



Marston Moreteyne VC School

Safeguarding Newsletter

Autumn 2023 - Issue 4



Welcome back to school and to our new families, our aim, as always, is to bring you all the latest, relevant help and advice on issues that we feel will be of importance to you. Further information can also be found on our website <https://www.marstonmoreteyneschool.org/safeguarding/>



Meet the Team



Miss Short

Deputy Designated
Safeguarding Lead -
EVFS



Mrs Straccia

Deputy Designated
Safeguarding Lead



Mr Storey

Headteacher



Mrs Watts

Designated
Safeguarding Lead



Mrs Di-Folco

Deputy Designated
Safeguarding Lead - EVFS



Mrs Eames

Nominated
Governor
for Safeguarding



Free Parenting advice and support on a wide range of digital parenting topics including social media, screen time, setting safety features on all devices ... A superb resource for all parents and carers which is quick and easy to use!

To create your account, please follow <https://nationalonlinesafety.com/enrol/marston-moreteyne-vc-school> and complete your details. When you're set up, you'll be able to set 'Parent/Carer' as your user type.

You can access National Online Safety online via any device- including via our brand-new smartphone app. To download the app, please go to:

<https://apps.apple.com/gb/app/national-online-safety/id1530342372>

<https://play.google.com/store/apps/details?id=uk.co.nationaleducationgroup.nos>

Alternatively, search for 'National Online Safety' in the App Store/Google Play Store.

Cycle Helmets



Many of our children travel to school on a bicycle or scooter, this is a great way to exercise and reduce traffic in our village.

Parliament are in the process to obtain a parliamentary bill that requires a person riding a bicycle on the public highway to wear a safety helmet and for connected purposes. The local authorities across Bedfordshire along with their partner agencies are running a campaign about cycle helmet safety.

Cycle Safety <https://capt.org.uk/cycle-safety/>

Cycling with babies, toddlers and very young children

- Before children are ready to try riding a bike themselves, you can take them out on a bike yourself using a baby cycle seat. Look for a child bike seat that conforms to British Standard number BS EN 14344:2004.
- Seats are suitable for children of different weights, so make sure your child is within the weight range of the seat you choose.
- Before you cycle for the first time with the extra weight of a child on board, it's a good idea to have a go in a safe place where there's no traffic.
- You should also make sure both of you are wearing cycle helmets and high-visibility clothing.

Your child's first bike

- By the age of five, many children will have started riding a tricycle, bicycle, bike with stabilisers or a balance bike.
- Children's bike helmets are a must every time they go cycling as they can prevent serious head injuries if your child falls off or crashes into something.
- It will also help children get into the habit of wearing a helmet if they see the adults around them wearing bicycle helmets.
- Local parks and gardens can be safe places to ride until children are old enough to cycle on the road.

Biking safety for children aged seven to 10

- Children have better coordination and control and are usually more confident cyclists by the time they are around seven.
- They're still not ready to cycle in traffic, though, even if they're with an adult.
- Remind them to wear a bike helmet every time they go out on their bikes. Children are 'top-heavy' and more likely to land on their heads if they fall off their bikes.
- Some children might need help doing up the straps and making sure the cycle helmet is secure.



Parental Online Safety Tips

With the technological advances that had to be made during the lockdown periods, learning from home was forced to be increased. This meant that young people were spending a lot more time online doing their schoolwork, gaming, and socialising. However, it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer!

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play. For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:

<https://www.youtube.com/watch?v=5-ij1jm9K8>

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at

<https://www.thinkuknow.co.uk/parents/articles/Nude-selfies-a-parents-guide/>

Steps you can take to keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games, and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report. For help starting this conversation, read <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety/>

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at <https://www.ceop.police.uk/safety-centre/> and get support from a specialist Child Protection Advisor

BEDFORDSHIRE DOMESTIC ABUSE PARTNERSHIP

Support Hub

What is a Support Hub?

- a place for you to go if you need to access support
- a place where you can contact a domestic abuse support service who will be able to help you safely

IT DOESN'T HURT TO ASK FOR HELP!

For more information, speak to a member of staff or contact BDAP@centralbedfordshire.gov.uk

[@bedsdv](https://www.facebook.com/bedsdv)
[bedsdv.org.uk](https://www.bedsdv.org.uk)

What Parents & Carers Need to Know about SHARING PHOTOS ONLINE

School is often a time chock-full of milestones for your child, and you may well be eager to share their accomplishments with the world. In today's digital age, sharing images of such precious moments on social media is commonplace, and – while that's a lovely thing to do – it does come with some risks attached. Our guide can help parents and carers to consider the potential dangers and make informed choices about safely sharing photos of their children online.

WHAT ARE THE RISKS?

INVASIONS OF PRIVACY

Even with the right settings in place, absolutely nothing online is 100% private. Anyone who can view your photos could take screenshots and potentially share them elsewhere. Privacy settings are still important, though, so it's always wise to ensure your social media accounts have them set up; just bear in mind that you can't completely control what happens to anything once it's gone online.

REVEALING PERSONAL DETAILS

Small details in photos can often reveal personal information. Backgrounds can give clues to where you live, for example, while school logos on uniforms, sports kits, or bags could help someone identify which school your child attends. With interactive maps and reverse image searches commonplace online, information like this could easily be misused by an individual with malicious intentions.

MISUSE OF IMAGES

Once something's been shared online, it's almost impossible to get it deleted. Photos can show up in search engine results and be downloaded, manipulated, and shared without consent. There's the potential for someone's images to be used for advertising purposes (which in many cases, isn't illegal) or even more inappropriate reasons, such as cyber-bullying or serious forms of exploitation.

