

TIBSHELF COMMUNITY SCHOOL S A F E G U A R D I N G N E W S L E T T E R



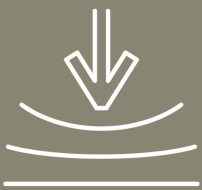
Welcome to our second Safeguarding Briefing of 2022/23

The purpose of our Safeguarding Briefings is to provide you with information about safeguarding issues that may affect your child(ren) and to bring you the latest hints and tips to keep your child(ren) safe.

We are committed to working with all our parents/carers and students, to actively promote the safeguarding and welfare of all our students.

There is lots of information relating to safeguarding on our website should you wish to explore certain safeguarding themes in more detail.

I hope you find this briefing informative, if you have any questions please do not hesitate to get in touch with the Safeguarding Team here at Tibshelf Community School.



Content



- Online update: Games consoles
- Wellbeing update: Grief and Loss
- Financial Hardship



Meet the Safeguarding Team

"Working together to Safeguard Children"

Our School is committed to safeguarding children and promoting children's welfare and expects all staff, governors, and visitors to share this commitment and maintain a vigilant and safe environment.

Everyone has a responsibility to act without delay to protect children by reporting anything that might suggest a child is being abused or neglected. We would expect you to also report to the Headteacher or the Designated Safeguarding Lead any behaviours of adults working in the school that may concern you.



Lucie Wainwright
Headteacher



Andrew Dennis
Safeguarding Governor



Lucie Harrison
Deputy Designated
Safeguarding Lead



Lousie Crowder
Designated
Safeguarding Lead



Joy Riley
Safeguarding and
Intervention Team Manager



Emma Dunn
Safeguarding and
Welfare Manager



Eunice Sinfield
Safeguarding and Family
Support Manager



Jo Marshall
Safeguarding Medical
Welfare Officer

Gaming Consoles

As Christmas approaches many teenagers and children will be hoping to get a new gaming console such as an Xbox, PlayStation or Switch. There are many benefits to gaming such as:

- Improved cognitive abilities
- Improved problem-solving skills and logic
- Increased hand-to-eye coordination
- Greater multi-tasking ability
- Faster and more accurate decision-making
- Enhanced prosocial behaviours



The screenshot displays the Xbox Family Safety app interface for a child named Alex. It is divided into three main sections: Notifications, Activity, and Settings.

Notifications (Requests 3):

- Jordan wants more screen time (15 min ago) with buttons for **ADD TIME** and **NOT TODAY**.
- Alex wants to add Last Roar as a friend (40 min ago) with buttons for **ALLOW** and **REVIEW**.
- Taylor wants more screen time (3 hr ago) with buttons for **ADD TIME** and **NOT TODAY**.

Activity: Shows a total of 8h 41m of screen time with a daily average of 45m. A bar chart displays activity from Wednesday to Tuesday. A legend indicates Xbox (green) and Windows (blue).

Day	Xbox (h:m)	Windows (h:m)
Wed	0:00	0:00
Thu	0:45	0:00
Fri	1:15	0:00
Sat	0:15	0:15
Sun	2:45	1:15
Mon	0:15	0:00
Tue	1:15	0:30

How They Used Their Time:

- Minecraft: 3h 07m used
- Sea of Thieves: 2h 18m used

Social Settings:

- Manage online communication:** Friends only.
- Add friends:** My approval required (on).

Content Restrictions: 3 exceptions. **Apply age filters:** Allow content suitable for Age 10.

