



PSA SAFEGUARDING BULLETIN



Welcome to the PSA safeguarding bulletin. These will be sent out regularly with the latest news. It is our collective responsibility to keep your children safe, in and out of school, from any harm. We would encourage you to speak to your children regularly about the items featured in this bulletin. Thank you in advance for your support in promoting these messages.

HELP YOUR CHILD BEAT EXAM STRESS

If your child is stressed with exams, revision can be a form of self-care, because it can make them feel more in control of their exam stress or anxiety, and make them feel better prepared to get the grade that they're hoping for. However, it's important that revision is balanced with other activities, so that their mind doesn't become too over-worked. Here are some tips that can help your child during exam season:

- Work with your child to find what revision style works for them.
- Encourage your child to take revision breaks and find a balance between studying and doing things they find enjoyable and relaxing.
- Make sure they are eating and drinking at regular intervals.
- Encourage them to take some time after revising to wind down.
- Reassure them – reinforce that you are and will be proud of them no matter what.
- Remain positive and hopeful.
- Plan a treat or an activity together to mark the end of the exams.
- Set aside one to one time so that they can talk to you about any worries.
- Let them know their feelings are valid and normal, but also offer support and solutions where possible.
- Work with them to develop relaxation techniques.
- If anxiety and stress start impacting their day-to-day life, seek help from your GP.

WEBINARS BY ANNA FREUD

These webinars are available on demand to support your child's mental health:

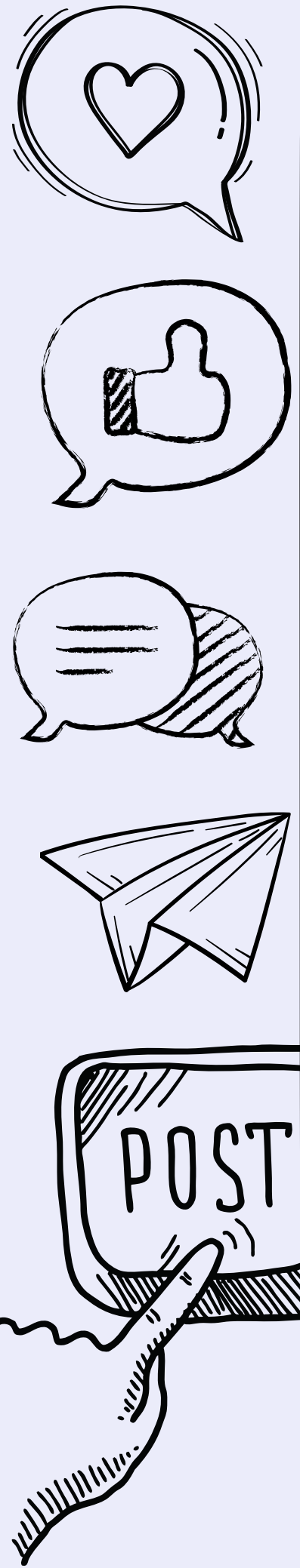
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| • <u>How to manage my low mood</u> (passcode: 8u*8j+NI) | • <u>How to manage peer pressure</u> (passcode: 9H^J\$#k) |
| • <u>How to manage my anxiety</u> (passcode: CWuA+2#2) | • <u>What to do if you struggle with anger</u> |
| • <u>How to manage exam stress</u> (passcode: N7dqw!=C) | • <u>Managing negative thoughts</u> |
| • <u>Transition to university: preparing for endings and new beginnings</u> (passcode: q1#4PE6&) | • <u>Managing ruminating thoughts: when our thoughts don't have an off button</u> |
| | • <u>Getting a good night's sleep</u> |

TALKING TO YOUR CHILD ABOUT SOCIAL MEDIA

The internet offers huge opportunities. From a young age, children have the chance to learn, research, play games, have fun and connect with family who may not live nearby. But it's important to help them to use the online world in a way that's safe and positive for their mental health. That's why it's good to have regular conversations about the internet and social media from a young age. Here are some tips for talking to your child about social media:

- **Lead by example:** Your actions speak louder than words. Show your child how to use the internet responsibly by modeling positive online behavior. Demonstrate how to use it for research, communication with family, and exploring the world.
- **Engage with their world:** While it might seem daunting to keep up with the latest apps and trends, make an effort to understand the platforms your child is using. Ask them to introduce you to their favorite apps and websites, allowing you to learn about their online experiences firsthand. A willingness to engage demonstrates your interest and opens the door for meaningful discussions about both the positives and any concerns you may have.
- **Maintain open communication:** Create an environment where your child feels comfortable discussing their online experiences with you. Reassure them that they can always come to you with questions or concerns, emphasising that you won't overreact but rather value their honesty. Encourage them to share if they encounter anything online that makes them uncomfortable, such as cyberbullying or inappropriate content.
- **Educate on privacy:** Help your child understand the importance of safeguarding personal information online. Teach them to be cautious about sharing sensitive details or photos and to be mindful of their digital footprint.
- **Navigate social media together:** While most social media platforms have age restrictions, many children join them at a younger age. Encourage openness by discussing different platforms and their potential risks and benefits. If your child accepts your friend or follow request, be aware that they may have other accounts they're not sharing. Encourage honesty and transparency in their online interactions.

