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Tuesday 7 June 2022

Dear Parent

Safeguarding update

I hope you had a restful half term, and your child/children are excited about a reward packed final summer half term.

This month we will look at the steps to help our children stay safe on WhatsApp and give an update on our new platform on our website called 'MyFamilyCoach'.

Keeping Children Safe on WhatsApp

WhatsApp has become the main communication method on mobile phones across all age ranges. Though most of us use this to keep in contact with each other, there are some potential risks that include:

- Bullying, particularly in group chats
- Seeing content of a sexual nature, or showing violence and hatred
- A new option for messages to disappear after 7 days. This could make it harder to track bullying, and your child might share things they wouldn't otherwise because it will disappear
- Sharing their live location, particularly with people they don't know in person
- Spam or hoax messages
- Being exposed to strangers through group chats

WhatsApp states the minimum age to use it is 16, however, younger children can still access and use it easily. Please read the attached factsheet to help you manage these risks and keep your child/children informed on how to stay safe.

New Caister Police Officer Link

In May I invited our new beat manager PC Chris Martin into Caister Academy. PC Chris Martin has replaced PC Dan Brown and is supporting our Caister Village community. PC Brown has already started to work with us on some of the online platforms that can be an area that result in anonymous bullying and other online safety issues. We look forward to working with PC Martin in educating our young people on a range of issues that affect us locally.

MyFamilyCoach

As you will see from our website, we are now being supported by MyFamilyCoach which offers expert advice for every parenting challenge. I urge you to register with the platform and take advantage of the information, classes and coaches who educate on topics such as:

- Friendship
- Calming down
- Screen time

- Healthy Living
- Bullying
- Relationships
- Mental wellbeing
- At Risk Behaviour

Some of this month's quick reads which take just 4-5 minutes are:

- Helping your teen cope when a pet dies found here: [Helping Your Teen Cope When a Pet Dies - My Family Coach](#),
- How to talk about alcohol: [Keeping Safe: Talking About Alcohol - My Family Coach](#)
- 5 tips to support you in talking about world events: [5 Tips for Talking About World Events With Your Teen - My Family Coach](#)

Finally

Once more I would like to appeal for volunteers to work with me next academic year as a safeguarding parent working party. This would enable you to meet with me and raise issues that your children are facing outside of school. This is a vital strand to their wellbeing which we would like to work together on. Thank you for all responses so far.

If you are interested in being involved in this, please email me at helen.seath@caisteracademy.org.uk with the heading 'parent safeguarding working party'

I look forward to writing to you next month.

Yours faithfully



Helen Seath
Vice Principal

Parent update – Whatsapp