



# PUTTERIDGE PRIMARY SCHOOL

## Safeguarding Newsletter



Spring 1, 2026

### WHO TO CONTACT IF YOU HAVE A CONCERN ABOUT A CHILD

If you are worried about a child's safety, please do not hesitate to contact the Designated Safeguarding Lead or Deputies straightaway.

**If a child is in immediate danger, call the Police on 999**

### Meet the Designated Safeguarding Team:

The Safeguarding Team oversee and co-ordinate all aspects of the school's work to ensure that children are kept safe. They regularly attend training to ensure their skills and knowledge are up-to-date.

#### Designated Safeguarding Lead:

Mrs V Prowle



#### Deputy Designated Safeguarding Leads:



Mr C Pickard Miss N Chinnery

#### School Safeguarding Governors:

Mrs C Deveney  
Mr L Donohoe

All can be contacted via the office or by telephone on:  
**01582 728262**

For a copy of our school's Child Protection Policy, please visit the Safeguarding page on our [school website](#):



Dear Mums, Dads and Carers,

The Safeguarding Team would like to wish you all a very healthy and happy new year. We hope you and your families had a wonderful break!

I'm sure many of the children will have received gifts that enable them to go online so it is a good opportunity to give some thought as to how we can all support them to stay safe in the virtual world, particularly with the rise of AI technology and the associated difficulties that brings in terms of distinguishing between the fake and real world.

With that in mind, there is a strong focus in this half-term's newsletter on online safety with the annual reminders, lots of useful tips and information regarding our upcoming annual Internet Safety Day which is always lots of fun and very informative for staff, children and parents alike.

Please take a look at the recent ParentMail that was sent with details of a really useful Parent Workshop that will be available after the in-school activities on 10<sup>th</sup> February. This is just 30 mins long but full of useful information and tips to help you at home.

*Mrs V Prowle (Designated Safeguarding Lead)*

Report any concerns if you suspect a child is being abused or is in danger of being abused. Please contact a Designated Safeguarding Lead, or any member of staff. You can also contact the Multi-Agency Safeguarding Hub (MASH) on:

☎: 01582 547653

Out of Hours service: 0300 300 8123

✉ MASH@luton.gov.uk

Or make an online referral via the website:

[https://directory.luton.gov.uk/kb5/luton/directory/service\\_page?id=aJZE\\_O SgZfQ](https://directory.luton.gov.uk/kb5/luton/directory/service_page?id=aJZE_O SgZfQ)

### Useful Safeguarding Acronyms and Vocabulary

**DSL:** Designated Safeguarding Lead

**MASH:** Multi-Agency Safeguarding Hub

**CP:** Child Protection

**ChN:** Child in Need

**FPT:** Family Partnership Team

**TAF:** Team Around the Family

**CEOP:** Child Exploitation and On-Line Protection Centre

**KCSIE:** Keeping Children Safe in Education

**PREVENT:** Part of the Government's Counter-Terrorism Strategy to stop people being drawn in to extremism

**CAMHS:** Child and Adolescent Mental Health Services

**CHUMS:** Mental Health and Wellbeing Service

**SEND:** Special Educational Needs & Disabilities

# STAYING SAFE ONLINE WITH NEW DEVICES



## Always set a password

If your child's new device has a password protection feature, use it! It'll help keep their private information safe and will deny others access to their device without permission. Your children's passwords should be something memorable to them – but something which other people can't guess (it's also a good idea for parents to write it down in case it gets forgotten!)



## Keep numbers and devices private

Make sure your child understands that they should never share their phone number with someone they don't know or accept a friend request from them. They should also appreciate that it's a good idea to mainly keep their device out of sight, never lend it to a stranger and never put it down somewhere that other people could steal it or take it to use without asking.



