

# Holmer C. E. Academy—Safeguarding Newsletter

Issue 5 - January 2024



Dear Parents/Carers,

Welcome to this month's edition of our parent safeguarding newsletter.

In this edition, we will be focusing on the importance of sleep and regular routines.

Children thrive on structure and routine and it is important to establish predictable routines and expectations, particularly around sleep, bedtime routines and screen time.

Please remember that if you ever have a safeguarding concern regarding your child, or indeed, another child, you can always speak to any member of staff or a member of our school's safeguarding team, details of which are available on the right-hand side of this newsletter.

Jayne Maund

Head Teacher and Designated Safeguarding Lead

## Spotlight on: Sleep, routines and limiting screen time

A good night's sleep is essential to feeling good, being able to learn and staying healthy. A lack of sleep can make children feel poorly, unable to learn and not want to go out with their friends and family. If your child (or indeed you yourself), are struggling to get a good night's sleep, follow these top tips:

1. Think about their bedtime routine - What time do they go to bed? If they are going to bed too late, they will not get enough sleep. Try bringing their bedtime forward by 20 or 30 minutes at a time.
2. Make sure they are relaxed and calm before going to bed (at least 30 minutes) – try a warm bath and share a story. Children in Key Stage 2 really benefit from having a story read to them and you will inevitably enjoy the story too!
3. Don't let them use their phone or computer before bed - this can stimulate the brain and make it more awake. It is good practice to have no phones or technology in the bedroom.
4. Try to ensure they go to bed at the same time every day once you have a settled routine
5. Create a cosy environment. Is the room dark enough? Is the room at the correct temperature... not too hot and not too cold?



The Safeguarding team.  
If you have any concerns about a child's welfare or safety, please speak to a member of the schools safe-guarding team



Jayne Maund Designated Safeguard Lead



Anna Keating Deputy Designated Safeguarding Lead



Rachel Anderson Deputy Designated Safeguarding Lead

## Do you know how much sleep your child needs?

The amount of sleep that your child is recommended to have is based upon their age. The NHS recommends the following:

Age	Amount of sleep
5 years old	11 hours
6 years old	10 hours 45 minutes
7 years old	10 hours 30 minutes
8 years old	10 hours 15 minutes
9 years old	10 hours
10 years old	9 hours 45 minutes
11 years old	9 hours 30 minutes
12 and 13 years old	9 hours 15 minutes
14-16 years old	9 hours

## Avoid Screen Time in the Bedroom

Tablets, smart phones and other electronic gadgets can affect how easily children get to sleep.

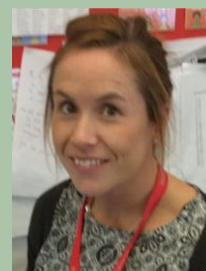
Older children may also stay up late or even wake in the middle of the night to use social media.

Try to keep your child's bedroom a screen free zone and get them to charge their phones in another

Room. Encourage your child to stop using screens at least 30 minutes before bedtime.



Zoe Jackson  
Deputy Safeguarding Lead



Katie Thomas  
Deputy Safeguarding Lead

**Multi-agency Safeguarding Hub (MASH)**

To speak to the team - [\(01432\) 260800](tel:01432260800)

To email the team  
- [cypd@herefordshire.gov.uk](mailto:cypd@herefordshire.gov.uk)

**Emergency Duty Team**

[\(01905\) 768020](tel:01905768020)  
(out of hours number for when MASH are unavailable)

