

Welcome!

Welcome to the 7th issue of Safe & Well. It has been a very busy few months since Christmas with regards to safeguarding and wellbeing; we have had Children's Mental Health Week and Safer Internet Day. Our wellbeing ambassadors have also been busy putting plans into place to support the wellbeing of students at Gartree. We hope you enjoy finding more out as you read through this term's edition.

Stay safe!

Food Scanner App



A new mobile phone app has been launched that allows you to scan the barcodes of popular foods to know what is inside them. The NHS Food Scanner App brings food labels to life by showing the user to see how much sugar, salt and saturated fat are contained within. This allows the user to make better informed choices around the food and drink that they consume.

The app is part of an NHS healthy eating campaign and the 'scan, swipe, swap' take-home pack has plenty of resources to help encourage children to build healthier habits for life. Whilst it might be more suited to children of a younger age it is still a useful resource to help educate us all on what is actually in our food.

Find out more here:

<https://campaignresources.phe.gov.uk/schools/topics/healthy-eating/overview>

and download the app here: [NHS Food Scanner app | PHE School Zone](#)



Children's Mental Health Week

We celebrated Children's Mental Health week last half-term between 7th and 13 February. Students completed work in tutorial, assemblies focussed on this for all year groups and the week culminated in a cake sale which raised money for Young Minds.

At Gartree we have worked hard to develop our support for young people around their wellbeing and Mental Health. Students now see Wellbeing as just another part of being healthy and know how to care for this as well as how to seek help. Here are 5 quick tips on how you can support your child's mental health:



1. Talk about it – The biggest thing you can do is to normalise talking about wellbeing and mental health. This makes the young person feel that it's OK to talk, it stops it being stigmatised and it raises their confidence to reach out and ask for help when needed.
2. Keep them busy – Ensure that your children have established routines – these might include wake-up and bed times, sports clubs, hobbies etc. Routines and commitments keep them busy, entertained and stimulated – all of which help.
3. All-round Health – a healthy diet and exercise have a huge impact on wellbeing. If your child is gaining the right nutrients, is adequately hydrated and exercises regularly the chances of struggling with mental health issues can be decreased dramatically.
4. Limit screen time – whilst mobile phones and games consoles are great distractors and appear to be a good way to socialise, it is important that they don't become slaves to their devices. The pressures of having an interesting and active social media profile can really put stress on all of us.
5. Ask for help – if you are worried about your child's wellbeing please ask for help. This can be by contacting your GP, us at school or accessing excellent websites such as Anna Freud & Kooth (see useful links at the end of this edition).



Wellbeing Ambassadors

The Well-Being Ambassadors are a group of students from years 8 and 9 who have worked together to promote positive well-being and mental health to students in all-year groups. The vision of working on different activities and projects this year has been successfully implemented by students. They have come together to create form time activities including quizzes, challenges and encouraging positive routines amongst students.

Working together with South Leicestershire School Partnership, students are looking to put together Martial Arts classes for students. These classes will give students the chance to take part in fun activities where they can feel comfortable and promote a healthy lifestyle to encourage a positive well-being amongst students.



Before half term breaks, our well-being ambassadors worked extremely hard by putting together a bake sale to raise money for the charity 'YoungMinds.' This charity supports children who suffer with mental health illnesses and ensures they are receiving the support they need. Students have worked incredibly hard this year and below are some comments from students showing how they appreciate the role they have taken on:

"Being a wellbeing ambassador means a lot to us because it is really nice to help people with wellbeing and mental health within the school. We are proud to represent the students at Gartree".

The wellbeing ambassador role at Gartree continues to build year-on-year and we look forward to seeing how and where it will grow over the coming months.

*Thanks to Miss Baker and Miss Owen for organizing and working with the wellbeing ambassadors.



Mindful March

“Action for Happiness” create monthly calendar’s with different themes. March is “Mindful March”. How many of these can you tick off? [Happier Kinder Together | Action for Happiness](#)

