



# SAFEGUARDING NEWSLETTER

## Spring Half-Term One 2024/25

It has been wonderful to welcome the children back to school after the holidays. We would like to wish all our families a happy new year!

This half-term, we will be celebrating Children's Mental Health Week, Safer Internet Day, World Religion Day, and much more!

We are also supporting our year 11s through their GCSE mock exams, and wish them all the best during this stressful time!

Kind regards,  
Ms Jones and the Keep Kids Safe team.

## KEY NUMBERS

Anyone can contact the services below directly, regardless of whether you are a child, parent, carer or a member of staff. If you have a safeguarding concern, please ensure you pass it on: safeguarding is everyone's responsibility.

<b>01925 443322</b> (Option one, followed by option one) <b>Warrington Multi-Agency Safeguarding Hub (MASH)</b>  For urgent safeguarding concerns about a child	<b>01925 444400</b>  <b>Out of Office Emergency Duty Team</b>  For urgent safeguarding concerns about a child outside of office hours	<b>0808 800 5000</b>  <b>NSPCC</b>  For adults who are worried about a child
<b>0800 1111</b>  <b>Childline</b>  For children who are worried about their own safety or need some advice	<b>101</b>  <b>Police Non-Emergency</b>  For reporting any crimes or concerns	<b>999</b>  <b>Emergency Services</b>  For anyone in immediate danger (including if you are worried about the immediate risk to a child)



# Keeping Kids Safe



## Children's Mental Health Week

This week (3<sup>rd</sup>-9<sup>th</sup> February) is Children's Mental Health Week, and the theme for this year is 'Know Yourself; Grow Yourself'; encouraging children to recognise and express their emotions.



In order to celebrate this, we are doing things differently and instead of holding assemblies, children will stay with their tutor groups and watch a video on the importance of getting to know themselves. They will be encouraged to practice self-reflection, take learning opportunities from life experiences, and to act with kindness, compassion and all of the school values; positivity, resilience, integrity, determination and endeavor.

They will also hear all about the wellbeing benefits of practicing gratitude, and they will then complete a



task to think about what they are grateful for, and will then collectively create a wall of gratitude in their tutor rooms, which they can look at every day. We look forward to seeing these gratitude displays all around school!

Our gratitude also goes out to the representatives from the school nursing team, who were available at lunchtime on Tuesday for students to talk to and access signposting to mental health support and self-care resources such as mindfulness colouring.

## Bladder and Bowel Survey

The Paediatric Bladder and Bowel Service in Bridgewater Community Healthcare are undertaking a project in the Warrington Borough with the aim of improving access to the toilet and fluids in school for high school age children with and without existing continence issues. We have been asked to share a survey with parents/carers and to ask for your contribution about your child's experiences with school toilets. This will help the Bladder and Bowel Service ensure that they are helping as many children as possible. Your feedback will be very helpful in moving the project forward. To access the anonymous survey, please visit: [Bladder & Bowel Survey](#). Please note: school do not see the responses.

## Online Safety Awareness

Starting this Friday all students will receive an assembly led by Detective Andrew Kevan, who will discuss how social media companies handle personal data, and the real-world crimes that can impact young people. Beyond addressing cyber-related offences, the session offers valuable insights into online safety and the rapidly changing digital landscape (including the increasing use of AI by criminals), helping students navigate the online world more securely.

Year 7 will be the first to attend the presentation, with subsequent year groups attending at various points across the next term.

It is an incredibly valuable presentation that the students will gain a lot of knowledge from, and we are very much looking forward to welcoming Detective Kevan.



# Support Services



## Talking Point



We have recently been made aware of a service that may be of use to some parents/carers who may need support for themselves.

Talking Points are places you can go to get friendly, face-to-face information, support and guidance to help you to live and stay well in Warrington.

Talking Points are based in the heart of communities across Warrington. They're a safe place for you to access personalised information and support to help with the issues that matter to you. At every session, the helpful Talking Point team will give you a warm welcome, a hot drink and listen to you as talk through your concerns or issues.

