



Upland Primary School Newsletter

Safeguarding Newsletter—December 2019

Designated Safeguarding Leads

DSL

Mr Roy Howard



senco@uplandschool.co.uk

Deputy DSL

Mrs Helen Millward



helenmillward@uplandschool.co.uk

Deputy DSL

Mrs B McKenzie



bethanmckenzie@uplandschool.co.uk

In the absence of both Mr Howard and Mrs Millward, safeguarding concerns can be referred to:

Ms Scott

Nominated Governor

alisonscott@uplandschool.co.uk

Gaming at Christmas

This Christmas, please do make informed choices about the appropriateness of the games that you are buying as gifts for your children.

The Pan European Game Information (PEGI) classifies games so please do use these classifications as a guide when choosing games. Game classifications will be displayed on the boxes as below:



Reducing screen time. Top tips!

Do remember to get your children out and about and unplugged over the holidays.

Do consider:

- Seeing family and friends...
- Interacting with people in real life...
- Participating in extracurricular activities that the children are excited about...



National Online Safety

Please click on the link below for lots of useful information regarding keeping children safe online:

<https://nationalonlinesafety.com/>

Support in Bexley

Holiday periods can be difficult for some people, especially the Christmas holidays. If you or anyone you know feels like they are struggling over the holiday season or, indeed, at any time then please see the list below for organisations who can help:

Children's Social Care:

Family Wellbeing: (020) 3045 5440 (or out of hours—(020) 8303 7171

Bexley Targeted Youth: (020) 8303 7777 (ask for youth Services)

Absence reporting

Please, please do make a call to the school office to report your child's absence whenever they are not in school. Failure to contact the school by 10am will result in a home visit and, potentially, police involvement.



Thank you.

Cyberbullying



Cyberbullying is exactly the same as any other form of bullying and takes place online. Due to modern technology and social media platforms this form of bullying can potentially follow children everywhere they go.



For full details of Cyberbullying, signs to look out for and how to make sure your child is safe online, please visit:

<https://www.bullying.co.uk/cyberbullying/>

On 22nd January. Mind will be in school, hosting a "Parental Emotional Wellbeing" workshop. More details will be ParentMailed in the new year.