Mindful March 2022

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

SUNDAY

1

Set an intention to live with awareness and kindness

2

Notice three things you find beautiful in the outside world

3

Start today by appreciating your body and that you're alive

4

Notice how you speak to yourself and choose to use kind words

5

Bring to mind people you care about and send love to them

6

Have a 'no plans' day and notice how that feels

7

Take three calm breaths at regular intervals during your day

8

Eat mindfully. Appreciate the taste, texture and smell of your food

9

Take a full breath in and out before you reply to others

10

Get outside and notice how the weather feels on your face

11

Stay fully present while drinking your cup of tea or coffee

12

Listen deeply to someone and really hear what they are saying

13

Pause to watch the sky or clouds for a few minutes today

14

Find ways to enjoy any chores or tasks that you do

15

Stop. Breathe. Notice. Repeat regularly

16

Get really absorbed with an interesting or creative activity

17

Look around and spot three things you find unusual or pleasant

18

If you find yourself rushing, make an effort to slow down

19

Appreciate nature around you, wherever you are

20

Focus on what makes you and others happy today

21

Listen to a piece of music without doing anything else

22

Notice something that is going well, even if today feels difficult

23

Tune into your feelings, without judging or trying to change them

24

Appreciate your hands and all the things they enable you to do

25

Focus your attention on the good things you take for granted

26

Choose to spend less time looking at screens today

27

Cultivate a feeling of loving-kindness towards others today

28

Notice when you're tired and take a break as soon as possible

29

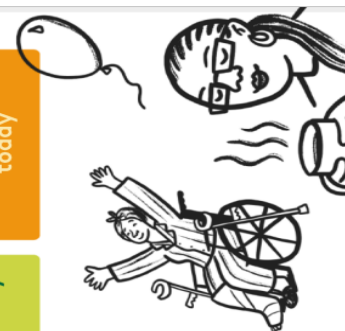
Choose a different route today and see what you notice

30

Mentally scan your body and notice what it is feeling

31

Discover the joy in the simple things of life



Happier · Kinder · Together

ACTION FOR HAPPINESS



Mindfulness



Mindfulness has really begun to become more popular over the last few years. It's increase in popularity mean that most have heard of it now but many probably don't have a clear understanding of what it is and what it entails.

Mindfulness is about stopping, being in the moment and opening all of your senses to the things immediately around you – being present and aware of what you are doing. A short video that explains this is available from the Mindfulness In Schools Project: [What is mindfulness?](#)

In a modern world where the mobile phone makes it harder to get away from it all and take a genuine moment to yourself, the benefits of mindfulness have never been greater. Mindfulness has been found to help improve relaxation and sleep, reduce stress, increase attention and reduce anxiety. All students at Gartree have been exposed to mindfulness through a tutorial task however, this is an area we hope to develop further and introduce properly in the future.

Mindfulness is best done in a quiet environment, but can be completed anywhere – some excellent tips can be found here to get the most out of the experience: [How to Practice Mindfulness - Mindful](#) Please see below for some sample exercises that you can have a go at yourself:

[Mindful Moment](#)

[Five Minute Mindful Breathing - YouTube](#)

And here for a guide on how to introduce it into everyday life: [5 Simple Mindfulness Practices for Daily Life - Mindful](#).

Finally, there are some excellent apps out there that can help, such as Calm, Serenity and Mindfulness Coach.



Notices:

Safer Internet Day

Safer Internet Day was on 8th February. We marked the occasion with tutorial activities and assemblies as normal. We have also completed an online safety questionnaire for the local authority. This takes place each year and the (anonymous) results are shared with schools involved. One result that always surprises me is how many students say that they would consider meeting a friend they had only met online without other people being present – please ensure you have this conversation with your child if you haven't already. A copy of the letter we sent to all parents, courtesy of "Think U Know" is also included at the end of this month's edition for more advice on staying safe online. This year's theme was around respectful relationships online, find out more here: [Safer Internet Day](#) and for more information on staying safe online see here: [Think U Know](#)



Student Details

The usual reminder that as always, as part of our Safeguarding responsibilities, it is important that we have the correct details regarding students' contact details, medical information etc. Please remember to update these by contacting us:

admin@gartree.leics.sch.uk or 0116 2717421



Notices:

Safe Cycling

A reminder if you can speak to your children and remind them of the need and importance of cycling to and from school safely. We share again below a useful graphic on how to ensure your bike is safe and seen, but must also emphasise the importance of riding safely:

- Making sure the cycle is road worthy
- Wearing a cycle helmet
- Sticking to roads and cycle paths
- Obeying traffic signs and road rules
- Making sure you are respectful to other road users
- Using hand signals when turning
- Avoiding sudden or unpredictable maneuvers



Useful Websites/Contacts:

- www.itai.info/ - PREVENT information and advice
- www.anti-bullyingalliance.org.uk – Anti-Bullying information and advice
- www.bullying.co.uk – Anti-Bullying information and advice
- www.nspcc.org.uk – Support for many areas around child welfare & wellbeing
- www.childrenssociety.org.uk/ - Charity supporting vulnerable children
- www.childline.org.uk/ - Information and advice in lots of areas
- www.youngminds.org.uk – Information and advice for young peoples’ Mental Health, including a great section for Parents
- www.net-aware.org.uk/ - Parent guides to Apps and gaming
- www.bbc.co.uk/webwise/topics/safety-and-privacy/ - Online safety
- www.saferinternet.org.uk/advice-centre/parents-and-carers/parental-controls-offered-your-home-internet-provider - How to set Parental controls on your internet
- <https://lrsb.org.uk/> - Leicestershire & Rutland Safeguarding Board
- www.firstcontactplus.org.uk/ - Leicestershire advice and support
- www.fearless.org/en/campaigns/county-lines - Information on “County Lines”
- www.kooth.com – Free online counselling for young people
- <https://www.camhs-resources.co.uk/> - Resources from CAMHS
- www.annafreud.org/ - Excellent advice and support for families on wellbeing/mental health
- <https://www.teenagehelpline.org.uk/> online mentoring and advice for your child
- safeguarding@gartree.leics.sch.uk – Gartree safeguarding email address
- stop@gartree.leics.sch.uk – How to report bullying or Peer on Peer incidents





