



22nd April 2020

Dear parents and carers

As we start the new term continuing to work in a remote way, there are huge benefits to being online such as being able to stay connected to family and friends during this period and accessing a wealth of information and resources to help with learning. However, we do recognise many parents may feel concerned about the activities and content your children may be accessing. It is important to have regular conversations with your child about staying safe online and to encourage them to speak to you if they come across something worrying online.

These resources below provide guidance for parents and carers to help keep your children safe online. They will, amongst other things, support you to talk to your child about a range of online safety issues, set up home filtering in a child-friendly way and set up age-appropriate parental controls on digital devices:

- [Thinkuknow](#) by National Crime Agency-CEOP (Child Exploitation and Online Protection) provides resources for parents and carers and children of all ages to help keep children safe online
- [Childnet](#) has developed [guidance for parents and carers](#) to begin a conversation about online safety.
- [Parent Info](#) is a collaboration between Parent Zone and NCA-CEOP, providing support and guidance for parents and carers related to the digital world from leading experts and organisations
- NSPCC has [guidance for parents and carers](#) to help keep children safe online. It has a good resource regarding the different apps and risks each has. This can be found here: <https://www.net-aware.org.uk/networks/>
- [UK Safer Internet Centre](#) provides tips and advice for parents and carers to keep children safe online - you can also [report any harmful content found online through the UK Safer Internet Centre](#)

The NSPCC has created a number of resources to support parents and carers during this difficult time. Topics include:

- Talking to a child worried about coronavirus
- Parents working from home
- Children staying home alone
- Lockdown and separated parents
- How to cope with tantrums and other difficult behaviour

The advice can be found on the NSPCC website here: <https://www.nspcc.org.uk/keeping-children-safe/coronavirus-advice-support-children-families-parents/>

Finally, can I draw your attention to the information letter (also attached below) sent out just before the Easter holidays as a reminder of the various support services yourself or your child can access should you/they require further support.

Please do not hesitate to get in touch with myself or your child's Head of Year should you wish to discuss any concerns you may have.

Kind regards

A handwritten signature in grey ink that reads "S.A. Bell". The letters are cursive and slightly slanted.

Sarah Bell
Assistant Headteacher
Designated Safeguarding Lead

“KEEPING YOUNG PEOPLE SAFE” – NEWSLETTER

Hello all

I hope that you will find the information contained within this newsletter useful in terms of signposting both parents and students to organisations to support families during these incredibly unusual circumstances.

Safeguarding concerns about the wellbeing of a child

If you or your child have any safeguarding concerns about the wellbeing of a child then please contact the following:

During normal school hours (Monday-Friday 9am to 3:30):

Email: enquiries@northallertonschool.org.uk

Alternatively you can email your child’s Head of Year or the Designated Safeguarding Lead.

Outside of school hours: Ring Children’s Social Services – 01609 780780 or visit the North Yorkshire Safeguarding site – www.northyorks.gov.uk/safeguarding for more information.

To contact the Police: Ring the Police (101 – non-emergency or 999 - emergency)

Support for your Mental Health during the time of the school closure

Samaritans	Any time free from any phone 116 123
Young Minds	Parent Helpline 0808 802544 free for mobiles and landlines – Monday to Friday for concerns relating to child/ young person’s mental health up to the age of 25
Kooth	www.kooth.com free safe and anonymous support for 11-19 year olds online. Please see the video link for more information
Childline	Contact number 0800 11 11 link www.childline.org.uk
CAMHS	Children’s Adolescent Mental Health Service - single point of access for advice and support 0300 0134778
Compass Buzz	https://www.compass-uk.org/services/north-yorkshire-compass-buzz/ Telephone 01609 777662 – the answerphone message gives further details on alternative mobile phone numbers you can ring Email: SchoolMentalHealthProject@compass-uk.org

Mind	A charity specialising in Mental Health. Its website has links to support, information and advice – www.mind.org.uk
Official government advice	https://www.gov.uk/government/news/new-advice-to-support-mental-health-during-coronavirus-outbreak
CEOP	Through CEOP you can report online sexual abuse or content. www.ceop.police.uk/safety-centre

Staying safe online

We would ask that our parents do the following to keep their children safe online during the period of the school closure.

- Monitor your child's phone use – there are a variety of parental controls apps out there that allow you to keep tabs on their online activity
- Find time to talk to them about what they are doing online
- Emphasise that if children come across anything online that makes them worried, scared or uncomfortable that they should share this with you and that this should be reported to CEOP (<https://www.ceop.police.uk/safety-centre/>). Anything illegal should be reported to 101
- Remind students about keeping their privacy settings high on social media and not accepting friend requests or messages from people they don't know
- Remind children to not give out personal information including their passwords
- Encourage children to spend time away from their phones each day to help them relax and avoid too much exposure to the news.

For more information about staying safe online please go to:

<https://www.thinkuknow.co.uk/>

<https://www.childline.org.uk/info-advice/bullying-abuse-safety/online-mobile-safety/staying-safe-online/>

<https://reportharmfulcontent.com>

Support for parents and carers to keep their children safe online includes:

[Internet matters](#) - for support for parents and carers to keep their children safe online

[London Grid for Learning](#) - for support for parents and carers to keep their children safe online

[Net-aware](#) - for support for parents and careers from the NSPCC

[Parent info](#) - for support for parents and carers to keep their children safe online

[Thinkuknow](#) - for advice from the National Crime Agency to stay safe online



[UK Safer Internet Centre](#) - advice for parents and carers

Pastoral Support during the school closure

The Pastoral Team will be contacting some of our families that we have been working with on a regular basis to check on the welfare of the children and to see if they require any support.

If you feel that your child needs some support from the Pastoral Team then please get in touch with the school by e-mailing enquiries@northallertonschool.org.uk . Alternatively you can email your child's Head of Year or the Designated Safeguarding Lead.

Domestic Abuse

Helpline and website information.

Domestic abuse can affect anyone
If you are concerned about yourself, a friend or family member, IDAS is here to help you

IDAS helpline: 03000 110 110
idas.org.uk


Charity number: 1102337

<https://www.idas.org.uk/our-services/>

<https://www.idas.org.uk/extra-live-chat-services/>

And finally.....

The North Yorkshire Safeguarding Children Partnership website has lots of useful information.

www.safeguardingchildren.co.uk

There is lots of information here to support families during this unusual time. I think the most important thing is to stay connected and communicate with school via your child's tutor and teachers. Please do contact us if, as a school community, we can help in any way.

Keep safe

Sarah Bell
Assistant Headteacher
DSL