



Safeguarding and Child Protection at All Saints School



Norfolk Safeguarding Children Partnership

Families across the county are being reminded that Norfolk's organisations and agencies are still here to help as England continues national restrictions.

Some of our families were already coping with health issues, relationship problems and financial challenges before the outbreak and we know many more are now facing issues with employment, isolation, and illness. Families must not think they have to struggle alone. We're all still here to help and people shouldn't hesitate in coming forward to access the wide range of help and support on offer.

It was announced recently that social care visits and vital face to face services for vulnerable children and families conducted by Norfolk County Council Children's Services professionals will continue.

Earlier on in the year the NSCP reached out to Norfolk's children and young people encouraging them to come forward if they needed help via a text service and phone helpline. The campaign has also already encouraged the public to look out for Norfolk's children and report any concerns.

The Just One Norfolk support and advice line for families can be contacted on 0300 300 0123 or log on to www.justonenorfolk.nhs.uk. Families can contact the helpline number provided for a range of support including emotional wellbeing, practical and mental health support and more.

Self Care Week 2020 -16th–22nd November

Throughout the week, Health Professionals from the Norfolk Healthy Child Programme are hosting themed **interactive online sessions for families** to look at different areas of self-care.



Each session lasts roughly an hour and is a great opportunity to get some practical advice, ask our specialist team/guest colleagues questions and speak with other parents with similar interests.

Topics include Healthy Lifestyle and Emotional Health.

For more information or to register please click the link below:

<https://www.justonenorfolk.nhs.uk/self-care-week-2020>

Who's Who at All Saints

- ◆ **Ms Dangerfield: DSL and Headteacher**
- ◆ **Miss Paffett: DSL, Deputyhead and SENCO**
- ◆ **Miss King: DSL and Support Manager**



What are parental controls?

Parental controls help you to block or filter upsetting or inappropriate content and control purchases within apps. You can install parental control software on your child's and family's phones or tablets, games consoles, laptops and your home internet.

Talking to your child so that you understand what they're doing online can help you to explain and protect them from any risks, such as grooming and seeing inappropriate content.

Parental controls can help you to:

- plan what time of day your child can go online and how long for
- create content filters to block apps that may have inappropriate content
- manage the content different family members can see.

Click on the link further information: <https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/>



Anti-Bullying Week 2020 Monday 16th to Friday 20th November

Parents and carers are a vital piece of the puzzle in tackling bullying. You have a unique role to play in guiding and supporting your child through their school years and there are lots of positive steps you can take to help keep your child safe from bullying and harm. One of the steps is knowing when to ask for support.

We all want our children to be happy and safe and it is natural to worry about bullying - particularly if we have experienced bullying ourselves, or we think our child may be more vulnerable to bullying. The good news is you are not alone! The Anti-Bullying Alliance and its members are here to work with children, families and schools to help keep children safe.

Each November, schools throughout the UK take part in Anti-Bullying Week. This is an opportunity to shine a spotlight on bullying and consider the steps we can take together to stop it. Anti-Bullying Week 2020 is taking place from Monday 16th to Friday 20th November this year and it has the theme 'United Against Bullying'.

The link below will take you to further information:

<https://anti-bullyingalliance.org.uk/anti-bullying-week/parents-and-carers>