By engaging in open dialogue and providing guidance, we can help our children navigate the social media landscape responsibly, ensuring a positive and safe online experience for all.



CYBERBULLYING

Cyberbullying is bullying that takes place online. Unlike bullying offline, online bullying can follow the child wherever they go, via social networks, gaming and mobile phone. A person can be bullied online and offline at the same time.

Recognising the signs of cyberbullying is crucial for parents and carers. Look out for indicators such as:

- Belongings getting 'lost' or damaged physical injuries, such as unexplained bruises.
- Being afraid to go to school, being mysteriously 'ill' each morning, or skipping school.
- A change in how they are doing at school, including a dip in grades or not handing homework in.
- Asking for, or stealing, money (to give to whoever's bullying them).
- A change in behaviour, including being nervous, losing confidence, or becoming distressed and withdrawn.
- A change in eating or sleeping habits.
- Bullying others.

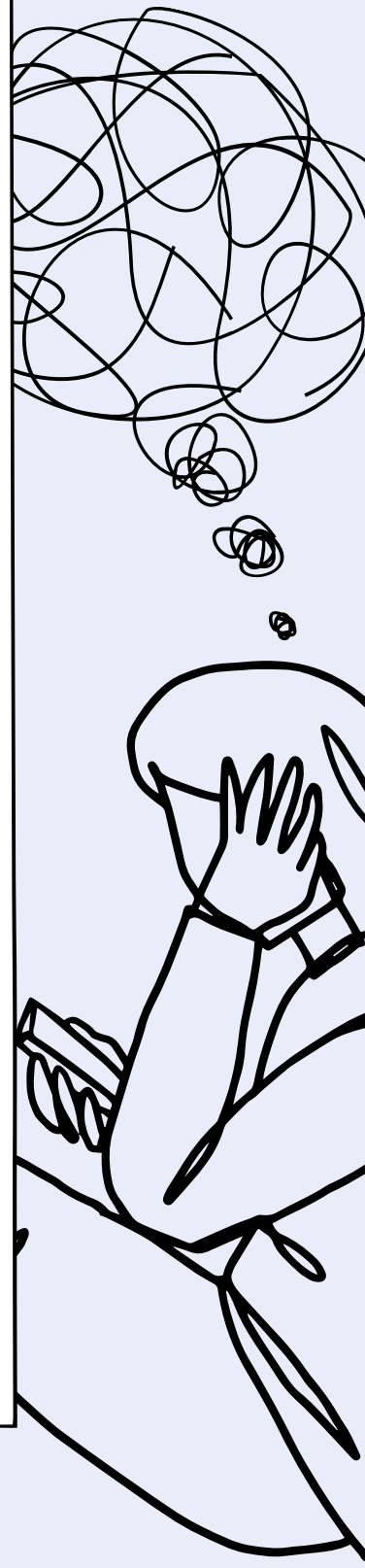
The effects of bullying can last into adulthood. At its worst, bullying has driven children and young people to self-harm and even suicide. Children who are bullied:

- May develop mental health problems like depression and anxiety.
- Have fewer friendships aren't accepted by their peers.
- Are wary and suspicious of others.
- Have problems adjusting to school, and don't do as well.

All children who are affected by bullying can suffer harm – whether they are being bullied, bully others or witness bullying. It's important all children get support if they are being bullied, or if they are displaying bullying behaviours towards others.

There are steps we can all take to keep children and young people safe from bullying. Be available for your child to talk to you about their worries and make sure they know where they can go to for support. That could be yourself, a teacher they trust, or a school counselor.

Remember, addressing cyberbullying requires a collaborative effort between parents, schools, and communities to create a safe and supportive environment for all children.



