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**CAISTER  
ACADEMY**  
*Creative  
Education  
Trust*

Monday 9 May 2022

Dear Parent

### **Safeguarding update**

We hope that you and your family are in good health and your child is enjoying the first half of the summer term.

This month we will recap some general advice on keeping children safe online, an introduction to a new platform on our website called 'MyFamilyCoach' and I'd like to share some feedback from our recent Creative Education Trust Safeguarding Audit.

### **Keeping Children Safe Online**

As parents, it's relatively easy to monitor and identify who our children are spending time with, to enable us to keep them safe. However, the online world can result in our children socialising with people that they do not know, and this can pose many risks.

I have enclosed a factsheet with 10 tips to help your child stay safe online, including setting up profiles privately, and reporting. If you don't feel confident starting a conversation with your son or daughter around these issues, there is some great advice on the NSPCC website found at this link <https://www.nspcc.org.uk/keeping-children-safe/online-safety/talking-child-online-safety>

### **MyFamilyCoach**

Creative Education Trust have paired with MyFamilyCoach which is a site that provides excellent advice and guidance to parents and carers on a range of key topics.

We know it's hard to understand children's behaviour and find the best ways to support them as they grow up. If you need support, are looking for advice, or have a parenting question, you'll find everything you need at <https://www.myfamilycoach.com>, or by visiting our website and clicking on the MyFamilyCoach button.

MyFamilyCoach is a free website produced by experts in child behaviour, parenting, and education. They have over 20 years of experience working with schools to understand children's behaviour. Their training is used in 5,000 settings, training over 100,000 individuals each year.

The website is full of resources on popular parenting topics, such as screen time, bullying, and mental wellbeing. They have a wide range of blog posts, podcast episodes, and videos available, along with bookable 1:1 coaching, courses, and classes.

MyFamilyCoach provides support when you need it most. It's simple to sign up and completely free to register.

## **Mental Health linked to exam stress**

At this time of year, we often see an increase in concerns around mental health linked to exam stress. Our upper year students are working incredibly hard preparing for their national examinations over the coming weeks, and as such, it is important that as a community we support their needs. The MyFamilyCoach platform has released a 4-minute session with some helpful tips on supporting your child through this stressful period and can be found here: [www.myfamilycoach.com/support-with-exams/](http://www.myfamilycoach.com/support-with-exams/). There is also a helpful section on supporting your child with tests: [Helping Your Child with School Tests - My Family Coach](#).

## **Norfolk Police Assemblies**

In partnership with the Norfolk Police Safer Schools team, we will be delivering some assemblies to year 7-10 students throughout May. We welcome the police to talk about a range of issues facing our young people and have differentiated the content to meet the needs of each year group. The programme is below so you can see which assemblies your child will be invited to and when:

- Year 7 - Friday 17 June – Internet Safety and Sexting
- Year 8 Thursday 16 June – County Lines and Knife Crime
- Year 9 Wednesday 8 June – Grooming
- Year 10 Wednesday 15 June – Healthy Relationships and Domestic Abuse

## **Creative Education Trust Safeguarding Audit**

Over February and March, the Academy was visited by the Creative Education Trusts Director of Safeguarding, Louis Donald. Louis has extensive experience of safeguarding in schools and has led on this nationally with the Department of Education. Louis has undertaken an audit to check our safeguarding systems and strategies are effective and offer suggestions on what we can do to further improve our practice.

The audit went well, and Louis concluded:

*The academy's safeguarding arrangements were effective on the day of the visit.*

*Safeguarding leaders have maintained a strong culture of safeguarding throughout the school. Staff are vigilant and promptly report any concerns about a pupil, and safeguarding leaders swiftly follow these up.*

*Safeguarding leaders have a clear strategy for responding to and preventing peer-on-peer abuse and harmful sexual behaviours. Staff convey clear messages on sexual harassment, abuse, and violence. All staff have received bespoke training in recognising peer-on-peer abuse. As a result, staff follow the relevant procedures and use these to challenge harmful sexual behaviour when it occurs. Pupils confirmed this to be the case.*

*Detailed child protection records show that staff follow reporting procedures well. Safeguarding leaders respond quickly when concerns are raised. The Deputy DSL, in particular, is steadfast in her determination to make sure vulnerable pupils, and where appropriate their families, get the help they need.*

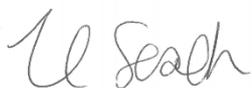
## **Finally**

Next academic year I would like to start a safeguarding parent working party 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.

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

I look forward to writing to you next month.

Yours faithfully

A handwritten signature in cursive script that reads "Helen Seath".

Helen Seath  
Vice Principal

Attached:

- 10 tips to help your child stay safe online Factsheet.