trauma informed workforce so we are always attuned to the needs of the children so we can best support them in a timely, nurturing and therapeutic supportive fashion, should the need arise.

As you know, we have Mrs Allen, our highly experienced Pastoral Teaching Assistant who supports children on a 1:1 and small group basis covering a range of pastoral and therapeutic interventions. Alongside this, Mrs Allen carries out accredited ELSA (Emotional Literacy Support Assistant) interventions too. Miya, our school therapy dog, is also in school on a weekly basis and sees children from across the school with Ms Sharpe (who has been/is doing this great work whilst I have been away). Please remember that you can contact our Pastoral Team at any time on: pastoral@stopsley.primaryluton.co.uk

Many of you have already worked closely with our superb Family Support Assistant Mrs Herrick. She has been busy running many weekly and monthly events, varied drop in sessions (including access to CAMH via our schools partnership service), adult learning courses and bespoke 1:1 work with families (to offer continued support, resources and guidance). You can contact Mrs Herrick for family support on: familysupport@stopsley.primaryluton.co.uk



We take great pride in our strong school and family community relationship that we have with you all.

Below are a couple of articles that may be of interest to you along the safeguarding themes for children and mobile/online safety measures. There is also new information / government support in regards to domestic abuse and regarding the Domestic Abuse Act 2021. We bring this to you as we are a Bedfordshire Domestic Abuse Partnership Hub.

If you have any questions of a safeguarding nature or have any concerns that you would like to discuss, you are able to contact me once again now through:

safeguarding@stopasley.primaryluton.co.uk

With my very best wishes to you all,

Ms Mann

Safeguarding, Wellbeing, Pastoral and Trauma Lead

Five ways to wellbeing



Talk with someone in your family or group of friends and really listen to what he or she has to say. Perhaps ask about something that happened at work, at a club or perhaps how he or she is feeling today and why that is.



Do something active with your family or friends like going for a walk or playing a game that gets you moving.



Take a bit of time to notice things around you, perhaps have a mindful moment, notice what you can see, hear, smell, feel. Perhaps notice what the people around you are up to, how they are feeling or acting.



We're learning new things all of the time. See if you can find out about something new, or an interesting fact, perhaps learn a new skill.



Think of an opportunity to show kindness to someone else. Being kind to others actually makes you feel good so it's a kindness for you as much as the person on the receiving end!



BEDFORDSHIRE DOMESTIC ABUSE PARTNERSHIP

<https://bedsdv.org.uk/>

This week sees the announcement from the Home Office that from the 31st January there will be financial support available for victim survivors of Domestic Abuse.

Those without the financial means to leave their abusers will be able to apply for a one-off payment of up to £500 via one of over 470 support services, for essential items such as groceries, nappies or support with new accommodation to help them and their children flee to safety.

For the first time, victim survivors can also apply for a further one-off payment of up to £2,500 to help secure a sustainable independent future, such as putting down a deposit for rental accommodation.

The fund is initially provided until March 2025 which comes following a successful pilot scheme funded by the Home Office and delivered with Women's Aid last year which helped over 600 victim survivors to safety. The fund will be delivered via referrals from frontline services in England and Wales including organisations, helplines and caseworkers who have a specialist understanding of domestic abuse.

Please read the full article here

[Domestic abuse victims given fresh support to escape abuse - GOV.UK \(www.gov.uk\)](https://www.gov.uk/government/news/domestic-abuse-victims-given-fresh-support-to-escape-abuse)

There are many reasons why someone experiencing Domestic Abuse may be unable to leave the relationship including fear, isolation, shame, trauma, emotional and physiological impact, children, housing and certainly financial implications and restrictions. This funding will go some way to supporting and empowering victim survivors to take the first steps towards a life free of abuse and make life-changing improvements for themselves and their children.

There are a number of financial support initiatives offered across the County with Luton, Bedford and Central Bedfordshire Councils offering Cost-of-Living Crisis help and the Warm Space directory of support, you can find more details here [Central Beds Luton Bedford](#) Luton Football Club are also offering their Warm Hub initiative and are running energy efficiency advice sessions at Kenilworth Road next week too. Their shirt sponsor is Utilita who will be sending Energy Experts to the events - more info is at [Kenilworth Road open for Utilita 'Warm Hub' initiative | News | Luton Town FC](#)

Surviving Economic Abuse offer support and help for those experiencing Financial abuse and give information on what people might be entitled to at [Economic support during the cost-of-living crisis - Surviving Economic Abuse](#)



You can also listen to Surviving Economic Abuse offering advice in our Podcast with Bedfordshire Domestic Abuse Partnership on the BDAP website at [Relationships Shouldn't Hurt - Bedfordshire Domestic Abuse Partnership \(bedsdv.org.uk\)](https://www.bedsdv.org.uk)

If you, or somebody you know, is experiencing domestic abuse then help is available:

