



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.



SWIPED: THE SCHOOL THAT BANNED SMARTPHONES

On Wednesday, Matt and Emma Willis presented 'Swiped: The School That Banned Smartphones' on Channel 4.

This two-part documentary shines a light on the impact smartphones have on children's behaviour with a landmark social experiment, where 30 Year 8 pupils from The Stanway School in Colchester were challenged to give up their phones and iPads for 21 days, and are monitored by researchers from the University of York.

To watch these episodes, please follow this link to the [Channel 4 website](#).

SAFEGUARDING AWARENESS FOR PARENTS & CARERS

Safeguarding is about creating safe environments and preventing children from experiencing harm or abuse. Its core mission is comprised of the measures institutions take to protect young people and children. Football is by far the most popular sport in the country, particularly among teenagers and children. England Football's learning faculty has designed a short safeguarding course for parents. The course is designed to help parents make an informed choice about the footballing infrastructure in which children are enrolled. The course explains the vital role of safeguarding within the sporting sphere, and is well worth a look. If interested in this e-seminar, please follow [this link](#).

FOOD BANK

Christmas is often a time of joy and togetherness, but for some, it can also bring added pressures and challenges. If you need help, a food bank can provide an emergency food parcel containing at least three days of meals. For further information, visit the [Trussel Trust website](#).



PRIORITISE MENTAL HEALTH AND WELLBEING

The festive season can be a joyful time, but it can also feel overwhelming. Remember to prioritise mental health and wellbeing: take a break when needed, enjoy a brisk walk, and spend quality time with loved ones. Simple acts of self-care, like staying hydrated or getting enough sleep, can make a big difference.

WHERE TO GO FOR HELP OVER THE HOLIDAYS

If you believe there is an immediate risk of significant harm or if anyone is in immediate danger, always call the police on 999.

Support Services

Police

- Emergency: 999
- Non-Emergency: 101

Childline

- Phone: 0800 1111
- Website: [childline.org.uk](https://www.childline.org.uk)

NSPCC (National Society for the Prevention of Cruelty to Children)

- Phone: 0808 800 5000
- Website: [nspcc.org.uk](https://www.nspcc.org.uk)

Samaritans

- Phone: 116 123
- Website: [samaritans.org](https://www.samaritans.org)

Kooth

- Website: [kooth.com](https://www.kooth.com)

Sikh Helpline

- Phone: 0845 644 0704 or 07999 004 363
- Website: [sikhhelpline.com](https://www.sikhhelpline.com)

Slough

- [Slough Children First](#)

Domestic Abuse Support

- [Get Help and Support](#)

For urgent safeguarding concerns, you can also contact Buckinghamshire Council MASH Team. The quickest way to let the Buckinghamshire Council MASH Team know is by calling:

- 01296 383 962 (9am to 5:30pm Monday to Thursday, 9am to 5pm Friday)
- 0800 999 7677 (before 9am, after 5:30pm, after 5pm on a Friday, or at weekends - Emergency Duty Team)



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. You can also email safeguarding@psa-bucks.com. **This email will be checked periodically over the break.**



Miss Day
DSL



Mrs Summerell
DDSL



Miss Lallian
Safeguarding team

