

Term 1 – Academic Year 2023–2024

# SAFEGUARDING INFORMATION

## STAFFING REMINDER

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## WELCOME

Welcome to the first parent information safeguarding newsletter. The aim of these newsletters will be to provide information on safeguarding and where support can be found.

If you are buying new tech for children this guide will help set up apps safely:

<https://nationalcollege.com/guides/setting-up-apps>

In this term we have information about:

- Family group conferences offered by the local authority,
- An app called OurPact which can help parents monitor online activity, screen time etc.
- Sollihul approach to parenting which has been used within Herefordshire and shown great success.
- A few ideas for Christmas and a quiz for all the family to try.

Finally we would like to wish you all a safe, Merry Christmas and a wonderful 2024.



## CONTACTING US



If your child is absent from school you must call or email [attendance@kingstoneacademy.co.uk](mailto:attendance@kingstoneacademy.co.uk) every day of absence



Email is the best way to contact Head of Year, Pastoral leads or form tutors



We will aim to reply to emails within 24 hours

## STUDENT DETAILS

- Don't forget to inform the school if any contact numbers or emails change.
- Keep us updated with any medical changes
- [khsadmin@kingstoneacademy.co.uk](mailto:khsadmin@kingstoneacademy.co.uk)
- Anything you think we need to know regarding your child(ren) please do email us.



# Family Group Conference Service

## Information for family, relatives and friends

A Family Group Conference is a meeting that brings together family and friends, to make plans for a child to be a safe, happy and well cared for.



## Why hold a family group conference (FGC)?

An FGC is an independent meeting organised by an independent coordinator, with the family and friends you want to have there. It is a chance for family members to get together to find a solution to a problem, or plan ways that they can support to make coping easier and make the decision together.

## Who should come to an FGC?

You decide who is invited to the meeting. The best people will be those who are important to your child – your family plus friends who

Family group conferences  
- Family decision-making

Families can find themselves having things to sort out, or be at points in time when decisions need to be made.

Whether it is difficult times, struggling to manage children or needing support with making plans for children, a family group conference can be a useful option.

feel like family. Sometimes family members don't get on; you can discuss any worries or concerns with your FGC coordinator. The focus of the meeting will always be your child's needs. The FGC coordinator will arrange to talk to everyone who will be attending and will help prepare them for the meeting. The FGC will take place at a convenient time for the family and at a place where they feel comfortable, either face to face or via video conferencing.

## At the FGC:-

The family will be given information by the social worker to help them make a plan for the child, including information about what support can be offered to the family. The family will then be left alone and given private time to discuss and come up with their plan for the child. The FGC coordinator will be close by and you can ask for help if you wish. Also if at any time during private family time you feel that it is getting too much for you, you are free to leave or call the FGC coordinator in.

Once you have agreed on a family plan this will be presented to the social worker who will be called back in, to agree the plan and to discuss any support that may be required. The plan should be agreed as long as it is safe for the child.

The family and social worker will agree how and when the plan will be reviewed.

The FGC coordinator will type up the family plan and distribute to those who contributed.



## Contact the FGC team:

**Sarah Morgan (Manager) :**  
01432 383009

**Pippa Wright:**  
(Mon-Weds)  
07792 881406

**Jim Smith:**  
(Weds - Fri)  
07792 881551

**Shona Stanhope:**  
(Mon-Fri)  
07792880530

**Melanie Fitzmaurice:**  
(Mon-Fri)  
07792881770



# OurPact

## Keep Your Kids Safe Online

OurPact's mission is to help you keep your kids safe online. This cross-platform app not only puts you in control of how much time your kids can spend online, but just as importantly, what type of content and apps they can utilize.

From text messages and app blocking, to website filtering and locator abilities, you now have a wide range of online management supervisory tools to keep your children safe not only from intrusive and harmful content, but growing number of online predators who are preying on children on a daily basis.

### Ability to Block



#### App Blocker

OurPact gives parents the ability to block apps, including social media and games.



#### Internet Blocker

Along with blocking apps, OurPact blocks internet browsers like Safari and Chrome.



#### Block Texting

OurPact is the only app of its kind to block texting across iOS and Android devices.

### Power to Customize



#### Schedule Screen Time

Utilize the ability to block internet and apps, by scheduling screen time throughout the day.



#### App Rules

OurPact gives parents the ability to block distracting apps and games, while leaving educational apps for learning.



#### Screen Time Allowance

Set daily screen time limits to ensure healthy device habits.

### Peace of Mind



#### View

Automated periodic, on-demand or gallery views of your children's online activity.



#### Family Locator

Locate family members or devices, set geofences and receive instant alerts.



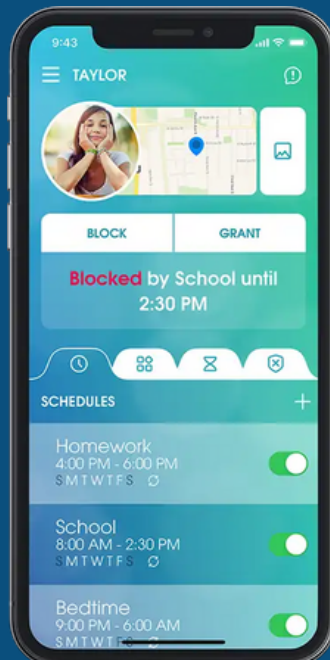
#### Web Filter

Block adult content on iOS device. Complete peace of mind.



