



Safeguarding at VISION ACADEMY LEARNING TRUST

**Safeguarding Newsletter
Summer 2023**



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Welcome to our Summer Newsletter from VALT Safeguarding Team. Our aim is to provide you with the latest, relevant help and advice that we feel will be of importance to you and your family over the holiday period to assist you in ensuring that everyone understands that safeguarding is everyone's responsibility everyday.

We are all aware and worried about the impact of the cost of living crisis on children and families in the community. There are a number of services within the area that can support you.

[Citizens Advice Stockton](#) Can help with energy problems, financial, housing and employment advice and support as well as **[emergency food aid](#)** providers including **[Sprouts-Community Food Charity](#)**.

[Read more](#) on how to apply for Free School Meals in time for the new school year

[Get help](#) with the cost of living from your local council or **[Help For Households](#)**

Look out for preloved school uniform when advertised on the school newsletter.



- ASDA**
Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.
- TESCO**
Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023
- SAINSBURY'S CAFES**
Kids eat for £1 with the purchase of an adult hot main. From 11.30am every day.
- BEEFEATER & BREWERS FAYRE**
Two children under 16 can get a free breakfast every day with one paying adult!
- THE REAL GREEK**
Kids under 12 eat FREE every Sunday for every £10 spent by an adult
- M&S**
Free Kid's Munch Meal when you spend £5+ on non-kids food or drink at M&S Cafés
- TRAVELODGE**
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free
- HUNGRY HORSE**
Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast
- PREMIER INN**
Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free
- SIZZLING PUBS**
Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.
- IKEA**
Kids get a meal from 95p daily from 11am
- MORRISONS**
Spend £4.49 & get one free kids meal all day, every day. FREE Crumpets also available
- GORDON RAMSEY RESTAURANTS**
Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants
- PRETO**
Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms
- BILLS**
2 kids eat FREE Monday - Friday from Monday 24th July - Friday 1st Sept 2023
- BELLA ITALIA**
Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.
- WHITBREAD INNS**
Two kids under 16 eat for FREE with every adult breakfast purchased
- SA BRAINS PUBS**
Children can eat for £1 with any adult main. Valid All Day Wednesdays
- TABLE TABLE**
Two children under 16 can get a free breakfast every day with one paying adult!
- PAUSA CAFE @ DUNELM**
Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm
- YO! SUSHI**
From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend
- FUTURE INNS**
Under 5s eat for free with any adult meal.

Keep an eye out on social media and local press for free children's meals at local cafes and supermarkets. Read more on **[Money Saving Central](#)**

Contact the **[HAF Programme](#)** All school age children from reception class to Year 11 who live in Stockton-on-Tees and are in receipt of benefits-related free school meals are eligible to take up a place for holiday activities, including a meal over the holidays.



What's On in your Local Area?

4 locations in Stockton to access advice and support as well as activities for parents/carers and children .

[Follow on facebook](#) or **[Stockton Family HUBs](#)**

[Middlesbrough Family HUBs](#)

[Redcar and Cleveland Family HUBs](#)

[Stockton Information Directory Calendar](#)– lists activities and provides details of services and support they offer for everyone living in Stockton.

[Stockton on Tees Libraries](#)– enjoy books, events, information and internet access throughout the Summer

[The Hub](#)-Stockton's active travel centre provides walking and cycle routes for you to access online and details of guided walks.

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School holiday periods can be a difficult time trying to get the balance between work, home and life-style and keeping the children busy as well as safe! Sometimes as parents we need some tips and advice to support us.

[Action For Children](#) has a useful 1:1 online [Chat Service](#) with a parenting coach. They can also offer support using a translation service.

Why do young people vape and what are the signs and risks of vaping?

We are aware of the increase in reports of primary children vaping within the community.

[Read more](#) on the risks and signs of vaping and some tips for parents/carers.

Staying Safe in the Community

Around our local area there are some risks to be aware of and ensure that your child is aware of.

-Open Water Safety Tips from [RLSS](#)

-Network Rail Safety [Video for Primary Children](#)

-Building site awareness and trespassing

Talk about Staying Safe Online with your child

Children know all about staying safe online, they regularly learn about this in school. Chat to your child during the holidays, use the posters as conversation starters!

Check that you have set up all devices safely. [Internet Matters](#) have a wealth of resources for parents to use keep your child safe online.



If you are worried about the way someone has been communicating with your child online you can contact the police or [CEOP](#) to report.

For more Online Safety Leaflets including other languages please visit [Child net](#) Arabic • Bengali • English • Farsi • French • Hindi • Polish • Punjabi • Somali • Spanish • Turkish • Urdu • Vietnamese • Welsh

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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 issue of many which we believe trusted adults should be aware of. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

What Parents & Carers Need to Know about AGE-INAPPROPRIATE CONTENT

"Inappropriate" means different things to different people. What's acceptable for one age group, for example, may be unsuitable for a slightly younger audience. Online, young people can chance upon inappropriate content in various ways – from pop-up ads to TikTok videos. The increasingly young age at which children become active in the digital world heightens the risk of them innocently running into something that they find upsetting or frightening. Trusted adults need to be able to help children be aware of what to do if they're exposed to age-inappropriate content.

WHERE IS IT FOUND?

SOCIAL MEDIA

Age-inappropriate content is easily accessible through many social media platforms. TikTok, for instance, is hugely popular with young people but is arguably best known for clips featuring sexualised dancing or profanity. Some social media users also express hate speech or promote eating disorders and self-harm, which could cause lasting damage to a child's emotional and mental health.