You can be connected to people, places and services to support you in a variety of areas such as:

- Carer support
- Loneliness/social isolation
- Housing advice
- Lifestyle support
- Access to food/temporary shopping support
- Energy advice
- Transport and travel
- Employment opportunities
- Cost of living support
- Mobility and adaptations advice
- Accessing community activities
- Volunteering opportunities

The Talking Points take place at:

- **Fearnhead Community Centre**, Insall Road, WA2 0HD
- **Orford Community Hub**, Hughes Avenue, WA2 9EW
- **Greenwood Community Centre**, Meteor Crescent, WA2 0DU
- **Latchford Baptist Church**, Loushers Lane, WA4 2RP

For more information, please visit: [Talking Point](#)

## Warrington Food Bank

If any of our families are in need of a food parcel, please visit the following link for information on how to access this: <https://warrington.foodbank.org.uk/>. This service will provide three days worth of nutritionally-balanced, non-perishable food.

We also have a foodbank at school and are more than happy to provide food parcels to families who need them. To arrange collection of a food parcel, please email: [info@padgateacademy.co.uk](mailto:info@padgateacademy.co.uk).

We hope you have found this newsletter useful. For further safeguarding information, please visit the school website: <https://padgateacademy.co.uk/safeguarding>



# 10 Top Tips for Parents and Educators

## SUPPORTING YOUNG PEOPLE TO BUILD EMOTIONAL RESILIENCE

With increasing societal pressures, many children struggle with managing emotions, facing challenges and processing failure in a healthy way. This is why building emotional resilience in young people is vital for their mental health and personal success. This guide provides practical strategies for parents and educators to help children develop resilience and foster confidence, adaptability and a positive mindset.

### 1 ENCOURAGE OPEN COMMUNICATION

Regularly engaging children in open dialogue fosters trust and emotional expression. Encourage them to share their thoughts and feelings freely without judgment. Set aside time daily, perhaps during dinner, to ask open-ended questions such as, "What's made you happy today?". This encourages children to express themselves openly.

### 2 MODEL POSITIVE BEHAVIOUR

Children often learn how to manage emotions by observing adults. By modelling calm and positive responses to challenges, you can teach them valuable emotional management skills. If you've had a difficult day, verbalise how you're feeling and explain how you plan to handle it, such as "I'm a bit worked-up, so I'm going for a walk to clear my mind."

### 3 TEACH PROBLEM SOLVING SKILLS

Helping children break down challenges into manageable steps encourages a proactive mindset. Explain that every problem has a solution, even if it's not immediately obvious. For example, if a child is stuck on homework, support them in breaking the task into smaller steps, saying things like "Let's focus on just this first question for now."

### 4 FOSTER A GROWTH MINDSET

Encourage young people to view mistakes as learning opportunities. A growth mindset helps them see setbacks as part of the process, rather than something to be upset about. After a child loses a game or performs poorly on a test, for example, ask them what they've learned from the experience. This reinforces the idea that effort – and even failure – leads to improvement.

### 5 PROMOTE SELF-CARE PRACTICES

Teaching children about self-care helps them understand the importance of balancing work with relaxation to maintain emotional wellbeing. Parents and carers could start a screen-free hour before bedtime where the family engages in relaxing activities like reading, setting an example to the child for how to unwind.

### 6 BUILD HEALTHY RELATIONSHIPS

Strong relationships with peers and adults provide a support system that enhances resilience. Encourage positive, respectful interactions to develop social skills. Playdates or group activities can be instrumental in teaching children how to resolve conflicts with friends by modelling and practicing calm communication.

### 7 SUPPORT EMOTIONAL AWARENESS

Helping children to identify and name their emotions allows them to manage those feelings more effectively. When a child's upset, encourage them to talk to you about what they're feeling in an empathetic and supportive manner, and ask them why they might be experiencing these emotions.

### 8 ENCOURAGE INDEPENDENCE

Giving children opportunities to make their own decisions boosts confidence and problem-solving skills. A good example of this would be letting children choose and pack their own lunches for school, guiding them with options but allowing them to assume responsibility for the task to help them take ownership.

### 9 DEVELOP COPING STRATEGIES

Teaching children techniques like mindfulness, deep breathing or journaling can help them to manage stress. Show them how to perform breathing exercises when they're feeling anxious, and practise this regularly. Reinforcing this behaviour in young people will make it easier for them to use these techniques of their own accord during stressful moments.

### 10 CELEBRATE SMALL WINS

Recognising effort, no matter how small, reinforces perseverance and encourages children to keep trying. After a child completes a difficult task, makes progress on a project or reaches another type of personal goal, praise their efforts. Emphasise the hard work they've put in and be sure to let them know how proud you are!

