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**CAISTER  
ACADEMY**  
*Creative  
Education  
Trust*

Monday 6 December 2021

Dear Parent

### **December Safeguarding Update**

I hope you are safe and well and surviving the coughs and colds that invariably catch up with us at this time of year. I also hope you found last month's safeguarding update helpful.

### **Screen Time**

This month we will focus on the topic of screen time. As the nights draw in and the temperatures drop, we all spend more time at home. We should all be mindful of how much of this time we spend on devices, and the potential risks that this can bring. To support you in understanding these risks, I enclose a parent guide to your child's screen time and what you can do to keep them safe at home, this includes setting parental controls on their devices and game consoles.

### **Anti-Bullying Week**

On the week commencing 15 November we took part in the national 'Anti-Bullying Week' which is coordinated by the Anti-Bullying Alliance. In the run up to this, all staff received enhanced anti-bullying training, and we have improved the reporting and first response systems to tackle this issue. Assemblies were delivered around this topic for the week, and the theme of the assembly was 'One Kind Word' and educates against hate.

We will be making some exciting changes to our student leadership this year to enable a fleet of Anti-Bullying ambassadors who will be trained as front-line responders to bullying, and a direct communication from our students on their wants and needs on this issue.

### **Social Media**

You may be aware that someone created various social media accounts posing as official Caister Academy members at the start of term. These accounts took videos from our website and added explicit comments, harassing our staff. The police are working with us to address this. I would like to thank the huge number of students and parents that came forward to report and help us investigate the accounts, they were rightly upset that someone had chosen to target our community and supported us in getting them taken down. Though not a nice experience, it is an example of the great strength of our school community, and the good Character we see so often in our students and parents.

### **Harmful Sexual Behaviour Surveys**

As you will be aware from previous letters, we are focussing on the national concern of harmful sexual behaviours amongst students. This month one form group from each year took part in a Creative Education Trust survey to enable us to understand how frequently these behaviours were happening, and how we can continue to tackle this as a school and nationally. Please be reassured that if your child was involved, you will have received a letter enabling you to opt out.

The results of this survey are encouraging in some respects. All categories of harm at the school, are below the trust average in frequency, and in some cases, well below. However, we must continue to educate against this type of peer-on-peer abuse, and ensure we are doing everything we can to stop this happening. I have bullet pointed some of the results below for you to be aware of:

- Students are more likely to make a disclosure of harmful sexual abuse to their parents or carers than anyone else
- Where students are reluctant to make disclosures, the main reason for this is that they don't know what will happen next
- Sexist language and name calling is far too prevalent across all year groups, inside and outside of school.

Regarding the first and second points, my advice on broaching this subject with your child/children, or recognising and responding to abuse if your child makes a disclosure, is to follow the guidance on the NSPCC website that can be found by following this link [Recognising and responding to child abuse and neglect | NSPCC Learning](#).

If you have broached some of these difficult topics with your child/children successfully and are happy to share hints, tips or advice with us as a parent community, please do make contact so that I can start to include these in our monthly update.

### **Coats**

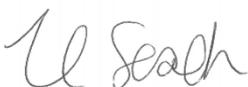
Due to the recent drop in temperature, please check that your child/children are bringing a warm coat to school, we are seeing a few students arriving with no coat which does leave them very cold on arrival.

### **Finally**

As always, please do contact reception and ask for the designated safeguarding lead if you have any issues around your child's safety that you would like to discuss. Please also get in touch if you would like information on a different topic that I have not included in this month's update.

I look forward to celebrating Christmas with our students and staff over the next fortnight and wish you a happy and healthy Christmas and New Year. I will write again in the new year with more safeguarding updates.

Yours faithfully



Helen Seath  
Vice Principal

Attached:

- Parent Guide – Your Child's Screen Time