Online safety at home: parents and carers newsletter



February 2022

With the majority of young people having spent a lot of time learning from home over the last 18 months, they have spent more time online doing their school work, playing games or socialising. February 8th is "Safer Internet Day" and an appropriate time to send home some sound advice around staying safe online. Thanks to "Think U Know" who have put this information together for us to share.
Mr Baines

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: [In-game chat: a guide for parents and carers](#).

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 more risky than others. For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parent's guide](#).

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their [parent's website](#) and download their [home activity worksheets](#) for fun, online safety activities to do with your family.

Steps you can take to help 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 [having a conversation with your child](#).

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble at that you are there to help. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

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.





Social Media

You may be wondering when is the best age to let your child have a social media account, or have some concerns if they're already using them. For advice and guidance, read [Is your child ready for social media?](#)

Remember, most social media services require users to be at least 13 years of age before they can register.

Most young people have positive experiences socialising online, but it can be easy for young people to share things or post things they wish they hadn't.

The simplest way to have information about your child removed from a website, or app is to contact the site itself. Read [reporting to social media sites](#) for more information

Social media can offer young people opportunities to express themselves and have fun, but they could be exposed to harmful content which might include sexual images or videos which could impact on their understanding of sex and relationships.

For information, read [Teens and the sexual content on social media](#).

Online gaming

Online games are social activities, and most have features that allow children 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 them, watch this short video: [In-game chat: a guide for parents and carers](#) .

The PEGI (Pan European Game Information) rating system can be a useful tool to help you decide what online games are appropriate for your child.

For more information on the PEGI system and other factors to consider before deciding what's suitable, read [Gaming: what's appropriate for your child](#)

Gaming is popular with both children and adults and can help to cure that lockdown boredom! If your child is gaming, you may have some questions about how to keep them safer. If so, check out - [gaming: what parents need to know](#).

For a guide on the apps, sites and games your child might enjoy, visit: [Net Aware](#).





Sharing information, 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 more risky than others.

For information about the contexts in which images are shared and how best to respond, take a look at [nude selfies: a parent's guide](#).

If your child enjoys being online and uses social media apps, games and more, it's important you know how to protect their personal information and support them to make safe choices about what they share online.

Read this [parent's guide to personal information and how to protect it](#) for more information to support your child.

Some of the most popular apps, sites and games are designed to make it easy to share information online. But once information is shared, you can never be sure who has seen it, saved it or shared it.

If your child has shared something online they wish they hadn't – don't panic. Read [my child has shared too much online](#) for advice on how to support your child.

Livestreaming

Live streaming is now a very popular feature of many apps and platforms, and all you need to livestream is an internet enabled device like a laptop or a smart phone.

If your child enjoys livestreaming, you may want to read [what is livestreaming?](#) to find out more about it and help your child have a positive online experience.

Over the past few months, many of you may have watched a livestream, or taken part in a video chat. Livestreaming can be a fun and enjoyable online activity for young people.

If you want to know more about livestreaming, the risks and safe use, watch this short video: [video](#) or download this [handy guide](#).



Steps you can take to help keep your child safer online

Parental controls: Parental controls have been designed to help you manage your child's online activities. There are various types, some of which are free but others which can be bought. However, nothing is totally fool proof so they shouldn't replace the need for you to support and advise your child using the internet. For more information and step by step instructions on setting up parental controls, visit [Parental Controls & Privacy Settings Guides - Internet Matters](#).

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 [having a conversation with your child](#).

Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. For a breakdown of report services, visit: [Supporting your child with reporting unwanted content online](#)

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.

Talk about how their online actions can affect others: If your child is engaging with peers online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

Tell them about Thinkuknow: Our websites provide open and honest guidance for young people on friends, relationships and the internet, covering topics like dealing with pressure; consent; and getting support when you're worried. Visit our [website for 11-13's](#) or our [website for 14+](#) for age appropriate information.

Direct your child to age appropriate information about relationships and sex: It's natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It's important to understand this and to talk to your child in a positive, encouraging and safe way. [Thinkuknow](#), [Brook](#), [The Mix](#) and [Childline](#) all provide age appropriate information about relationships and sex that you can signpost your child to.

