

We are looking forward to sharing a safeguarding newsletter with you each term. In each newsletter, we aim to keep you up to date with important information, helpful links and advice as well as updates on our safeguarding practice at Begbrook.

## Safeguarding Team

All adults at BPA are responsible for keeping children safe. Our safeguarding team help the adults keep children safe and work closely with families to support when needed. Our safeguarding team are:



**Miss Adams**  
Vice Principal and  
Designated Safeguarding  
Lead



**Miss Sutton**  
Family Support Worker  
and Deputy Safeguarding  
Lead



**Mr England**  
Learning Mentor  
Safeguarding Team  
Member



**Miss Counsell**  
Principal  
Safeguarding Team  
Member



**Mrs Horner**  
Assistant Principal  
Safeguarding Team  
Member

## Safeguarding Theme of the Week

Each week we talk to children and staff about different safeguarding themes. This week, as part of World Mental Health Day, we have been talking to children about what mental health is and ways to look after your mental health. We shared the '5 ways to wellbeing' initiative in Monday's assembly and encouraged children to try out at least one of these activities throughout this week. For more information about the 5 ways to wellbeing, please follow the link below:



<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/five-steps-to-mental-wellbeing/>

Other safeguarding themes this term have been:

- ✓ Who are the Safeguarding Team?
- ✓ What do we do when we hear the fire alarm?
- ✓ What is Childline and how do we contact them?
- ✓ How do we use the lunchtime equipment safely?

## E-Safety – Digital Wellbeing

Digital wellbeing is about how the internet and technology can make us feel. This includes recognising the impact being online can have on our emotions, mental and physical health. Technology and the internet should be there to enhance and simplify our lives rather than be a cause of distraction, worry or upset. However, not all online experiences are positive for young people, and this can have a negative impact on how they feel about themselves, their friendships and relationships and even how they see the wider world (Childnet). For more information see: <https://www.childnet.com/help-and-advice/digital-wellbeing/>

To support talking to your child about their digital wellbeing, you can use the conversation starters below:

- What do you like to use technology for? How does it help you?
- What things make you happy when you use technology?
- What things worry you/make you unhappy/angry/sad when using technology?
- What would you do if something online upset you? What advice would you give to someone else in this situation?
- How do you think your use of technology impacts your wellbeing? Good or bad?

## Support Available



01179250680

# NSPCC

<https://www.nspcc.org.uk/keeping-children-safe/support-for-parents/>



STAND AGAINST  
RACISM & INEQUALITY  
01179420060

## Bristol Support for Parents and Carers

We'll listen to you to help decide what kind of support is right for you and your family. This can include 1 to 1 and group support, parenting courses, information and advice and resources to help you with parenting.  
01179036444

Best wishes,  
Miss Adams 