Multplayer: 3 exceptions. **Join multiplayer on Xbox Live.**

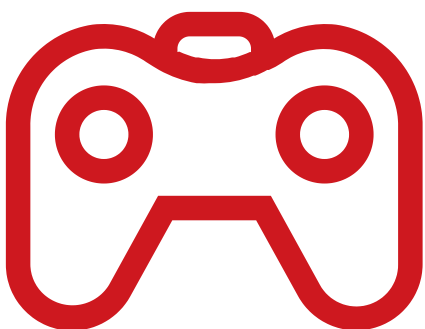
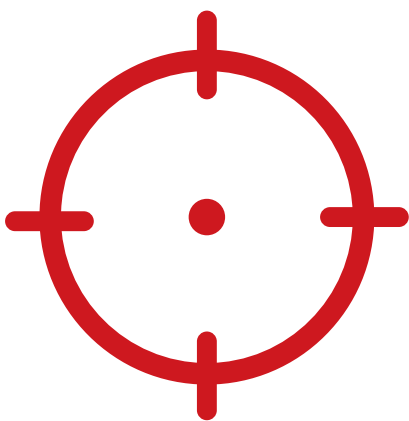
The bottom navigation bar includes icons for Family, Notifications (with a '3' badge), and Settings.

For users of Microsoft's Xbox parents can download an app to their phone called "Xbox Family."

The Xbox Family Settings app will enable parents to apply settings for gaming activities on Xbox Series X|S and Xbox One. Content and screen time limits can be applied to Windows PCs when a child account is logged into the Microsoft account with Xbox profile that is part of your family group. The Xbox Family Settings app do not have settings that can be extended to mobile gaming experiences.

The previous image shows screenshots from the app. Parents can monitor time spent, see which games they have played, set the amount of time they can play for. The app is really easy to use and allows you to set the PEGI rating that you are happy for them to play. This prevents them being able to play games with older children without your consent.

Just ensure you keep your password private.



Users of PlayStation will need to create a family account and designate you as the family manager, then create "sub" accounts for the children.

You can then edit any of the settings on the console, web, or app.

Functions include:

- Setting time limits for each player
- Turning off chat
- Limit mature content
- Turn off internet browsing
- Block purchases or set up a monthly spending limit.

Both Microsoft and PlayStation websites have 'how to' guides to guide you through the process.

Both systems offer the same security essentially, considering the content of some games, and the rising number of teens needing psychological support due to gaming addictions.

Setting this up from the get-go is well worth your time.

Grief & Loss

Bereavement is difficult for all, and everyone copes with it differently. As we approach Christmas, this can be a particularly tough time for those struggling with Grief & Loss. Information below is from: Youngminds.org.uk

There's no right or wrong way to grieve and everyone grieves in different ways. You might feel angry, sad, depressed, guilty, relieved, or any other number of emotions. Or you might be numb and not feel anything at all. However, you're feeling is okay and is a normal reaction to losing someone.

Because we all grieve differently, how you react might be different to how other people around you react. For example, the way you grieve might be influenced by your culture, beliefs, or how your family and community understand loss. Your grief might also be influenced by what you feel others expect of you, but it's important to remember that however you're feeling is valid – there's nothing wrong with you if you don't react to loss the way others do. While it's important to look after yourself when grieving, it's also important to be sensitive to how other people are grieving and accept that everyone's experience is unique.

Remember, too, that grief can come up at any time. There might be some occasions when you are expecting it, like when you experience one of many 'firsts', such as your first holiday or birthday without that person. Or these feelings might catch you unaware sometimes. It might be that you don't feel anything for a while, and then experience delayed grief. All of these experiences are normal.

Below are some helpful tips to help cope through the holiday season:

- Family Traditions -continue old traditions such as playing games together or create a new one.
- Mark the memory of your loved one - Do something special such as visiting a special place, reading a poem, lighting a candle.
- Visit their grave or where their ashes were scattered, take a special item like a Christmas card or flowers.
- Write a message, ask friends and family to write messages to your loved one, you could cut them out and hang them as decorations.
- Share Memories, include time for friends and family to share memories together.
- Remember their favourite things, celebrate the day in ways your loved one liked to celebrate. Favourite meal, music etc.

" During the Christmas Holidays there is often an unspoken pressure on everyone to come across as cheerful. Please know that you do not have to pretend that you're okay just for the comfort of others."