#### Manual Block & Grant

Block or grant access to internet and apps on your child's device at any time, from anywhere.



#### Schedule Screen Time

Set and forget! Limit app access automatically for recurring activities like school or bedtime.



# Solihull Approach



[The Solihull Approach](#) is a team of professionals within the NHS, passionate about **preventative mental health**, encouraging **sensitive attuned relationships** within the family and **understanding brain development and early trauma** to help nurture kind, emotionally aware children as they grow. This will lead to better parent-child relationships and happier families. They work across the UK and internationally.

Solihull Approach promotional video:

[All about the Solihull Approach and its training in emotional health and wellbeing for children - YouTube](#)

[Herefordshire.gov.uk](https://www.herefordshire.gov.uk)



There are some excellent online programmes for parents, grandparents, parents to be but also for anyone who wants to find out more about children. There are lots of different ones to choose from. There is an antenatal course, a postnatal course and a course from toddlers to teenagers. One thing all the guides have in common is understanding how important mums, dads and carers are.

These award winning guides aim to support in the most difficult job in the world! We know it works because parents tell us how much more they are enjoying their family life.

Herefordshire Council have paid for a Multi User License to make online parenting courses available for free to all Herefordshire residents.

## Journey to parenthood



The Antenatal: Journey to parenthood resource pack is for professionals working antenatally.

Resource packs can be ordered through:  
[Resource Pack | HelApply Products Store](#)

## The First Five Years



This includes the Solihull Approach model and has a comprehensive set of handouts for parents on various issues in the first five years: sleeping, weaning, toileting, playing, emotional and physical development.

## The School Years



This includes brain development, the Solihull Approach model, applying the model to school aged children (including adolescents), information on issues such as depression, phobias, eating disorders etc.

## Fostering, Adoption and Social Work



This includes the Solihull Approach model, brain development and off age development. This pack is for professionals who work with children, families and carers who are involved in fostering and adoption.

### Online courses include:

- Understanding your pregnancy, labour, birth and baby
- Understanding your baby
- Understanding your child (from toddler to teenager)
- Understanding your child with additional needs
- Understanding your teenager's brain
- Understanding the impact of the pandemic on your teenager
- Understanding your brain (for teenagers only)
- Understanding your feelings (for teenagers only)
- Understanding your child's feelings
- Understanding your child's mental health and wellbeing
- Understanding the impact of the pandemic on your child
- Understanding your relationships
- Understanding your preterm or sick baby in hospital
- Understanding your preterm or sick baby now you're home

### How to sign up to the free parenting courses

Go to [www.inourplace.co.uk](https://www.inourplace.co.uk) and use the free access code APPLEHERE to sign up.

Once registered they have lifetime access and can do as many courses as they want.

A certificate can be downloaded upon completing each course.

All courses are fully funded by Herefordshire Council and are free to Herefordshire residents.

Parents can also sign up to the main course 'Understanding your child' with other parents in a group through the Children Centre Services. This is a 10 week group session.



# Christmas advice

Family time during Christmas is a wonderful opportunity to create lasting memories and strengthen your bonds. Here are some pieces of advice to make the most of your family time during the holiday season

## **Plan Ahead:**

Discuss and plan activities as a family. Consider everyone's preferences and create a schedule that accommodates different interests.

## **Set Realistic Expectations:**

Understand that not everything will go perfectly, and that's okay. Be flexible and open to changes in your plans.

## **Include Everyone:**

Ensure that each family member feels included and valued. Consider everyone's preferences when planning activities and meals.

## **Traditions:**

Embrace and create traditions. Whether it's decorating the tree together, baking cakes, or watching a holiday movie, family traditions create a sense of continuity and joy.

## **Disconnect from Technology:**

Encourage everyone to put away electronic devices during specific family times. This helps foster genuine connections and conversations.

## **Create a Cozy Atmosphere:**

Decorate your home in a way that feels warm and inviting. Light candles, play soft music, and consider creating a cozy corner with blankets and pillows.

## **Cook and Bake Together:**

Involve the whole family in preparing holiday meals and treats. It's a fun way to bond and share the joy of creating something together.

## **Share Stories and Memories:**

Take the time to share stories and reminisce about past holidays. This can be a heart warming and entertaining way to connect across generations.

## **Mindful Gift Giving:**

Focus on meaningful and thoughtful gifts rather than extravagant ones. The sentiment behind the gift often means more than its monetary value.

## **Be Mindful of Stress:**

Christmas can be a busy time, so be mindful of stress levels. Encourage open communication, and don't hesitate to ask for help or delegate tasks.

## **Capture the Moments:**

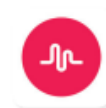
Take photos and videos to capture the special moments. These memories can be cherished for years to come.

Remember that the most important aspect of family time during Christmas is the shared joy and connection. Enjoy each other's company and make the most of this festive season!

# Quiz Time

Working as a family how many questions can you get right about online safety?

1. How many of these app and game related logos can you identify?



2. How old do you have to be to use these sites and games?

- A. Facebook
- B. Instagram
- C. Snapchat
- D. Roblox
- E. WhatsApp



3. What should you think about before posting something online?

- A. Is everyone else in the photo or post happy for it to be on the internet?
- B. Does the post have any personal information that I don't want everyone knowing?
- C. Would I be happy for this to be on the front page of a newspaper?
- D. Does it break any of the rules of the site that I'm posting on?
- E. Could it upset or offend someone who sees it?
- F. All of the above