## Pay attention to age ratings

One of the first things children want to do with any device is play games and explore apps. Before they download or install a new console game, check its age rating. Many popular games and apps have content that is not suitable for younger ages. The safest long-term solution is to adjust the device's settings so they can only download and use games appropriate for their age.



## Have 'the money conversation'

Before your children start using their new device in earnest, talk to them about in-app purchases and other ways that money might be spent through their device. Once they understand, you might want to agree on a spending limit and reassure them that they can come to you if they're uncertain or have made a purchase by accident.



## Explain secure WiFi Networks

Your home WiFi is protected by a password that only your family knows, whereas public networks (like those in coffee shops for example) can be accessed by anyone. It's important that your child grasps this difference because, if they're using a portable device on an unsecured network, then a hacker could access their personal information without them knowing.



## Discourage device dependency

Of course, children who've just got a new device will naturally want to spend as much time on it as possible but, whether they're zapping bad guys, watching videos or connecting with friends, it's easy for them to get attached very quickly. Gently remind them that having family time, going outdoors and getting some exercise are still fun too and the device will still be there when they get back.



## Limit screen time

Using a device for too long, especially just before bed, can interfere with a child's sleep quality and reduce their concentration and overall enthusiasm. It might be helpful to agree on certain times of day when they don't use their device. Most devices' settings let you specify a screen-time limit, helping your child stay fresh and focused in order to perform well at school.



## Only pair with known Bluetooth devices

Your child may want to connect to another device via Bluetooth so they can listen to music wirelessly or share pictures and videos with nearby friends. But, if they use Bluetooth to link with a device they don't know, they're at risk of a stranger being able to see their personal information or having someone transmit a virus to their device.



### Turn location settings off

It's safest to disable the device's location services (if it's a portable device) so your child doesn't inadvertently make other people aware of where they are. You can usually do this via the device's privacy control settings. Turning location settings off not only means your child's whereabouts can't be tracked by others, it also significantly extends battery life.



### Stay aware of the surroundings

It's quite common to see adults not looking where they're going while engrossed in their phone. Children are even more easily distracted. In some cases, children have been hit by cars or cyclists because they were staring at their device and lost track of where they were. Remind your children that screens and walking don't mix. If they need to use their device, they should stop in a safe place first.



### Be there if they need to talk

Even when you've made a device as secure as you can, there's still a possibility of your child seeing something that bothers them or someone they don't know attempting to contact them. If this happens, listen to their concerns, empathise and reassure them. Once they've explained what happened, you can decide if you should take further action like blocking or reporting another user.

## GOOD TO KNOW – MINIMUM AGES FOR POPULAR APPS



**Facebook (minimum age 13)** – lets users create their own profiles, share status updates, pictures, videos and chat with other users and also has a messenger app.



**Instagram (minimum age 13)** – allows users to alter photos, upload them and share to other social networking sites. Photos and videos can be sent directly to specific users.



**Snapchat (minimum age 13)** – a photo-sharing app where users can send photos or videos to their friends. These will display on screen for up to ten seconds before being deleted, although it is possible to take screenshots of messages and download other apps designed to capture and save Snapchat content.



**TikTok (minimum age 13)** – TikTok users can make their own short videos on the mobile app and often like to have music accompany these. The users have creative control over the videos. Other TikTok users can 'react' to videos they see by filming their responses alongside the original video, or 'duet' by making a video alongside another video.



**X (minimum age 13)** – a social network that lets users send and read messages limited to 280 characters.



**Tumblr (minimum age 16)** – a social networking site where users can post blogs and follow other people's blogs. Some of the content on this site includes sexual and/or pornographic images.



**WhatsApp (minimum age 13)** – a free-of-charge, real-time messaging service. Users can share images and videos, take part in 'group chats' and share locations. As it's based on knowing the user's phone number, you can only message users if you already have this information.



**YouTube (minimum age 13)** – allows users to watch, create and comment on videos. The dislike button can create insecurities with content posted even if comments are turned off for the video.





