

May 2023

WPS Parents' Safeguarding Newsletter

Public Health Survey

Public Health teams from North and West Northamptonshire Councils have developed a survey which will capture views to help shape sexual health services (e.g., contraception, family planning, STI testing and treatment, HIV services, etc.) across the county.

This survey is conducted in line with the Data Protection Act 2018 and General Data Protection Regulation (GDPR). Therefore, all responses will be confidential and anonymous. To take part, participants must live, work or study in Northamptonshire.

In addition to services for adults, there are also services in the county that offer contraception, sexual health advice and support to young people under the age of 25. With this in mind, we ask that anyone over the age of 13 is given the opportunity to take part in the survey.

Please share your views by completing this [Sexual Health Survey](#), the survey will close at midnight Sunday 11th June 2023.



**West
Northamptonshire
Council**

Gaming

We all know that gaming is a hugely popular activity for a number of different reasons, e.g. socialisation, coping mechanism, skill building and much more. Many games are not appropriate for children and some parents/carers are not always aware of this. Internet Matters have put a guide together which details some alternative games beyond the most popular ones and promoting gaming as a family affair. There are games from 3+ upwards so there's something for everyone. You can download the guide [HERE](#).

Additionally, Andy Robertson from Ask About Games has some family guides which parents will find really useful. You can find all the guides [HERE](#).



Hording

Clutter in a family home can raise the risk of fire and impede a family exiting the home in an emergency.

NFRS are able to work with families, professionals and housing providers to tackle any problems and reduce the risk in the family home.



[Click here to learn more about the dangers of hording and support on offer](#)

Bitesize Parents' Toolkit

[The Bitesize Parents' Toolkit](#) is packed with stories, guidance and activities for parents of primary and secondary school age learners, aiming to help them support their children. There's a whole collection of articles and films devoted to [wellbeing tips and advice](#) for children, teens and parents.



Dr Ranj [explores generational shifts in mental health conversations and offers guidance](#) as to how to approach those discussions.



And Dr Anna Colton suggests [seven simple techniques to tackle anxiety](#) in this series of videos and articles

[Recommend the Bitesize Parents' Toolkit to parents](#)

Hanni and the Magic Window - ChildNet

Helping young children in difficult situations to seek support can be challenging. Their minds are often not developed enough to understand bad situations. They are also unable to comprehend what they need to do to get out of them. More often than not their limited vocabulary will also reduce their ability to talk to adults effectively.

ChildNet has released a downloadable story over on their site, aimed at children aged three and up. Their objective is to make them aware of how to seek help. By following the link below you can also find simplified resources around the story, as well as the story itself.

<https://www.childnet.com/resources/hanni-and-the-magic-window/>

BBC Moodboosters gets pupils moving

BBC Moodboosters has lots of fun, curriculum-linked resources to get children moving for mental health and wellbeing.

Own it

Own It is the BBC's digital wellbeing and safety site for 7-11 year olds. There are collections of videos, articles and quizzes offering advice and support on everything from social media, online bullying and trolls, digital footprint, safe gaming and mental health.

Our Mental Health Awareness Week collection has videos and content that we have used in school to help children better connect with others. The collection includes expert advice on how being active can help your mental health; tips from well-known faces about being kind to each other; five ways to look after your wellbeing; and lots more.



[Discover more on BBC Own It](#)



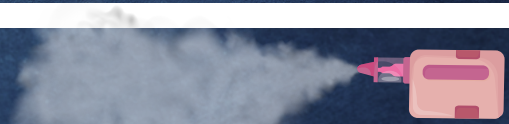
Vaping – Welsh Senedd

As adults we are well aware of the dangers around smoking. An increased vulnerability to heart-disease, cancer, dental issues etc, is an almost universally understood effect. However, vaping is becoming a far more prevalent way for teenagers to exercise their desire to experiment with dangerous substances.

