



# Safeguarding and Child Protection



## Autumn 1 2023 Newsletter

Staff at Mossy Lea are constantly updating their knowledge of Safeguarding. As part of this ongoing training, staff and governors attended an inset day on 1st September led by Vickie Wallace. Vickie is Lancashire's lead safeguarding officer. She delivered a full day training where she talked to us about some updates to Keeping Children Safe in Education and best practices for keeping all children at Mossy Lea safe.

Safeguarding is defined in Keeping Children Safe in Education 2023 as:

- protecting children from maltreatment
- preventing the impairment of children's mental and physical health or development
- ensuring that children grow up in circumstances consistent with the provision of safe and effective care
- taking action to enable all children to have the best outcomes.

This is the responsibility of **every** member of staff in school.

If you have any questions about Safeguarding at Mossy Lea, please don't hesitate to speak to a member of the Senior Leadership Team.

### Support For Parents

The NSPCC website has support and advice for parents on a range of topics including separation, behaviour at home, mental health, etc:

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

### Worried about a Child?

If you're worried about a child or young person, you can contact the NSPCC Helpline for support and advice for free - call us on [0808 800 5000](tel:08088005000) or [contact us online](#).

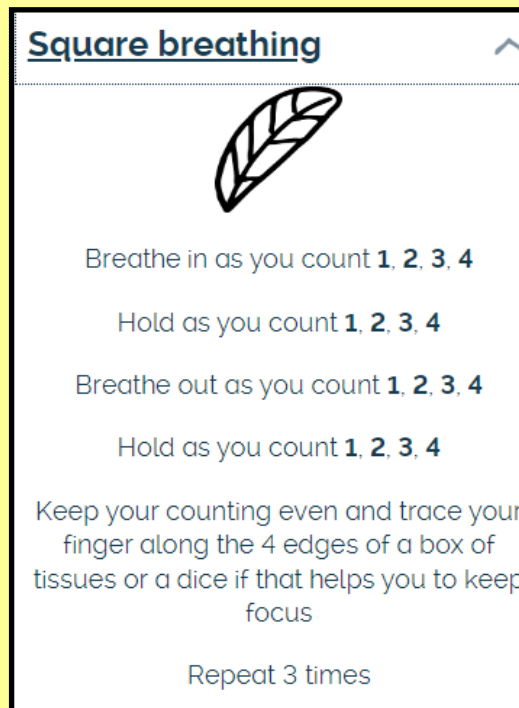
Children can contact [Childline](#) on 0800 111 or online any time to get support themselves.

## Supporting a child who feels anxious, worried or stressed

Sometimes a children may be feeling worried or apprehensive about an upcoming event or they might feel this way for a number of reasons or an unknown reason. Childline have some great tips and advice for coping with these feelings:

### 5 things that you can try

1. writing or drawing how you feel
2. exercise and sports
3. planning what you do
4. having healthy food and drink
5. take deep breaths.



Childline also have the Calm Zone which has some great calming activities

<https://www.childline.org.uk/toolbox/calm-zone/>

## Child Friendly Safeguarding Policy

All classes have our Child Friendly Safeguarding Policy displayed in their classroom and they are regularly talked about with the children. Have a look at the policy in the safeguarding section of our school website.

## Safeguarding Concern?

Speak to one of our Designated Safeguarding Leads: Andy Purcell or Antonella Greenhalgh

# Top Tips for SETTING BOUNDARIES AROUND GAMING

If your child loves video games, then you'll probably be aware that how long they spend gaming – and what they're actually playing – can occasionally become a source of concern or conflict. The UK's trade body for interactive entertainment, Ukie, has recently launched a campaign to promote safer and more responsible gaming among young people – with parents and carers helping by setting sensible and fair boundaries. Our guide has tips on key areas where you could agree some healthy ground rules for your child's gaming activity.

## PROMOTE SAFER GAME CHOICES

Deciding which online games are OK – and which should be avoided – is tricky. Some titles allow children to cooperate or compete with strangers, which creates potential risks. Watching your child play online for a while could provide more insight into a particular game, while the parental controls on most consoles allow you to limit who can chat to your child or send them friend requests. Remind your child of the hazards around strangers online when you discuss this boundary with them.

## ENCOURAGE REGULAR BREAKS

Help your child understand the need to take regular breaks, playing in shorter bursts rather than marathon sessions. Bear in mind that some games (such as role-playing games) require time investment from the player, while others (online team games, for example) can't be stopped or paused at a moment's notice. A quick break every hour or so is good practice, and you could suggest some things to do in these breaks, such as having a drink of water or getting some fresh air.

## AGREE SPENDING LIMITS

There's no doubt that gaming can be expensive, and younger players often don't realise how much paying for digital items and subscriptions can add up to. Many young gamers love to buy new skins or upgrades for their character, so you could settle on a fixed amount that your child is allowed to spend on in-game items each week or month. This sort of boundary will not only help your child to manage their expectations but will also make you more aware of the price of these items.

## DISCUSS AGE RATINGS

Children often ignore the age ratings on games – or are unaware they even exist. If you're happy with your child playing a particular game even though it's rated above their age, then establish that as a boundary: emphasise that you've made an exception, and talk about what age ratings mean and why they're important. You could add context to this boundary by browsing games boxes together while shopping, discussing why some games might have earned certain age ratings.

## FACTOR IN FRIENDS

If your child is a keen video gamer, the chances are that they'll have other gamers among their social circle, too. When friends visit, do they instantly dash to their console or computer? You could put boundaries in place before their guests arrive by agreeing on a length of gaming time. Bear in mind, though, that they may try to extend this once they're together. Try coming up with activities or challenges for them during screen breaks – if they join in, they earn a little extra time on their game.

## ENJOY GAMING TOGETHER

Setting time aside to play video games together can be an enjoyable bonding exercise. Undeniably, some young gamers may be less enthusiastic about a parent or carer joining in, but it can be a productive way of encouraging them to share their hobby with you. Setting goals or tasks might be useful: if they love Minecraft, choose something to build together; if Fortnite's their favourite, ask to try out some of the fun game modes, like Prop Hunt, which don't require high skill levels.

## TALK ABOUT EMOTIONS

Help your child to monitor their emotions as they play. Discuss what is (and isn't) an acceptable level of competitiveness to show while gaming. Are they allowed to trash talk other players, for example? Can they notice when they get angry if they lose? Do they think these emotions are healthy? Some games can provoke anger, but others can bring joy, humour and the thrill of overcoming a challenge. Try to steer your child towards games that tend to produce these more positive feelings.

## BE PREPARED FOR TROLLS

A frequent problem when gaming online is other players who are deliberately troublesome. Make sure your child knows how to report and block someone who makes their experience a negative one. Between you, decide if or how they should deal with these online trolls. Talk about where your child's boundaries are in terms of what they think is acceptable: what behaviour by other users is merely frustrating, and what crosses the line to become upsetting or abusive.

## Meet Our Expert

Daniel Upcombe is a writer specialising in technology, video gaming, virtual reality and Web3. He has also written 15 guidebooks for children, covering games such as Fortnite, Apex Legends, Valorant, Roblox and Minecraft. With work published by the likes of PC Gamer, Kotaku, Pocket Gamer and VG247, he has reviewed more than 50 games and products over the past year.



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