ONLINE GROOMING

Pictures that convey details about your child's interests, activities, or daily routines could arm an online predator with the kind of information they can deploy to gain a child's trust. They might use this knowledge to pretend to be the same age as the child or to have a shared hobby. Essentially, the more a predator knows about a young person, the easier it is for them to invent some 'common ground'.

PRESSURE TO PLEASE

When their parents or carers share notable moments and accomplishments in a child's life on social media, some children may begin to feel an expectation to *always* meet certain standards, to achieve things, or to behave in ways that are "worth sharing". Knowing that other people (even friends and family) can see these posts on social media might also add to the pressure they're feeling internally.

IMPACT ON DIGITAL FOOTPRINT

Every photo of a child posted online contributes to their digital footprint. Young people's lives have never been so closely and publicly documented as they are now, and this permanent online presence could affect a child's future opportunities or the choices they make as they grow up – in addition to influencing how they see themselves and, consequently, their emotional wellbeing.

Advice for Parents & Carers

REVIEW SETTINGS REGULARLY

Make sure your social media's secure in terms of who can view your content or see your location (only family and trusted friends, for example). Privacy settings aren't totally foolproof, but they do make it tougher for strangers to access your pics. Reviewing your settings regularly is also a good starting point for conversations with your child about managing their own social accounts when they're older.

CONSIDER OTHER CHILDREN

When taking a group photo, make sure you get parents' or carers' permission to share it on social media. There may be an important safeguarding reason for them not wanting their child's photo posted publicly online, or it might simply not tally with their personal beliefs or cultural background. A quick conversation in advance, just to make sure, is usually hugely appreciated.

CHECK YOUR PHOTOS

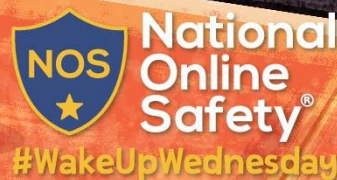
Photos of your child shouldn't provide any clues to where they live or go to school: even a house number, street name, or car number plate could be a giveaway. Cover up or blur out school logos, too. If you *really* want to share a particular pic, you could post a watermarked or low-res version, which can help to discourage misuse as those images are less appealing to download or reproduce.

THINK AHEAD

Try to consider the longer-term implications of what you post. Would you be happy with that photo being online in 10 years' time? Would your child still be OK with the image when they're older? Once your child is mature enough, you could ask for their consent before posting: it respects their privacy, fosters trust and understanding, and helps them to start thinking about their own online life.

Meet Our Expert

Gabriella Russo is a safeguarding consultant with more than 30 years' experience working with children, families, and adults in education, local authority, and mental health settings, both in the UK and internationally. She has developed online safety training for local authorities and foster care agencies across Britain and is the online safety expert for FosterWiki.



Family Support & Help for Marston Families

At Marston Moreteyne VC School, we understand that many children and families might experience difficult times. The cost of living crisis continues to place our community under increasing financial pressure which, understandably, can cause stress and anxiety in the home.

Teresa Gibbons is our Family Support Worker and she is able to help families with a range of issues including advice with debt management, food supplies, housing issues, bereavement and much more. Teresa can be contacted via email Family.Support@marstonmoreteyneschool.org or by calling the school office.

Further Help

https://helpforhouseholds.campaign.gov.uk/?utm_campaign=H4H_UK&utm_medium=Search&utm_source=Google&utm_content=Brand&gclid=EAIaIQobChMIitfvsfjL_AIVAp7tChOJ_gFBEAAYASAAEgLSYvD_BwE&gclsrc=aw.ds

<https://www.citizensadvice.org.uk/debt-and-money/get-help-with-the-cost-of-living/>

www.marstonmoreteyneschool.org/family-support



Better Housing Better Health

The Warmth & Wellbeing Service



HOME ENERGY ADVICE

If you're worried about paying your energy bills, want to know how to make your home warmer or need advice on accessing financial support, Better Housing Better Health are here to help. We're a charity working locally to improve residents' domestic warmth and wellbeing and improve the energy efficiency of your property.

BETTER HOUSING BETTER HEALTH CAN HELP WITH:

ENERGY BILL
SUPPORT

HOME
ENERGY
VISITS

FINANCIAL
ASSISTANCE

PRIORITY
SERVICES
REGISTER



GET IN TOUCH
0800 107 0044

www.bhbh.org.uk



Support for Marston Families



Help the families in our community have enough food each and every day.

We are in need of the following items:

Tinned / bottled goods: sliced carrots, potatoes, baked beans, spaghetti in tomato sauce, hot dogs, pasta sauce, jam, vegetable oil

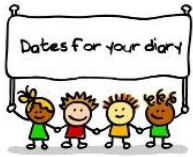
Dried Goods: Biscuits, pasta & cereals,

Toiletries: Nappies, baby wipes, toothpaste, shampoo, conditioner, shower gel, deodorant, sanitary items, washing detergent and fabric conditioner



Drop off Locations are at both school site receptions
Church Walk, MK43 ONE or
Great Linns, MK43 ODD

If you would benefit from support with food please contact Teresa Gibbons at family.support@marstonmoreteyneschool.org



- Weekly Coffee Morning 8.30 - 10.30 a.m. at the Community Centre with Teresa Gibbons
- 'Pop up Shop' every Thursday at Church End and Forest End

If you have a concern about the safety of a child please speak to a member of the safeguarding team or you can call:

Central Bedfordshire Access and Referral Hub - 0300 300 8585

Bedford Borough Integrated Front Door - 01234 718700

For further safeguarding information and advice please visit our school website

<https://www.marstonmoreteyeneschool.org/safeguarding/>