Vaping devices are brightly coloured, come in multiple flavours from bubblegum to strawberry. There is a misconception that vaping is less dangerous, but that couldn't be further from the truth. Last year the Welsh Senedd published a report on the effects of vaping in children and teens. To read the their report please follow the link below:

<https://research.senedd.wales/research-articles/vaping-in-children-and-teens-smoke-without-fire/>

How to spot if your child may be vaping?: Please click on the [LINK](#) for useful tips for parents/carers.



Mental Health Awareness Week

Mental Health Awareness Week took place from 15-21 May and we carried out a number of activities in school with our learners.

We raised a total of £461.67 with our 'wear something green' day, so thank you to everyone who got involved.



Workshops

The Police, Fire, Crime Commissioner (OPFCC) have shared a range of free online workshops for parents. If professionals feel a workshop would be suitable for a family we can refer individuals on to the next available workshop by completing the referral form provided.

Workshops include:

- (ACE) Managing Challenging Behaviours
- (ACE) Self-Care
- (ACE) Positive Parenting
- (YOUTH) Understanding the teenage brain and how to manage adolescent behaviour.
- (DA) Emotional impact on children who experience parental conflict
- (DA) Healthy & unhealthy relationships



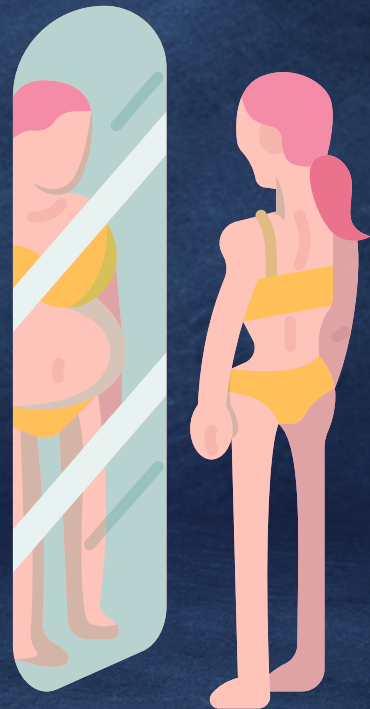
If you feel you would benefit from one of the workshops above please contact your Class teacher or Head of Year, or alternatively you can e-mail j.page@woottonparkschool.org.uk

New Video from Dove - Eating Disorders

Over the years Dove have released a number of videos in relation to the negative effects of social media, particularly to girls. Two years ago there was the Reverse Selfie which was good for a conversation starter in school or at home.

Their newest video is about eating disorders and as with previous videos it is all about getting the conversation started.

You can find the video on YouTube [HERE](#). There is also a link for [HERE](#) with NHS advice for parents.



Supporting Young Girls' Wellbeing

The social media world of fast-scrolling, instant connections and perfection can have a detrimental effect on wellbeing.

It is important that parents have the knowledge and confidence to talk to their children and as such Internet Matters have put together a guide for parents. Although the guide is titled to support young girls aged 9-10, It is also good advice for boys and girls of any age. You can find the guide [HERE](#).



Safeguarding over the May Half Term

If you have a safeguarding concern over the May Half Term, please contact a member of the safeguarding team using the following numbers:

- 07857 801573
- 07857 801568

Additional to this Mr Coe will be on site Monday to Friday 08.30 – 16.00 and is on hand to offer any safeguarding advice.

He is also contactable on the e-mail address : j.coe@woottonparkschool.org.uk



WOOTTON PARK

Reporting a Safeguarding Concern

If you are concerned about the welfare or safety of a learner please speak to a member of the safeguarding team.



Jane Page

Designated Safeguarding Lead



Sam MacDonnell

Deputy Designated Safeguarding Lead



Claire
Woodbridge



Corinna
Kerrou



Dan
Rosser



Gemma
Kingston-Wade



Carla
Grady



Adam
Cowdell



James
Coe



WOOTTON PARK

'Ipsa quod faciendum est diutius'



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