**Useful Safeguarding Acronyms and Vocabulary**

**DSL:** Designated Safeguarding Lead

**MASH:** Multi-Agency Safeguarding Hub

**CP:** Child Protection

**ChiN:** Child in Need

**CEOP:** Child Exploitation and On-Line Protection Centre  
**KCSIE:** Keeping Children Safe in Education

**PREVENT:** Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism

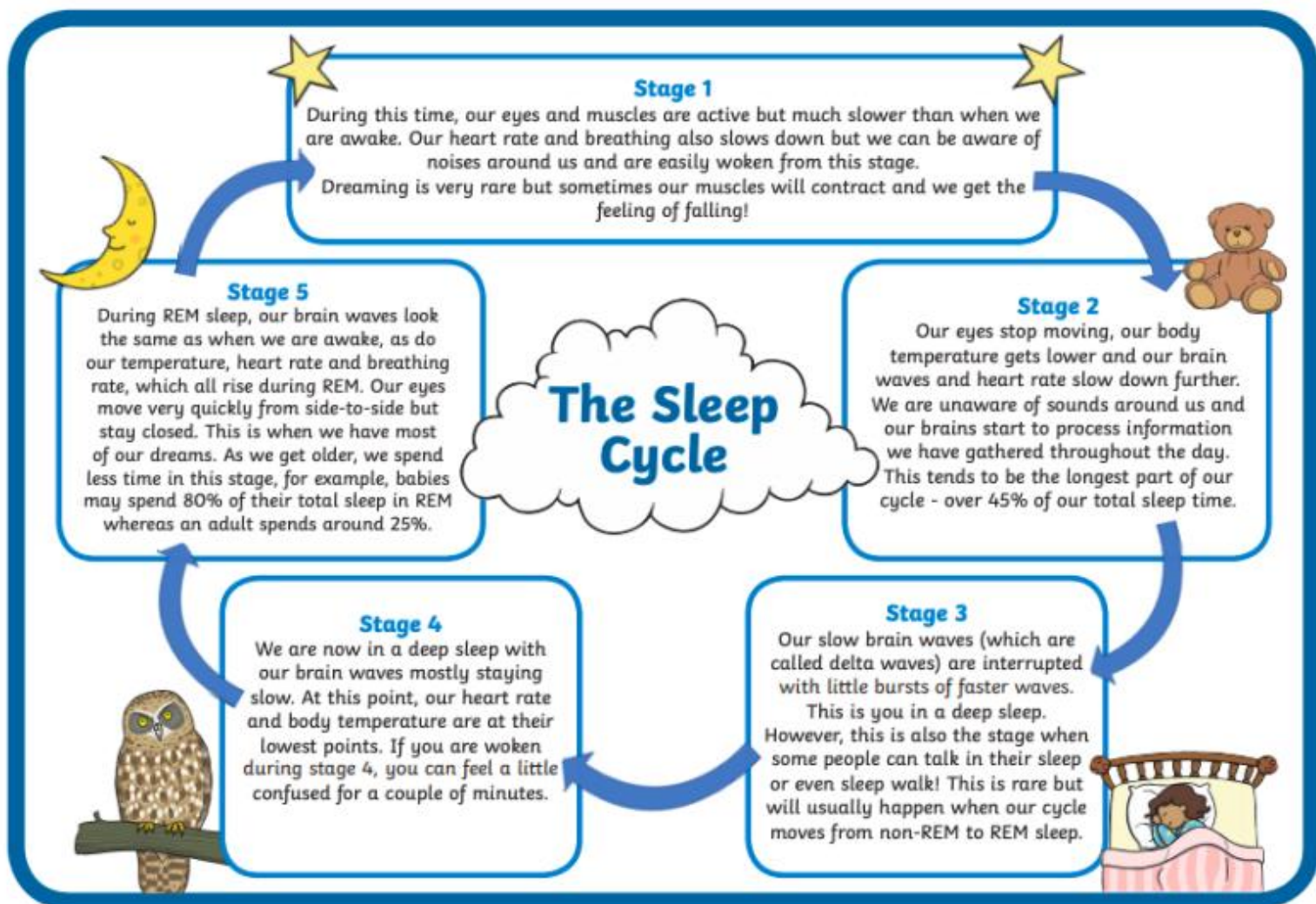
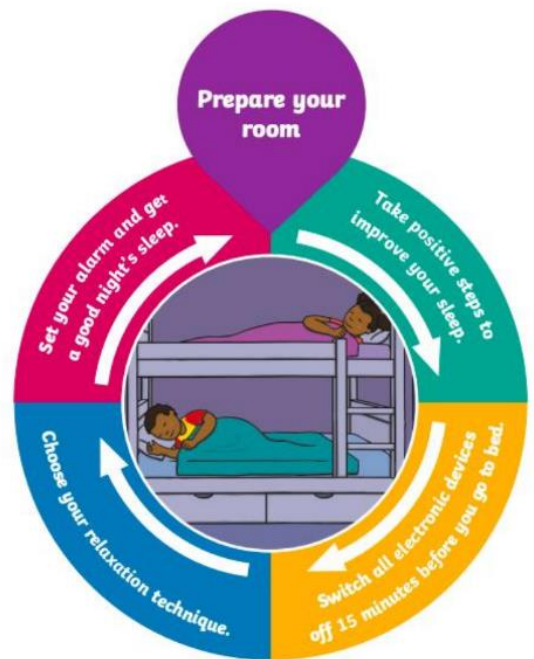
**CAMHS:** Child and Adolescent Mental Health Services

**SEND:** Special Educational Needs & Disabilities

# Your child's bedroom

Your child's bedroom should ideally be dark, quiet and tidy. It should be well ventilated and kept at a temperature of about 18 to 24 degrees. If you can, fit some thick curtains to block out any daylight, especially now as the days are getting longer.

If you have tried these tips, but your child is regularly having problems sleeping, you may feel that you need further support. You can speak with your GP or health visitor who may be able to provide additional information. Of course, you are also very welcome to speak to a member of staff at school.



# ONLINE CONTENT

## 10 tips to keep your children safe online

The internet has transformed the ability to access content. Many apps that children use are dependent on user-generated content which can encourage freedom of expression, imagination and creativity. However, due to the sheer volume uploaded every day, it can be difficult for platforms to regulate and moderate everything, which means that disturbing or distressing images, videos or audio clips can slip through the net. That's why we've created this guide to provide parents and carers with some useful tips on keeping children safe online.



### 1 MONITOR VIEWING HABITS

Whilst most apps have moderation tools, inappropriate content can still slip through the net.



### 2 CHECK ONLINE CONTENT

Understand what's being shared or what seems to be 'trending' at the moment.



### 3 CHECK AGE-RATINGS

Make sure they are old enough to use the app and meet the recommended age-limit.



### 4 CHANGE PRIVACY SETTINGS

Make accounts private and set content filters and parental controls where possible.



### 5 SPEND TIME ON THE APP

Get used to how apps work, what content is available and what your child likes to watch.



### 6 LET CHILDREN KNOW YOU'RE THERE

Ensure they know that there is support and advice available to them if they need it.



### 7 ENCOURAGE CRITICAL THINKING

Talk about what people might post online and why some posts could cause distress.



### 8 LEARN HOW TO REPORT & BLOCK

Always make sure that children know how to use the reporting tools on social media apps.



### 9 KEEP AN OPEN DIALOGUE

If a child sees distressing material online, listen to their concerns, empathise and offer reassurance.



### 10 SEEK FURTHER SUPPORT

If a child has been affected by something they've seen online, seek support from your school's safeguarding lead.