Louisa, 17

Further Websites and Helplines:

- Winstons Wish
- Hope Again
- Cruse Bereavement Care
- Marie Curie
- Survivors of Bereavement by Suicide (SOBS)
- The Mis
- Take Our Hand

Financial Hardship

Information below is from: Household Support Fund Grant

Households facing financial hardship can apply directly for a grant to help towards their food, energy, and essential living costs.

Households can access a maximum of 2 payments in the period October 2022 to 31 March 2023.

Payments are worth £64 per household plus an extra £20 will be provided for each partner or spouse and each dependent child aged under the age of 19.

Payments are in addition to any support received from the existing Derbyshire Discretionary Fund, which allows eligible residents to receive up to 3 emergency cash payments (ECP) over 12 months. This means that an eligible household who has already received the maximum of 3 ECP payments and is facing hardship, can apply to the household support fund for additional financial support.

Any household support fund grants previously awarded to a household as part of the previous HSF periods (October 2021 to March 2022 and April 2022 to September 2022) do not count towards the maximum 2 payments available from October 2022 to March 2023.

Apply for a grant:

You can apply to receive support from the Household Support Fund by telephone 01629 533399.

When an application is made, we will take some personal information during the call and an assessor will phone back to discuss the application in more detail.

The assessor will need to know:

- How a person or family is in crisis and what will happen if help is not quickly made available.
- What money and savings might be available or have been applied for.

Other things to bear in mind:

- We can only make a grant payment to someone who is over 16, and who lives in Derbyshire.
- We can only make grant payments to those who can demonstrate how and why they are facing financial hardship.
- We have a limited amount of money, and all applications will be assessed based on need, urgency, and risk.
- Once the allocated funding has been used up this element of the household support fund will close.
- We'll seek to share information with applicants about other forms of help and support that are available, which could improve their situation further.

Food support voucher - available from January 2023.

Eligible households will automatically receive a one-off food voucher worth around £40 per eligible child / young person. The vouchers will be available for:

- Children who receive benefit related free school meals.
- Children in early years setting (nurseries and pre-schools) who receive free childcare for 2 year-olds or the early years pupil premium for 3 and 4-year-olds, care leavers aged up to 21 years of age living independently.
- No application is needed - vouchers will be sent by email or text message.

Tips to help save this Christmas:

- **Plan your budget**– ask yourself– What can I afford to spend. Money saving expert have a free “budget planner” you can use.
- **Make a “no unnecessary present pact”** with friends and extended family, or agree to a secret Santa, or £5 to £10 cap on gifts.
- **Make a list** of who you need to buy for, then when you see good at good prices, grab'em, wrap'em and stuff 'em in a Christmas cupboard!
- **Make Christmas gift cheques!** Instead of spending lots of money, gift people a voucher entitling them to things such as “a nice cooked meal”, “breakfast in bed”, “movie night”.. Money saving expert have some free ones that you can print out and personalise.
- **Shop for the best price,** Google Shopping is a great place to start as it searches a wide range of retailers.
- **Get cashback.** Do your shopping via Top Cashback or Quidco sites, every penny counts!
- If there's certain gifts you know you will be buying use a **price tracking app/site** such as pricedrops.co.uk or idealo.co.uk



TIBSHELF COMMUNITY SCHOOL CHARACTER VALUES



Resilience



Respect



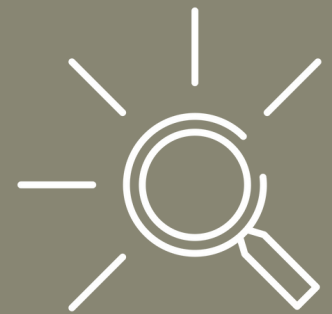
Positivity



Integrity



Community Spirit



Curiosity

The Safeguarding Team wish you a
Happy and Healthy Christmas and New Year

