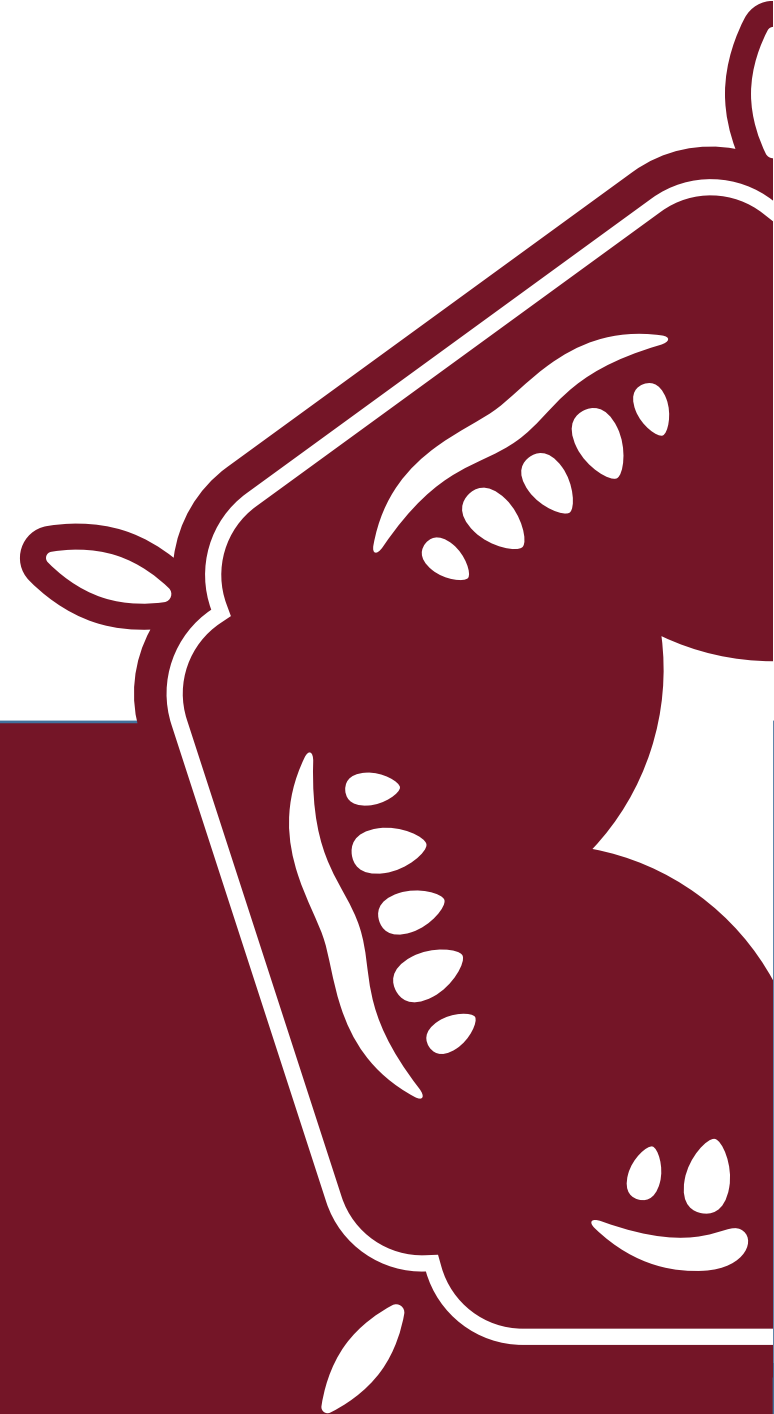




THE
BRITTONS
ACADEMY

Safeguarding Bulletin

February 2024



Healthy Hammers – Holiday Active Fund



FOUNDATION

- The Healthy Hammers HAF programme courses run during the school holidays periods for children eligible for Free School meals, aged between 7-16 years old.
- The activities provide a range of opportunities, participants engage within multiple multisport activities, learn about healthy living, participate in enrichment activities and make new friends.
- One hot meal per day will be provided at each venue.
- For more information or to book on to one of our upcoming courses please contact the Foundation directly - foundation@westhamunited.co.uk

Current Project Delivery Advantage



FOUNDATION

Advantage is a mentoring programme for young people aged 14-21 who have been referred to CAMHS and don't meet threshold or do not want to engage with CAMHS

It focuses on supporting young people with key interventions and assistance in order to help them re-establish aspirations and a sense of connection

Advantage is a partnership between West Ham United Foundation (Barking & Dagenham, Newham, Havering, Tower Hamlets), and East London NHS Foundation Trust and North East London NHS Foundation Trust

Participants receive weekly individual mentoring support from a trained youth worker, who is in turn supported by CAMHS practitioners

For further information please visit Plseghohi@westhamunited.co.uk

Current Project Delivery Jigsaw



FOUNDATION



Premier
League



THE
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ACADEMY

An intensive mentoring programme for young people aged 10-18 who are at risk of becoming involved in criminal activity and anti-social behaviour

