

March Newsletter

From Oasis Warndon Safeguarding Team



A message from the team...

The Safeguarding Team would like to take this opportunity to thank you all for your hard work and continued support through this uncertain time! We cannot wait to welcome back the children back to the academy on Monday 8th March 2021 . We hope this newsletter will help if you have any concerns about yourself or your family in the meantime.

Mrs Cooke DSL, Mrs Minton Deputy DSL, Mrs Powell Deputy DSL, Miss Spicer Deputy DSL and Mrs Newman Deputy DSL



Internet Safety



Children who attend Oasis have been given the amazing opportunity of having their very own iPad to aid their learning wherever they are. With the roll out of this at Oasis Warndon it is important to highlight the importance of internet safety.

Do's!

Dont's!



Online Working

As children are required to spend more time on devices it's important that they look after their eyes, bodies and mind. Try some of the simple things below.

- Every 10 minutes, look at an object at least 10 metres away for at least 10 seconds
- Take a break of 15+ minutes for every 1.5 hours you spend on your device
- Your screen should be an arm's length, away from your face. Check your lighting is bright enough. Your device shouldn't be brighter than the surroundings
- Lower the colour temperature of your screen. It gives off less blue light, which is linked to eye-strain
- Try to blink every four seconds to keep your eyes wet and happy

Mental Health

Mental health can play a big part in everyone's lives whether they are an adult or a child especially during these uncertain times. In a survey carried out last year it showed that the rate has risen in boys aged 5 to 16 from 11.4% in 2017 to 16.7% in July 2020 and in girls from 10.3% to 15.2% over the same time period. Children can often find it hard to verbalise their feelings and can act differently. Symptoms that can often be spotted are:

- Sadness, or low mood that does not go away
- Irritable or grumpy all the time
- No interest in things that they otherwise enjoyed
- Feeling tired and exhausted a lot of the time
- Changes in weight or appetite
- Lack of concentration
- Not interacting with friends and family



It's normal to feel frustrated, worried or angry about the situation, but it can be hard to know how to communicate in these very emotional or angry moments. This advice aims to support you when your child has angry feelings or outbursts and may help you start a conversation and talk about each other's feelings

Very Angry - Stay calm. Stay safe. walk away if possible and make sure you don't engage with your child until you are both calm. Frustrated -

Reflect what you can see in your child. 'I can see that you're angry/upset' 'I understand that this might be difficult for you.' 'I understand when you did x this made you feel..

Calm – Use this time to explore your concerns and ask questions like “what happened here? How did you feel?” If there has been lots of conflict reassure them and remind them that you still love and care about them.

YoungMinds

YoungMinds offers free confidential online and telephone support to anyone worried about the emotional and mental wellbeing of a child or young person under the age 25. If you are concerned call 0808 802 5544 or email parents@youngminds.org.uk. They also have information and help guides on their website.



MindEd for families

MindEd for families is a branch of MindEd, intended to support parents and those caring for children and young people. MindEd is an online e-portal offering free, simple advice about children and young people's mental health for all adults. Although MindEd is aimed at professionals, parents and carers may also find the information helpful.

Neglect



The Number of recorded child cruelty and neglect offences up by 53% over 3 years. During the first three months of lockdown, police recorded 5,478 child cruelty and neglect offences. With figures rising over the past three years, we want to highlight the risk that children may face during this current lockdown and are asking everyone to play their part in keeping young people safe.



What are the signs?

- Untreated injuries, medical and dental issues
- Repeat accidental injuries caused by lack of supervision
- Reoccurring illnesses or infections
- Faltering weight or growth, and not reaching developmental milestones
- Poor language communication or social skills
- Unwashed clothes and inadequate clothing in general, like not having a winter coat
- Living in an unsuitable home environment– inadequate heating or dirty living environment i.e. dog mess around the house
- Being left along for a long time
- Taking on the role of carer for other family members

Who to contact

If you have any concerns regarding a child who attends Oasis Academy Warndon and feel more comfortable confiding in someone closer to home. Please contact the school office who will be able to assist you in finding the right person on 01905 453530

NSPCC

The NSPCC helpline is staffed by trained professionals who can provide expert advice and support. They are there if you're concerned about a child, if you're a parent or carer looking for advice, or if you're a professional in need of information and guidance. Call 0808 800 5000



Domestic Abuse



The last year has been a challenging year for many, with job losses and the added stress of working from home and lockdowns affecting people's wellbeing and mental health. The news reported 259,324 cases were reported during the last lockdown which saw a rise of 7% from the same time last year domestic abuse has many forms.



The eight different forms of abuse will be highlighted, as domestic abuse isn't just violence - it can be a pattern of controlling, threatening and coercive behaviour, which can also be emotional, economic, psychological or sexual.

It can be committed anywhere, including online, and can sadly involve and seriously affect children.

Here at Oasis we have 3 domestic abuse champions. If you feel more comfortable talking to someone here give the Oasis Hub a call or contact the school office on 01905453530

Who can help me?

ANI (Action Need Immediately)-Pharmacist Initiative

Pharmacies have launched a codeword scheme to offer 'lifeline' to domestic abuse victims. You can go into the pharmacy and ask for ANI this will alert the staff you need help and you will be taken to a side room and given the option to call the police and make a report or any of the other support services available.

National Centre for Domestic Violence – 0800 970 2070

The National Centre for Domestic Violence helps survivors of domestic violence and abuse obtain protection against an abuser. It specialises in providing free, fast and effective support, usually by helping individuals obtain injunctions from their local county court.

Support for Perpetrators – 0808 8024040

Respect Phoneline have advisors on hand that are able to offer you honest advice in a non-judgmental way and help you stop being violent towards your partner.

They will encourage you to reflect on your behaviours. Becoming aware of how you are acting will help you take control of your behaviours

If you hear or see that someone is in immediate danger please do not delay call 999.

Women's Aid– 0800 980 3331

Women's Aid are a specialist domestic abuse service provider, staffed and managed by women, and working with women and children affected by domestic violence, utilising the knowledge and experience gained from over 30 years of service delivery and campaigning. They can offer support, refuge and group support.

Hub

Are you struggling? Would you like some help or guidance closer to home?

The Oasis Warndon Hub is a brilliant resource for any parent or carer of the children at our academy.

Fay and Hannah from the hub are on hand to help in any way possible. They can be contacted through the Facebook page via message, through the school office and press option 3.- 01905 45 3530 . **Hub Mobile Number 07866142137**

They can support in a multitude of ways from helping to advocate for you if needed, speaking to services on your behalf, signposting you to services which may be able to help you further, working with energy providers and providing short term food support if families are in crisis.

Are you willing to help those in need?

If you would like to donate anything to our hub we would be grateful as it really helps us to support families who are struggling in these difficult times.