### Meet Our Expert

Adam Gillett is Associate Vice Principal for Personal Development at Penistone Grammar School and works on secondment one day a week for Minds Ahead, which works with schools on improving their mental health provisions.



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## What Parents & Educators Need to Know about

# TIKTOK

### WHAT ARE THE RISKS?

Adults tend to associate online videos with YouTube – but among teens, TikTok is king. The app provides a stream of short clips tailored to users' interests, based on what they've already watched. Around half of British children use TikTok, and while much of the content is benign, Ofcom considers it the app where youngsters "were most likely to encounter a potential harm".

### AGE-INAPPROPRIATE CONTENT

While TikTok's Following feed only displays videos from familiar creators, For You is a collection based on a user's previously watched clips. Most of these videos will probably be inoffensive, but the app *could* potentially show something unsuitable. If children then engage with this content, more like it will follow. TikTok's guidelines prohibit the sharing of illegal or inappropriate content, but the huge number of uploads means that a small amount inevitably slips through.

### BODY IMAGE AND DANGEROUS CHALLENGES

According to Ofcom, most online harms for teens are body image related for girls (promoting unhealthy eating, body shaming and so on) and dangerous stunts for boys. Both are prevalent on TikTok. One extreme example of the latter was the 'blackout' trend, which encouraged users to hold their breath until they passed out from a lack of oxygen. This led to two families filing lawsuits against TikTok over the tragic deaths of their children.

### IN-APP SPENDING

TikTok is free, but users have the option to buy TikTok coins, which can be used to purchase gifts for content creators. Coin bundles range from £9.99 to an eye-watering £99; while that may not sound appealing, the app still generated £7.9 billion in user spending in 2023. TikTok's policy is that under-18s can't make in-app purchases, but it's possible to bypass this with a fake birth date.

### CONTACT WITH STRANGERS

With more than 1.5 billion users globally, the potential for contact from strangers on TikTok is high – especially as accounts created by over-16s (or young people using a fake date of birth) are set to public by default. This means that not only is someone's profile visible to everyone else on the app, it also suggests their videos to others and enables anyone to download or comment on them.

### MISINFORMATION AND RADICALISATION

Although the short videos on TikTok tend to be more frivolous than the longer ones on YouTube, clips can still influence impressionable minds in a negative way. Not only is there plenty of dangerous misinformation on TikTok, but Ofcom reports that nearly a third of 12 to 15-year-olds use TikTok as a news source – so you should be wary of misogynistic, racist or conspiracy-themed material shaping how they see the world.

### ADDICTIVE DESIGN

With its constant stream of eye-catching videos, TikTok can be addictive to young brains. In 2024, UK children spent an average of 127 minutes per day on the app: that's twice as much as in 2020. Excessive use can interfere with young people's sleep patterns – often leading to irritability – and distract them from other, healthier activities. The instantly skippable nature of bite-size videos may also impact children's ability to maintain focus.

## Advice for Parents & Educators

### ENABLE FAMILY PAIRING

Family Pairing allows parents to link their TikTok account to their child's, and control settings remotely. Parents can then turn on Restricted Mode (reducing the chances of a child seeing inappropriate content), set screen-time limits, make accounts private and manage whether their child can send messages – and if they can, to whom. Children can't alter these settings without parental approval.

### DISCUSS THE DANGERS

If a child wants to use TikTok and you're happy for them to do so, it's good practice to discuss the potential risks. Ensure that they don't share any identifying personal information, and that they know to talk to a trusted adult if they're worried by interactions on the app. With more teens using TikTok for news, it's also worth talking about misinformation and propaganda, and how to identify it.

### BLOCK IN-APP SPENDING

If a child is using an iPhone or Android device to access TikTok, you can alter their settings to prevent them from making in-app purchases. We'd recommend enabling this feature, as it can be quite easy for a young person to spend a significant amount of real money buying TikTok coins to unlock more features of the app – sometimes without even realising.

### READ THE SIGNS

If you're concerned that a child is spending too much time on TikTok, or that they've been emotionally affected by something they've seen, it's important to know how to spot the signs. Increased irritability and a lack of concentration are potential red flags, as is failing to complete homework or skipping meals. Remember, the parental controls are there for a reason, and it's never too late to introduce limits.

### Meet Our Expert

Alan Martin is an experienced technology journalist who has written for the likes of Wired, TechRadar, Tom's Guide, The Evening Standard and The New Statesman.



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