- Information on local and national support services can be found at www.bedsdv.org.uk
- If someone is in immediate danger, phone the police on 999
- For women, the [National Domestic Abuse Helpline](https://www.bedsdv.org.uk) is available on 0808 2000 247
- For men, [Men's Advice Line](https://www.bedsdv.org.uk) is available on 0808 801 0327 or [ManKind Initiative](https://www.bedsdv.org.uk) on 01823 334 244
- For members of the LGBTQ+ community, [Galop](https://www.bedsdv.org.uk) provide support on 0800 999 5428
- If you are concerned about your own behaviour, the [Respect Phone Line](https://www.bedsdv.org.uk) can offer confidential and non-judgemental advice on 0808 802 4040



[Stopsley Primary School & Nursery is a BDAP Support Hub](#)

Smartphone Safety Tips for Young People



National
Online
Safety®

#WakeUpWednesday

One in three 8-year-olds in Britain own a smartphone 📱 and that proportion rises to more than 90% by the time children reach 12 📊 This concerted increase - driven by factors both personal (blossoming independence) and practical (the transition to secondary school) - makes it all the more valuable for young people to know how to use such devices safely.

Indeed, more than half of parents (52%) surveyed by Ofcom admitted to worrying about their child being bullied via their mobile phone - and with hazards like scams, screen addiction and inappropriate content to consider, that's far from the only risk around. Our #WakeUpWednesday guide this week pulls together some simple but solid smartphone safety tips ☺



At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many devices which we believe trusted adults should be aware of. Please visit nationalonline-safety.com for further guides, links and tips for adults.

SMARTPHONE SAFETY TIPS

for young people

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You may have been lucky enough to have unwrapped a smartphone at Christmas, or you might be eagerly anticipating getting a new one at some point during this year. Whether it'll be your first ever phone or an upgrade on your old model, it's always useful to have a refresher about how to set it up and adjust the settings to keep yourself – and your valuable personal info – safe and secure. We've collected some expert tips to help you enjoy your smartphone in the healthiest way possible.

NEVER SHARE YOUR PASSCODE

Alongside face or fingerprint recognition, your passcode is crucial to unlocking your phone and accessing your apps and personal information. You shouldn't give it out, even to close friends – after all, you wouldn't hand them a key to your house and let them go in for a nifty round! If a friend wants to use your phone, ask them why and make sure you can see what they're doing with it.

RESPECT PARENTAL CONTROLS

If you're allowed to have a smartphone, it's because your parents or carers feel that you're mature and responsible enough to use it safely. They might set controls and boundaries on your device – not to spoil your fun but to help you avoid hazards like too much screen time or costly in-app purchases. Following these rules means you can enjoy using your phone while respecting their wishes.

TALK TO A TRUSTED ADULT

Whether it's to listen to music, play games, create content or chat with friends, using a smartphone should be fun. If you're ever feeling anxious, worried or scared about going on your phone, then something isn't right. It's important not to ignore these feelings. Instead, talk to a trusted adult about what's happening and how it's making you feel.

STAY ALERT

Two words: look up. It might sound obvious, but it's so easy to get immersed in what we're looking at or listening to on our phones that we can become unaware of our surroundings – or who might be around us. People often walk with their head down, focusing on their phone, and forget to check for obstacles in their path, cars or other pedestrians coming towards them, which is clearly dangerous.

DEVELOP HEALTHY HABITS

Phones offer a vast amount of content and the chance to chat with friends whenever we feel like it, which can make it difficult to take time away from the screen. If that's something you struggle with, you could try setting time limits on certain apps. Putting our phones down for a while gives us more time to interact with others or do something physical that helps keep us fit and healthy.

IGNORE UNKNOWN NUMBERS

There are some scammers who might call or text asking you to share personal data or to click on a link and provide your details. Some may claim to be from a genuine company, but trustworthy businesses don't spontaneously call or message to ask for your information. It's safest to ignore calls or texts from unknown numbers, and never give your personal details out over the phone.

ONLY USE AGE-APPROPRIATE APPS

Before downloading a new app or game, check what age rating it has. Don't feel pressured into getting a particular game or app just because your friends are using it. If it's intended for older people, there's a definite risk that it could include content (which is violent or frightening, for instance) or language which isn't suitable and may leave you feeling upset or disturbed.

REMOVE TEMPTATION

A good night's sleep is so important for concentration, mood and overall health. Unwinding properly before going to bed – which means not staring at a screen late at night – can often improve sleep quality. Put your phone on charge overnight, but not in your room. This means you'll have a lot less temptation to check any notifications, reply to messages or get caught up scrolling on social media.

THINK ABOUT OTHERS

Watching videos, listening to music or calling someone can all help to pass the time while we're on the bus, waiting in a queue or walking down the street. It's important to remain mindful of other people, though: they might not want to hear your tunes or your conversation, likewise, if you're calling from a public place then don't forget that anyone could overhear something personal about you.

SWITCH OFF GEOLOCATION

In your phone's settings, you'll be able to disable geolocation for individual apps and photos: this means that people online (excluding strangers) can't see information about where you are when you share or post a pic. On the subject of images, it's also important to ask permission before taking or sharing a photo of someone – and don't share embarrassing images of your friends with others.

Meet Our Expert

Dr Claire Butterfield is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written articles on online safety and worked out research for the Australian government comparing international and local behaviour of young people in the UK, USA and Australia.



The National College

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