The mentoring programme will be outcomes focused and will work with each individual young person to identify their assets and positive attributes and reduce their risk factors, before supporting them to develop their ambitions – and the prosocial self-image and goals that will enable them to achieve these

For further information please contact Arran Johny AJohny@westhamunited.co.uk

Free Football Sessions – Lifeline Projects



SWITCH

FOOTBALL

HAVERING SESSIONS

Fridays 4:00PM - 6:00PM
Starting 2nd February 2024

Ages 11-16

Power League - Romford
King George Playing Fields,
Eastern Avenue W,
Romford, RM7 7AY
FREE Sessions

For more information please contact:
Tarik: 07547242077 TarikNugent@lifelineprojects.co.uk
Michael: 07749507081 MichaelBssada@lifelineprojects.co.uk

Lifeline
Projects

 lifelineswitch   lifelineyouthteam



Safer Internet Day takes place every February

- Together for a better internet – Tuesday 6th February 2024
- The special celebration takes place every February of each year to raise awareness of a safer and better internet for all, and especially for children and young people.
- Resources can be found for parents on www.parentsafe.lgfl.net

Website provides advice on:

- Parent controls
- Sex and relationships
- Top topics
- Talking to children
- Help and reporting



SIX TOP TIPS For Parents To Keep Your Children Safe Online – LGfL DigiSafe



- Children and young people are bound to spend lots more time on devices since Covid. **DON'T FEEL BAD** – lots will be schoolwork or healthy ways of catching up with friends or having fun. There are many ways to keep them safe, healthy and happy.
- Don't worry about screen time; aim for screen quality - Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.
- Check the safety settings are turned on - Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? Internet Matters has hundreds of guides to parental controls.
- Get your children to show you their apps and games - You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for Common Sense Media or NSPCC's NetAware. And why not download the BBC Own It app.

SIX TOP TIPS For Parents To Keep Your Children Safe Online – LGfL DigiSafe



- Don't try to hide news about scary things in the news - If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch Newsround together and talk about how they feel – there is guidance from Childline to help you.
- Remind them of key online safety principles - There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, THAT'S A LIE!
- If you aren't sure, ASK! School may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at reporting.lgfl.net, including ones to tell your children about (they might not want to talk to you in the first instance).
- Follow the links above, visit parentsafe.lgfl.net for much more or follow them on @LGfLDigiSafe on Twitter or Facebook

Online Safety

UK Chief Medical Officers' advice for parents and carers on Children and Young People's screen and social media use

Technology can be a wonderful thing but too much time sitting down or using mobile devices can get in the way of important, healthy activities. Here are some tips for balancing screen use with healthy living.

Sleep matters

Getting enough, good quality sleep is very important. Leave phones outside the bedroom when it is bedtime.



Sharing sensibly

Talk about sharing photos and information online and how photos and words are sometimes manipulated. Parents and carers should never assume that children are happy for their photos to be shared. For everyone – when in doubt, don't upload!



Education matters

Make sure you and your children are aware of, and abide by, their school's policy on screen time.



Keep moving!

Everyone should take a break after a couple of hours sitting or lying down using a screen. It's good to get up and move about a bit. #sittlessmovemore



Safety when out and about

Advise children to put their screens away while crossing the road or doing an activity that needs their full attention.



Talking helps

Talk with children about using screens and what they are watching. A change in behaviour can be a sign they are distressed – make sure they know they can always speak to you or another responsible adult if they feel uncomfortable with screen or social media use.



Family time together

Screen-free meal times are a good idea – you can enjoy face-to-face conversation, with adults giving their full attention to children.



Use helpful phone features

Some devices and platforms have special features – try using these features to keep track of how much time you (and with their permission, your children) spend looking at screens or on social media.



Free Parental Control App - REMINDER

Qustodio, is the Parental Control App available for parents. This allows parents to Filter and Monitor their child's mobile devices, as well as set screen time limits. All parents can have the Free Tier, which allows the monitoring of 2 devices, per adult signed up.

The free basic tier, does come with a 30-day trial of the premium features, there is no obligation to pay, and you don't need to enter any payment details to access the free version.

https://www.qustodio.com/en/30-days-school-special/?utm_source=internal&utm_medium=parentsessionsuk



Drug alert: Vapes containing synthetic cannabinoids (SCRA – Spice)

- Vape pens containing a synthetic cannabinoid often known as Spice have led to people being taken to hospital in London recently. In one incident, five people became seriously ill after vaping from a “Vapresso” branded pen containing blue liquid in a silver and black cartridge. In a separate incident, people became ill after using a vape labelled “Lemonade Vape Cookies” (which may have been sold as THC). Both vapes contained Spice, which can cause serious side effects like breathing problems, heart attacks and seizures. Other symptoms include feeling dizzy, vomiting, heart racing, sweating, anxiety and paranoid. If you’re buying either illegal vapes or ones you think have Cannabis/ THC in them, follow our steps below to stay safe. Although both incidents involved young people, adults are just as likely to suffer ill effects from taking Spice. We don’t know how widespread the issue is (or if the young people involved intended to buy these drugs), but all services should share the information below to stay safe.
- If you have any questions or are worried about anything, you can find your local service and their contact information on our website at www.changegrowlive.org