UPCOMING WORKSHOP WITH AMIT KALLEY

We're pleased to announce that Amit Kalley, co-founder of For Working Parents, is hosting a FREE workshop at Pioneer Secondary Academy on **Wednesday 15 May 2024**: "Talking It Through: Strategies for Open Dialogue and Understanding Your Child"

Available in English and Punjabi, this workshop aims to provide you with valuable insights and strategies that will empower you to support your child. During the session, Amit will share practical tips on how to:

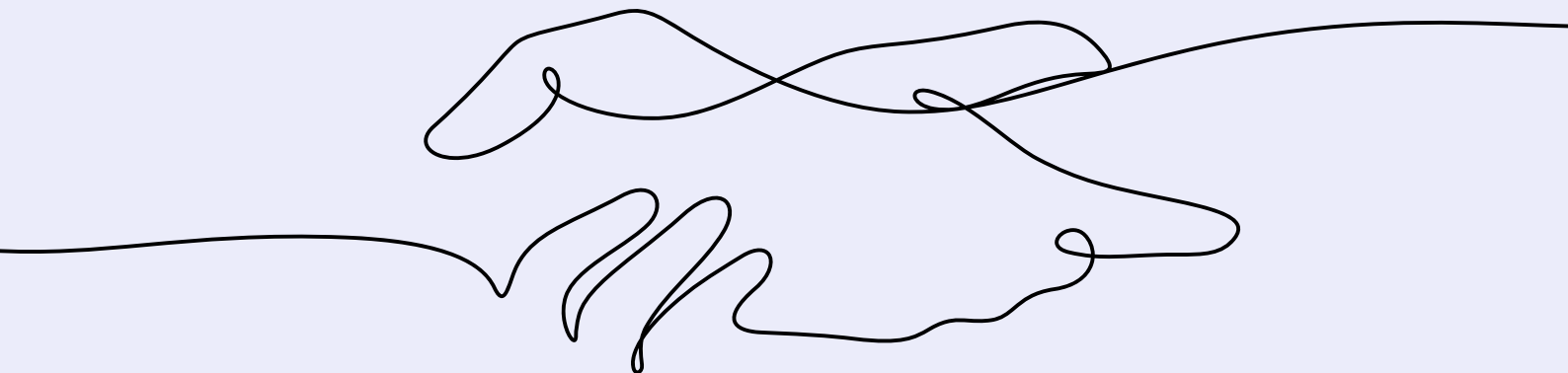
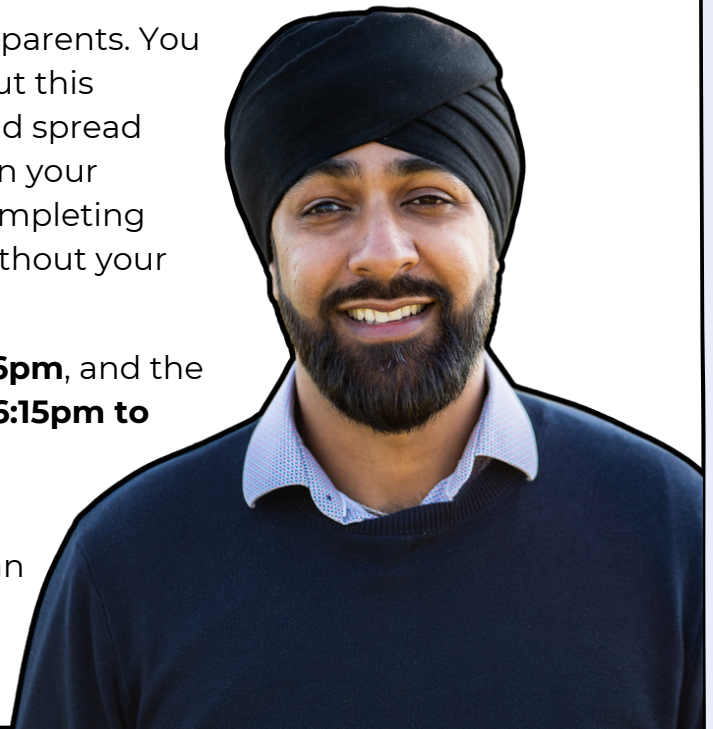
- create an open channel of communication with your child
- have positive open discussions about religion, identity and values within your family
- recognise changes in behaviour
- protect your child at home / online
- build strategies to maintain positive relationships with your child

This workshop is **exclusively** for PSA and KPS parents. You should have received further information about this workshop via email. We urge you to attend and spread the word among other PSA and KPS parents in your social groups. Please register your place by completing this [form](#). If possible, we suggest attending without your child.

The English session takes place from **5pm to 6pm**, and the Punjabi session takes place shortly after from **6:15pm to 7:15pm**.

By working together, we create a safe and supportive environment where all students can thrive.

We look forward to seeing you there!





PSA SAFEGUARDING TEAM

Should you have any concerns / issues regarding safeguarding, you can talk to the following designated safeguarding leads or any other trusted adult in the school.

If you have any concerns please email: safeguarding@psa-bucks.com



Miss Stone [DSL]

SAFEGUARDING LEADS



Mrs Summerell
[Head of Student
Services/DDSL]

EXTENDED SAFEGUARDING TEAM



Mr Field [Yr7]



Ms Harb [Yr8]



Mr Bullen [Yr9]



Mrs Toor [Yr10]



Mr Wilson [Yr11]



Mrs Kaur
[Head of Sikh Ministry]

