

# SAFEGUARDING NEWSLETTER



AUTUMN 2022 – Issue 6

Latest advice for Parents and Carers

Welcome to the sixth edition of our half termly Safeguarding Newsletter that will keep you up to date with essential information regarding safeguarding. For our sixth issue, we will be focussing on Physical Chastisement. Please remember that if you ever have a safeguarding concern regarding your child, or indeed another child, you can always speak to a member of our school's safeguarding team.

**Co-Headteachers:** Jas Leverton/Cassim Bana

**Designated Safeguarding Lead/Lead for Looked After Children:** Kimberly McKoy

**Deputy Safeguarding Lead/Mental Health Lead:** Cassim Bana

**Deputy Safeguarding Officers who can also be contacted:** Catriona Prasad, Catherine Smith and Beverley Boothe

**Governors with Safeguarding Responsibility:** Sonia Gable and Asif Jahangir

At Cranbrook, to help us keep our children safe and give them a chance to be listened to, we have a range of Pupil Voice opportunities to allow them to be heard and have their views respected. Throughout our school we have our Safety Team (specific adults) posters displayed in every teaching space and around the corridors. The poster has photographs of our Safety Team members- all of our staff here are trusted adults but the Safety Team adults are additionally trained to help the children even further if needed. We also have our very own 'Peer Mentors'. These selected children have been trained to help and support children at lunchtimes with any issues and endeavour to resolve them. In addition we have our own School Councillors; two representatives from each class and they meet altogether regularly to discuss any issues, ideas or concerns that have arisen from their regular class council meetings. Each class has its own 'Talk Box' which is checked throughout the day to respond to any concerns the children have, whether it's about playtimes, friendships and worries outside of school.

## Useful Links

[How to set up your child's new devices](#)

[Parental control step by step guide](#)

[The 6 apps and services that every parent should know about](#)



# What is Physical Chastisement?

Physical punishment or chastisement of children and young people can have a very detrimental effect on their physical, mental and emotional wellbeing. Physical chastisement is defined as any punishment in which physical force is used to cause pain or discomfort.

It includes injuries such as:

- bruises
- broken bones
- burns
- cuts

It may involve:

- hitting
- kicking
- shaking
- throwing
- burning
- Poisoning

Most parent and carers want the best for their children. Discipline is important to help our children grow into well-balanced and responsible people. Parents and carers help their children by giving clear and consistent messages about their behaviour. However, sometimes parents can respond too harshly to situations and a child might suffer an injury or emotional harm as a result of the methods used. On some occasions Social Care (Social Services) may be called to investigate.

Bumps and bruises don't necessarily mean a child is being physically abused – all children have accidents, trips and falls. These injuries tend to affect bony areas of the body such as elbows, knees and shins and aren't usually a cause for concern. However, some injuries are more likely to indicate physical abuse.

## **The Law – how it applies to you**

UK law protects any child from cruel and abusive treatment by their parents or carers up to the age of 18 years. For example, it is against the law for a parent or carer to use physical punishment on their child that causes bruising, either by hitting or using an implement to inflict injury.

## **Discipline**

Discipline should not be seen as the same as punishment. It includes being a positive role model and setting good example. It also includes negotiation and compromise, instruction, providing boundaries, guidance, advice, and helping your child set realistic goals. There are lots of different ways of disciplining a child and if you restrict yourself to simply reacting against behaviour you don't like, you will be missing lots of opportunities to bring positive, loving discipline into their life. Introducing sanctions or punishing your child is only a part of the process and should only be done in ways that are fair – never abusive. Above everything else, children need to know they are loved unconditionally, even when they are behaving badly. This will help in developing a healthy self-esteem which is very important for your child's emotional wellbeing.

## **Boundaries**

We all know that children test our limits at some time or another. These are the rules that we have in our family. We set 'boundaries' about what we expect of our children and family. If these boundaries are too loose then children have little direction in life. If they are too harsh then children do not develop their own sense of responsibility. Think about the rules in your home and explain these to your children. Tell them about why you think these are important. Give them a chance to discuss the rules and to know when things might be changeable. For instance, during school days you expect a fixed time for bedtime but at weekends this could be later.

## **Consistency**

It is important that children have routine and predictability. They need to know that there are consequences for how they behave. Rewarding positive behaviour is, generally, more effective than punishing challenging behaviour. Praise and encouragement are powerful tools for developing good habits. However challenging your child's behaviour it is important to be as consistent and fair as possible.

# Social Media & Mental Health

An estimated one-third of children have a social media account, trusted adults must be aware of content young people are consuming, what they're posting and the interactions they're having. On social media, it can be easy to go down rabbit holes that aren't beneficial to our wellbeing. As platforms grapple with managing such 'legal but harmful' content, lives are being impacted - sometimes to tragic effect. We might be daunted by the scale of the tech giants and their content which so enthral young people, but we can still help children to be aware of their mental wellness: recognising when something isn't OK and knowing what to do about content that upsets them.

- Discuss what they have seen
- Set daily limits
- Monitor their activity
- Use devices together
- Encourage other activities
- Talk about peer pressure

**Digital consent GDPR ushered in the 'age of digital consent' (which for the UK is 13). As a result many social media require children to be at least 13 years, if not older. Many children simply do not have the emotional maturity to have access to these sites. Even the most responsible young person can succumb to peer pressure.**

The use of social media can lead to **poor sleep** and **mental health problems**. There is evidence that it causes **depression, anxiety,** and **low self-esteem**. Many young people today live with their **smartphones as virtual companions**

# What is Mental Health?

We all have mental health. Your mental health affects how you feel, think and act. It refers to your emotional, psychological and social wellbeing. Your mental health can change on a daily basis and over time and can be affected by a range of factors.

## How can I help my child?

**Parenting Smart** is a hub of short, useful articles written by Place2Be's parenting experts. Each article, aimed at parents of children aged 5 to 11, shares practical advice on a number of different topics. Click on the images below for a short video and a quick read on the topic in each caption:

Safe social media  
for primary aged  
children

11 min read

Read now

The importance of  
boundaries and  
consequences for  
children

2 min video  
5 min read

Read now

# Safeguarding

At Cranbrook Primary School we would like all of our children, irrelevant of their context, to feel safe, secure and happy, so that they can voice their feelings and have the resilience to overcome barriers to their learning and become confident, successful and responsible citizens. Our school is committed to Safeguarding and promoting the welfare of all of its pupils. We recognise that some children may be especially vulnerable to abuse and that children who are abused or neglected may find it difficult to develop a sense of self-worth, to view the world in a positive way or achieve academically. We will always take a considered and sensitive approach in order to support all of our pupils.

## **What is Safeguarding?**

Safeguarding is the action that is taken to promote the welfare of children and protect them from harm. Safeguarding children and child protection guidance and legislation applies to all children up to the age of 18.

### **Safeguarding means:**

- Protecting children from abuse and maltreatment
- Preventing harm to children's health or development
- Ensuring children grow up with the provision of safe and effective care
- Taking action to enable all children and young people to have the best outcomes.

Child protection is part of the safeguarding process. It focuses on protecting individual children identified as suffering or likely to suffer significant harm. This includes child protection procedures which detail how to respond to concerns about a child.

### **Contact**

As a resident or a professional in Redbridge, you may have concerns about a child's welfare or safety. Any concerns should be reported by contacting Children's Social Care:

Tel: 020 8708 3885

**E-mail:** [CPAT.referrals@redbridge.gov.uk](mailto:CPAT.referrals@redbridge.gov.uk)

During the evening or at weekends, please call the Emergency Duty Team on 020 8708 5897.

If a child is in immediate danger, please call the police on 999.