



# Safeguarding Update

Summer 2022 - 2023



If you have any queries or concerns, please do not hesitate to contact the DSL team on:

Worpleston: [dsl@worpleston.surrey.sch.uk](mailto:dsl@worpleston.surrey.sch.uk)

Wood Street: [l.bassettcross@woodstreet.surrey.sch.uk](mailto:l.bassettcross@woodstreet.surrey.sch.uk)

**Keeping children safe is everyone's responsibility**



<b>Mrs Laura Bassett-Cross (Lead DSL, Deputy Head)</b>	
<b>Mrs Kareen O'Brien (Executive Head Teacher)</b>	
<b>Worpleston Primary School</b> Mrs Radhika Woodruff (Deputy Head Teacher) Mrs Liz Earl-Smith (SENDCo) Mrs Jeanette Ireland (Home School Link Worker) Mrs Rebecca Punchard (Head of Centre)	<b>Wood Street Infant School</b> Mrs Jo Ward (Home School Link Worker) Mrs Rita Pardi

## Helping Children in their Move from Primary to Secondary - Salvation Army



It's that time again. The end of the school year is only a couple of weeks away. For most pupils this period will be time to spend going on holidays either to Europe, further afield or simply relaxing at home. A chance to enjoy warmer climates or hope that the British

summer is not too unkind.

But for one cadre of pupils it can be an anxious time. I am referring to those currently in Year 6, whose lives will be completely changed on their return to education. For some it will mean leaving childhood friends, for others it will mean the hard challenge of becoming, once again a small fish in a big pond.

The Salvation Army has recently launched a podcast series of six to seven-minute episodes, focusing on this transition. If you're interested or think someone in your class might be, please click on the link below:

[www.salvationist.org.uk/resources/discipleship/themallfishpodcast](http://www.salvationist.org.uk/resources/discipleship/themallfishpodcast)

## Free School Meals Vouchers Summer Holiday 2023

The Free School Meals Support Scheme will continue to run during the summer 2023 holiday. The grant was designed to directly help families and individuals who have been hit hardest by the pandemic. Most of the funding is set aside to ensure that children are fed over the school holiday periods.

Surrey County Council, in discussion with schools and partners, has agreed to continue funding to provide all families with children eligible for benefit-related Free School Meals (FSM) with supermarket food vouchers to the value of £90 per child over the summer 2023 holiday period.

As before, the vouchers provided can be used in Asda, Morrisons, Aldi, Tesco, Sainsbury's, Iceland, or Waitrose and should only be used to buy food and other essential items.

Surreys' third-party provider, Wonde, will continue to electronically distribute the vouchers to you, as they did over the previous holiday breaks.



**If you're concerned about a child call**  
**0300 470 9100**  
**cspa@surreycc.gov.uk**



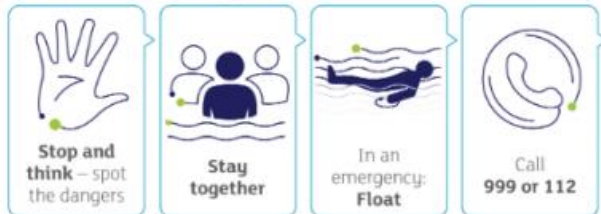
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## Staying Safe in the Water

### Water Safety Code



During the summer months it is likely that many pupils will be visiting the beach or swimming pools. It is essential that children are taught how to stay safe in and near water. Here are some top tips to support your child:

#### Stop and think - spot the dangers

- It can be very cold
- There may be hidden currents
- It can be difficult to get out (steep slippery banks)
- It can be deep
- There may be hidden harmful rubbish
- There may be no lifeguards there
- It may be polluted and could make you ill

#### Stay together

- It is always better to go to the water with a friend or family member
- Children should always go near water with an adult

#### Float

- If you fall into the water unexpectedly – float until you can control your breathing.
- Then call for help or swim to safety.

#### Call 999

- You may be able to help yourself and others if you know what to do in an emergency.
- If you see someone in difficulty, tell somebody, preferably a Lifeguard if there is one nearby, or go to the nearest telephone, dial 999, ask for the Fire Service at inland water sites and the Coastguard at the beach.

## Positive Mental Well-being

The Surrey "Wheel of Well-being" format is a handy way to think about things everyone can do to help improve their mood, reduce the risk of depression, strengthen relationships, and even add up to seven years to their life.

### Wheel of Well-being



The Wheel is made up of six different segments. As everybody has different needs and interests, it's important for everyone to be able to reflect on their own lives and consider which aspect of their own wheel of wellbeing can be improved.

#### 1. Body: be active

There are plenty of reasons why being physically active is good for you, such as having a healthier heart and strong joints and bones. Small amounts of exercise can also boost your mental alertness, give you more energy and put you in a good mood. It can also reduce stress and anxiety as well as increase your self-esteem.

#### 2. Mind: keep learning

Not only can learning new skills be useful but it can also improve your mental well-being. Life-long learners are likely to be more optimistic, better satisfied and will have a better ability to get the most out of their lives. It's also likely to mean that you can cope with stressful situations better.

#### 3. Spirit: give

Giving to others can stimulate your brain to release endorphins which are associated with trust, pleasure and social connections. Whether it's your time you give, your ear by listening to someone, or giving to charity. Giving to other people will also make you happier and can give you more satisfaction than spending it on yourself.

#### 4. People: connect

Most people need a certain level of social interaction to stay healthy although the amount is different for everyone.

#### 5. Place: take notice

Paying attention to what's going on around you can improve your mental well-being and can help you appreciate and enjoy the everyday things around you.

#### 6. Planet: care

Looking after the planet is one of the good things that you can do for your mental wellbeing and life satisfaction. It's also very easy to make small changes that will make a big difference to our environment, especially if everyone plays their part.

For further information please visit:

<https://www.healthysurrey.org.uk/mental-wellbeing/wheel-of-well-being>

## Useful On-Line Safety Websites

National Online Safety – safety guides on ALL aspects of internet use <https://nationalonlinesafety.com>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line <https://www.internetmatters.org>





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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 apps which we believe trusted adults should be aware of. Please visit [www.nationalonlinesafety.com](http://www.nationalonlinesafety.com) for further guides, hints and tips for adults.

## What Parents & Carers Need to Know about

# WHATSAPP

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients; not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

AGE RESTRICTION  
**16+**  
In UK and Europe;  
rest of the world 13+

### WHAT ARE THE RISKS?

**EVOLVING SCAMS**  
WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

**CONTACT FROM STRANGERS**  
To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

**FAKE NEWS**  
WhatsApp's connectivity and ease of use allows news to be shared rapidly - whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

### ONLINE

**'VIEW ONCE' CONTENT**  
The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content - but a recently added WhatsApp feature now blocks this, citing increased privacy.

**CHAT LOCK**  
Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

**VISIBLE LOCATION**  
WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location - potentially letting strangers identify a child's home address or journeys that they make regularly.

## Advice for Parents & Carers ...TYPING...

**EMPHASISE CAUTION**  
Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

**THINKING BEFORE SHARING**  
Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy - and all too common - for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

**ADJUST THE SETTINGS**  
It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval; you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need - and then turn it off.

**CHAT ABOUT PRIVACY**  
Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

### Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...



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