# ONLINE SAFETY DAY

10<sup>th</sup> February 2025



Children should feel safe **at all** times. This includes when they are online. We have a **School Internet Safety Agreement and Policy** which is regularly reviewed and updated. Staying safe in the virtual world is regularly discussed in class and we have yearly workshops for the children to further promote the importance of this.

Workshops by ECP are also offered to parents to offer advice, support and helpful tips for increasing internet safety in the home, including filters, time-limits and safety settings on various apps and devices as well as some of the risks of social media platforms that you may not be aware of. **This year's workshops for children in Years 1-6 will take place on Tuesday 10<sup>th</sup> February with online versions for parents and carers also available that week (further information regarding how to access these will be published nearer the time).**

**Online Safety For Parents & Carers**

Provided by a specialist from Education Child Protection Ltd.

What is covered in the session?

- What children are taught about online safety (specific to their age)
- Latest trends of what children are doing online
- Details of the current 'apps' & games that children are using & playing
- The issues & dangers children face online
- How we can make children safer online
- Details of what support is available for you & your family

ECP Education Child Protection logo and CEOP A National Crime Agency command REPORT ABUSE logo are also present.

Don't forget to also download the free **National Online Safety App** which can help you keep up-to-date with new developments in keeping your child/ren safe.



The link below takes you to the e-safety pages on our website where there is lots of information and further links to websites that can support you at home, including useful 'What Parents Need to Know' factsheets on all things gaming and social media.

<https://www.putteridgeprimaryschool.org.uk/page/onlinesafety>

## 'What Parents need to know'



### In This Section

Gaming

Social Media

Squid Game

The **National Online Safety Website** publishes excellent guides for parents about all aspects of online safety. Some of these are shared here under various categories.

On each page there is a list of the relevant guides for that section with the **National Online Safety website's** summary to help you find what you need. The actual PDFs are then towards the bottom of the page.

Keep checking back for more!

# Children's Mental Health Week: 9-15 February

What is Children's Mental Health Week?

An annual mental health awareness week launched by children's mental health charity, [Place2Be](#). The week exists to empower, equip and give a voice to all children and young people in the UK.



When is Children's Mental Health Week?



This year, the week will take place from 9<sup>th</sup> – 15<sup>th</sup> February. The official theme for this year is 'This is My Place' and schools are being encouraged to create an environment where pupils can really feel they belong.

Why does belonging matter for mental health?

Our mental health flourishes when we feel connected and valued. When children and young people have a strong sense of belonging they:

- Feel more confident to be themselves and try new things
- Develop resilience to cope with challenges and setbacks
- Build stronger relationships and communication skills
- Have better self-esteem and understand their own worth
- Feel motivated to contribute positively to their communities

**1 in 5** children now have a diagnosable mental health condition. By taking part in Children's Mental Health Week we can help ensure that children and young people across the UK feel listened to and know that they are not alone.

Look out for news on our website nearer the time about what Putteridge Primary School will be getting up to during the week and how you can support your child(ren)'s mental health at home.



## Potty Training

Across the country, **1 in 4 children are not potty trained when they start Reception.**

This means staff pulled away from teaching, extra pressures in the classroom and children beginning their education without the independence they need.

Potty training is an important milestone in a child's development and it's really important that they are out of nappies well in advance of starting school. The only exception should be children with a diagnosed medical need such as a bladder or bowel condition, or in the case of children with a significant neurodivergent profile who are not yet able to recognise the need to use the toilet.

The free Potty Training Guide has been developed by the early years sector and offers clear, research based guidance around **when** and **how** to potty train. Evidence shows that the best time to stop using nappies, including reusable ones, pull-ups and training pants is between 18-30 months.

For more information and a copy of the guide, see our [website](#).

Did you know?

**83%**

of children were out of nappies by 18 months in the 1970s and 1980s.

Today

**1 in 4**

children aren't toilet trained when they start Reception.