



# THE WILLOWS

## PRIMARY SCHOOL AND NURSERY

Safeguarding Newsletter

This newsletter is also available on our website - [Willows Primary School](https://www.willowsprimaryschool.co.uk)  
Autumn Term 2023

If you have any concerns about a child in our school please do not hesitate to contact one of the school's Designated Safeguarding Leaders. Our Safeguarding Team are:

**Mrs Wilson Designated Safeguarding Lead**    **Mr Robinson Deputy Designated Safeguarding Lead**  
**Mr Aston Deputy Designated Safeguarding Lead**

If you are concerned that a child or young person is being harmed, neglected or is at risk you should contact Essex Social Care ( Children and Families Hub) on [0345 603 7627](tel:03456037627). Out of hours: (5.30pm - 9.00am Monday - Thursday, 4.30pm-9.00am - Friday and Bank holidays) Telephone: 0345 606 1212 or [email](mailto:essexsocialcare@essex.gov.uk). In an emergency call the Police on 999.

### [Upsetting news and media online](#)

Currently, there is a lot of online news and content that could upset children - such as the conflict in Israel war or the war in Ukraine. Parent Zone have created a new library guide to help parents talk to children about the upsetting content and media they may see online.  
[Parent Zone | At the heart of digital family life](#)

*Are you planning on giving your child a new games console, mobile phone, tablet, or computer game this Christmas? Or do you have friends or family who are? Visit [www.essex.police.uk/sortyoursettings](http://www.essex.police.uk/sortyoursettings) for practical things you can do to help make your child's new device safer when they are online. #StaySafe*

### [New videos for Knife Harm campaign](#)

The Essex Violence and Vulnerability Unit has produced new films about knife harm.

These films are designed to prompt parents to have a conversation with their children about the dangers of carrying a knife.

You can view all these films here: [\(92\) Essex Violence and Vulnerability Unit - YouTube](#)

The Violence and Vulnerability Unit want parents to talk to their children about the dangers of knives, the same way they would talk about the dangers of drugs, not wearing a seatbelt or online safety.

For more information support and advice visit [Home - Essex Violence and Vulnerability Unit Essex Violence and Vulnerability Unit \(VVU\) \(essexvuu.co.uk\)](#)

### [Child Safety Warning about Water Beads](#)

The Competition and Consumer [Protection](#) Commission (CCPC) has issued a warning regarding the use of water beads, a product used increasingly as a toy. Water beads also known as gel beads, sensory beads, and sold under various brand names, are becoming increasingly popular as a toy. These beads are made from super absorbent polymer and can retain hundreds of times their weight in water.

The use of water beads, especially by babies and toddlers poses serious risks. If swallowed, the beads can continue to expand, growing considerably larger than their original size and causing intestinal blockages requiring medical intervention.

More information, and guidance for Parents and caregivers can be found on the [CCPC website](#)

### Useful Telephone Numbers

Citizens Advice Bureau -  
Basildon 03444770808

### National helplines:

- [National Domestic Violence Helpline](#) 0808 200 247
- [Galop - the LGBT+ anti-abuse charity](#) 0800 999 5428
- [Respect](#) 0808 802 4040
- [Men's Advice Line](#) 0808 801 0327
- [Shelter](#) 0800 800 4444
- [NSPCC Helpline](#) 0808 800 5000
- [ChildLine](#) 0800 1111
- [Samaritans](#) 116 123
- [PACE Parents Against Child Exploitation](#)

# Looking After Your **WELLBEING ONLINE**

We all know that taking care of our minds and bodies is essential to keep us feeling happy and healthy. The thing is, we spend so much of our time online these days that it's also important that we remember to look after ourselves in the digital world, too. Our poster has got some simple but useful tips for supporting your wellbeing while you're gaming, on social media or just using the internet.

**TAKE CARE WHAT YOU SHARE**

**CHECK YOUR PRIVACY SETTINGS**

**AVOID COMPARING YOURSELF TO OTHERS**

**TRACK YOUR SCREEN TIME**

**TAKE BREAKS**

**REPORT INAPPROPRIATE CONTENT**

**PAUSE BEFORE YOU POST**

**GO TECH FREE BEFORE BED**

**STAY ACTIVE OFFLINE**

**BE KIND & BE CAREFUL**

**LOOK FOR POSITIVE COMMUNITIES**

**NOS National Online Safety®**  
#WakeUpWednesday

@natonlinesafety /NationalOnlineSafety @nationalonlinesafety @national\_online\_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 17.05.2023

For families who need additional support or early help the [Directory of services](#) contains information about national and local groups.