

SLADE PRIMARY SCHOOL

SAFEGUARDING NEWSLETTER



April edition

Internet Safety

We all have a part to play in keeping children safe online. Not sure where to begin?

These conversation starter suggestions can help.

- Ask your children to tell you about the sites they like to visit and what they enjoy doing online.
- Ask them about how they stay safe online.
- Ask them if they know where to go for help.
- Think about how you each use the internet. What more could you do to use the internet together?

Useful links for advice and support:

[Keeping children safe online | NSPCC](#)

[Online safety blog | NSPCC](#)

Safer Schools

The online world can be a bit overwhelming at times but it is important we understand what our children are doing online so we can help make them safer. The Safer Schools England App aims to help with this.

We invite you to download our new Safer Schools England App, provided as part of our school insurance package with Zurich Municipal.

Step 1: Search "Safer Schools England"

Step 2: Open the app and enter the name of school: Slade Primary School

Step 3: Your entry code is: 6839

If you would like support to register or download the app, please contact school for support.



Positive parenting

We know how challenging it can be to balance all the demands parents and carers have to cope with.

All children need boundaries and discipline. The NSPCC have created a guide to help and encourage better behaviour and helps you to find out what works for you and your child: [Positive parenting | NSPCC Learning](#)

Beacon Services have developed an incredible app to help you feel closer to your family. It's full of tips on how to incorporate play into your day, as well as suggestions for supporting your child to open up to you when they are distressed. It can be downloaded for free using the QR Code.



A promotional graphic for the 'Luminous' app. The word 'Luminous' is written in a large, blue, rounded font with a sun icon above the 'o'. Below the title are two smartphones displaying the app's interface. The left phone shows a lighthouse and a whale, while the right phone shows a 'Play of the Day' section with a colorful illustration of children playing. To the right of the phones is a large QR code. Below the QR code are two smaller smartphone screens showing text-based content. At the bottom, there are logos for 'Get it on Google Play' and 'Download on the App Store'. In the top right corner, there is a logo for 'SELECT FOR PARTNERS' and in the bottom right corner, a logo for 'Beacon Family Services' with the website 'www.beaconfamily.org.uk'.

Supporting mental health in young people:

The young minds A-Z guide provides advice on how to help your child with their feelings and behaviour, as well as mental health conditions and life events.

[Parents Mental Health Support | Advice for Your Child | YoungMinds](#)

Forward thinking Birmingham is a modern mental health service offering support, care and treatment for all 0-25's through one organisation, making it easier for you to access the right support at the right time:

[Home | Forward Thinking Birmingham](#)

Useful contacts

- **Domestic Abuse: Womens aid 08088000028**

[Homepage - Birmingham Solihull Women's Aid \(bswaid.org\)](http://bswaid.org)

- **Gambling support: 03004564293**

[Adult Gambling Support Service | Have a Gambling Problem? \(aquarius.org.uk\)](http://aquarius.org.uk)

- **Drugs and alcohol Support: 0121 227 5890**

[Drug & Alcohol Service - Birmingham | Change Grow Live](#)

Early Help for families: 0121 748 8199

[Early help for families | Our services | Compass Support \(compass-support.org.uk\)](http://compass-support.org.uk)

The "Help through Hardship" helpline is a free phone service delivered in partnership with Citizens Advice. Their friendly advisers have already helped thousands of people who are worried about money and are here to help you access the support you need. Their advisers can help you get the support you need if you're struggling to afford essentials like food, heating, and toiletries. They can advise which benefits you're entitled to, guide you through any claims, and help you with emergency issues.

'Help through Hardship' phone number: - 0808 2082138

Lines are open Monday to Friday from 9am to 5pm.

Closed on Public Holidays.

A dark blue speech bubble containing the text "citizens advice" in white lowercase letters.

citizens
advice

APPROVED

**FOOD:CO
UK** ✓

Approved Food is an online supermarket which sells high-quality products either short dated or past their 'best before' date, that have been discontinued or had their packaging redesigned, at reduced prices. To help customers fight the effects of rising food prices, Approved Food stocks family favourites

- from Cadbury, Coca-Cola, and Haribo to Belvita, Pringles and Tilda - at up to 70% off.

Customers can also shop household items and products through the Approved Food website, such as kitchen roll, laundry detergent, pet food, and even high-end cosmetics and toiletries like Olaplex.

Click here for more information: <https://www.approvedfood.co.uk/>