GAMING

Gaming is an enjoyable source of entertainment, but many popular titles can expose children to inappropriate material such as violence, horror, gambling or sexually explicit content. Playing games unsuitable for their age risks normalising to children what they are seeing. Some games also include in-game chat, where other (usually older) online players often use language that you probably wouldn't want your child to hear or repeat.

STREAMING

The range of video streaming services available online means that users can find almost anything they want to watch on demand. Children are therefore at risk of viewing TV shows and movies which contain nudity, drug and alcohol abuse, explicit language and extreme violence. Unfortunately, these streaming platforms can't always determine that it's not an adult who's watching.

ADVERTS

Online adverts frequently include age-inappropriate content, usually gambling and nudity or partial nudity, although adverts for alcohol or e-cigarettes are also common. Some search engines also feature adverts that are responsive to your search history: so if you've recently looked up a new horror movie, shopped for lingerie or ordered alcohol online, then the ads appearing on screen could reflect this the next time your child borrows your device.

18 Advice for Parents & Carers

TALK IT THROUGH

Embarrassment or fear of getting into trouble can make it difficult for children to talk openly about age-inappropriate content they've watched. Remind your child they can always come to you if they're troubled by something they've seen online, without worrying about consequences. Before offering advice, discuss what they saw, how they felt and how they came to find the content in question.

CONNECT, DON'T CORRECT

If your child's been particularly distressed by exposure to content that wasn't suitable for their age, it's important to offer guidance to prevent them from repeating the same mistake – but it's equally vital to help them deal with the emotions that the situation has raised. You could tell them about any similar experiences you might have had at their age, and how you dealt with it.

BLOCK, REPORT, CONTROL

After discussing the problem, you and your child can take action together. This could include blocking any inappropriate sites and reporting any content which violates a platform's rules. To further safeguard your child online, set up parental controls on internet-enabled devices that they use. This will significantly reduce the chances of your child being exposed to age-inappropriate content in future.

GET SPECIALIST HELP

Age-inappropriate content can potentially have a negative impact on a child's mental health, which is sometimes displayed through changes in their behaviour. If the problem becomes more severe, you might consider reaching out to a mental health professional or an expert in this field who can provide you and your child with the proper support.

STAY CALM

Even though it is obviously difficult to stay rational in a situation where your child has been put at risk, it's essential to think before you react. Your child may well have hesitated to open up to you about watching inappropriate content for fear of the consequences, so being calm and supportive will reinforce the notion that it would be easy to talk to you about similar issues in the future.

Meet Our Expert

Carley Jorgensen is a Registered Counsellor with The Health Professions Council of South Africa, and she runs a private practice offering counselling to children, teenagers and families. Her main focus is creating awareness and educating the community on the mental health pressures of today's world, as well as resources and techniques to understand and cope better.



NOS National Online Safety

#WakeUpWednesday

www.nationalonlinesafety.com @natonlinesafety /NationalOnlineSafety @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 01.12.2021

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Mental Health Support



Shout is the UK's first free 24/7 text service for anyone in crisis anytime, anywhere. It's a place to go if you're struggling to cope and you need immediate help. [Text Shout to 85258](#).

Children and young people worried about their own mental health, an adult worried about a child or young person's mental health or a professional, with consent, can contact the single point of contact phone line. You can call to talk to a mental health nurse about your concerns. Phone: **0300 013 2000**. The line is open Monday – Friday, 9am – 5pm



Place2Be-[Parenting Smart](#) resources to share with parents on a multitude of situations

Vodafone Digital Parenting [Digital Family Pledge](#) for families to agree to online usage together

Safer Sleeping For Babies–Lullaby Trust-Read the advice and guidance from the Lullaby Trust in relation to [Safer Sleeping](#) for babies. There is also other useful advice on caring for your baby .

[Young Minds](#) practical advice on a number of subjects that parents may need support with regarding life events, their child's mental health and wellbeing.

In a mental health emergency, call **08000516171**.

This line open 24/7 for people living in Co Durham, Darlington Teesside and North Yorkshire. Visit tevv.nhs.uk

Useful links and resources

For more Online Safety Leaflets including other languages please visit [Child net](#) Arabic • Bengali • English • Farsi • French • Hindi • Polish • Punjabi • Somali • Spanish • Turkish • Urdu • Vietnamese • Welsh

[National online safety guides](#) for parents and pupils

Managing Separation Anxiety-[A guide for parents](#) produced by SW Yorkshire

What is [Gender Identity](#) and how can you support a child and parent.

[Hart Gables](#) support LGBTQ+ communities in Teesside, they can support the child/YP and family.

Harbour [Live Chat](#) for victims of domestic abuse.

[Arch Teesside](#) supporting victims of sexual violence

ARE YOU WORRIED ABOUT A CHILD OR YOUNG PERSON AND ARE UNSURE WHAT TO DO?

If a child or young person is at **immediate risk, please ring the Police on 999**.

If you are worried about a child or young person, and feel they are at risk of being harmed, or if you would like advice and guidance please contact:

Children's Social Care	Office Hours contact	Out of hours contact	Email
Middlesbrough	01642 726004	01642 524552	MiddlesbroughMACH@middlesbrough.gov.uk
Redcar and Cleveland	01642 130700	01642 524552	RedcarMACH@redcar-cleveland.gov.uk
Stockton and Hartlepool	01429 284284/ 01642 130080	01642 524552	chil-drenshub@hartlepool.gov.uk