



Safeguarding News

Dear Parents and Carers,

Happy New Year and welcome to the third Safeguarding Update newsletter of the year. This newsletter focuses on FGM; our 'Jigsaw' theme for the term; mental health and age restrictions for social media platforms. If you come across any useful safeguarding resources or information that you think the school community would benefit from seeing, please let us know via admin@lauristonhackney.sch.uk

WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety please do not hesitate to contact the Designated Safeguarding Lead straight away.

Below are the names of staff who are part of the safeguarding team at Lauriston Primary School.

Designated Safeguarding

Lead: Ms Panesar



Deputy Safeguarding Lead:

Mr Harris & Ms Symes

Safeguarding Team:

Mr Warren

Ms Brooks

Ms Childs (Governor)

[https://
www.lauriston.hackney.sch.uk/
about-us/safeguarding](https://www.lauriston.hackney.sch.uk/about-us/safeguarding)

They can be contacted via the school office, or by telephone on 02089856331

Have you heard of: FGM - What is it?

FGM is female genital mutilation. It is when a female's genitals are deliberately altered or removed for non-medical reasons. It may also be called, 'female circumcision' or 'cutting'.

FGM is a form of child abuse. It's dangerous and a criminal offence in the UK. We know:

- there are no medical reasons to carry out FGM
- it's often performed by someone with no medical training, using instruments such as knives, scalpels, scissors, glass or razor blades
- children are rarely given anaesthetic or antiseptic treatment and are often forcibly restrained
- it's used to control female sexuality and can cause long-lasting damage to physical and emotional health.

FGM can happen at different times in a girl or woman's life, including, when a baby is new-born, during childhood or as a teenager, just before marriage or during pregnancy.

Signs FGM might happen:

- A relative or someone known as a 'cutter' visiting from abroad.
- A special occasion or ceremony takes place where a girl 'becomes a woman' or is 'prepared for marriage'.
- A female relative, like a mother, sister or aunt has undergone FGM.
- A family arranges a long holiday overseas or visits a family abroad during the summer holidays.
- A girl has an unexpected or long absence from school.
- A girl struggles to keep up in school.
- A girl runs away – or plans to run away - from home.

You can find out more about FGM here: <https://www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/female-genital-mutilation-fgm/>

If you're worried a child is at risk of or has already had FGM, call **NCPCC's** free, anonymous dedicated FGM helpline on **0800 028 3550** or email fgm.help@nspcc.org.uk.



Celebrating Differences



This term's 'Puzzle Piece' was "Dreams and Goals". This unit aims to help children think about their hopes and dreams, their goals for success, what their personal strengths are, and how to overcome challenges. Children discussed: experiencing and managing feelings of pride, ambition, disappointment, success; and they shared their

aspirations, the dreams and goals of others in different cultures/countries, and their dreams for their community and the world.



To find out more about our Jigsaw curriculum click here:

<https://www.lauriston.hackney.sch.uk/curriculum/jigsaw>

What is Mental Health?



We all have mental health. Mental health is about our feelings, our thinking, our emotions and our moods. Looking after our mental health is important. We all have a 'small' feelings every day. These sometimes feel strong and overwhelming, whether happy or sad, but they go away before too long. Sometimes we experience 'big' feelings: These feel strong and overwhelming for a long time. They stop us doing what we want to in our lives.

How can I help my child's mental health?

1. Make conversations about mental health a normal part of life: Anywhere is a good place to talk; in the car, walking the dog or cooking together. Model everyday talk about feelings such as by talking about a TV character's feelings.
2. Give your full attention: We all know it's horrible to be half listened to. Keep eye contact, focus on the child and ignore distractions.
3. Check your body language: Try to keep it open and relaxed and make sure you come down to the child's level.
4. Take it seriously: Don't downplay what the child is saying or tell them they're "just being silly". Resist the urge to reassure them that everything is fine.
5. Ask open questions: Such as "How did your day go today?" This will help to extend the conversation.
6. Calmly stay with the feelings that arise: It can be our automatic reaction to steer away from difficult emotions.
7. Offer empathy rather than solutions: Show that you accept what they are telling you but don't try to solve the problem.
8. Remember we are all different: Respect and value the child's feelings, even though they may be different to yours.
9. Look for clues about feelings: Listen to the child's words, tone of voice and body language.
10. Some ways to start a conversation about feelings might be: "How are you feeling at the moment?" "You don't seem your usual self. Do you want to talk about it?" "I'm happy to listen if you need a chat."

Take a look at the links below for more information on mental health.

<https://www.daubeney.hackney.sch.uk/about-us/mental-health> and <https://www.nspcc.org.uk/keeping-children-safe/childrens-mental-health/> <https://www.youtube.com/watch?v=70j3xyu7OGw&t=36s>

As a parent it's important you know that all social networking platforms (or social networking apps, if on a smartphone) have minimum age limits. Some social networks use technologies that may not be right for some ages or engage with communities that are made up of people much older than your child. Below are the age limits for the most commonly used apps.

Age Restrictions for Social Media Platforms

What is the minimum age for account holders on these social media sites and apps?

Under 13	13+	16+	17+
Roblox PopJam FaceTime	Twitter Facebook and Messenger Viber WeChat Monkey Yubo Dubsmash Instagram	TikTok Skype Google Hangouts Reddit Snapchat Pinterest	WhatsApp Telegram Messenger Tumblr Line Sarahah Tellynion

Sourced from NSPCC website October

A must have app...



Hackney Safer Schools App

Dear Parents/carers,

The Hackney Safer Schools App is free and includes essential advice about making your home and devices safer. It provides information about social media and how to block, mute and report anything that either you (or your child) may find worrying – from images to comments from online bullies.

The App will also help you create healthy media habits, limit screen time, learn about scams and keep your personal data safe. It will complement the information your child's school will have made available via their communications with you and your child.



Download the App.

Open the App and scan the QR code below:

Primary School code:

Secondary School code:



If you have children in both primary and secondary school, we suggest you download the secondary school version.

Make sure to allow push notifications to keep up to date with tips, advice and guidance on how to make your children safer.



Lauriston School



Executive Head Teacher: Mr Robin Warren