WOW

Working On Wellbeing

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LETS TALK..INTERNET SAFETY

The internet can offer huge opportunities. From a young age, children have the chance to research, learn, play games, have fun and connect with family/friends who may not be nearby. However, it is important that adults help children to use the internet is a safe and responsible way that has a positive effect on their mental health.

It is good to have regular conversations with young people about the internet and social media from a young age.

- **Talk about personal information;** Talk to your child about what is uploaded online, stays online. Everything can be screenshotted and saved. Also discuss that if your privacy settings are not set up properly, then anyone can see your personal information.
- **Discuss different social media platforms;** Discuss that all social media has privacy settings and show them how to use this. Talk about what information should and shouldn't be shared on social media.

Top tips for talking to young people about online safety;

- **Lead by example;** Show children/young people how the internet can be used in a positive and healthy way. Be honest (in an age appropriate way) about your experiences online, whether positive or negative.
- **Ask your child about the apps/websites they use;** Ask your child to show you what apps they are using and how they use these so you can understand how they work. This will help you to discuss the positives and negatives and share if you have concerns.
- **Reassurance;** Often when children/young people come across inappropriate/upsetting content it may not be because they have gone looking for it, it may be that others have sent them it. Reassure your child that they can always talk to you about this.

Gaming..
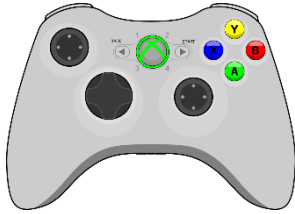
If your child likes gaming, it is really important to check the age rating on the games they are playing. If your child asks for a game but you feel it is extremely violent or too old for them, use your judgment if you don't feel it is appropriate.

When used within healthy boundaries gaming can be a positive experience and provide fun, a way to unwind and connect with friends. However, for some young people gaming can have a negative effect.

When this happens, it may be that a young person may feel less in control of what they are doing and may start to game more and more which stops them from doing other important things that they once enjoyed. When this happens, young people may need a bit more support from adults on how to set healthy limits with gaming.

Online safety myths

- **Parental controls are the best way to monitor a child/young person's online activities** ❌ - It takes more than parental controls to keep children/young people safe. Raising children to be responsible and respectful online and also encouraging open dialogue between parents/carers and young people is a good way to keep them safe.

- **The internet is anonymous** ❌ - Whatever you post on the internet is not anonymous, there is always a way of tracking it back to who posted it. Think before you post.

Cyberbullying

If your child is receiving nasty messages or people are posting unwanted things about them, something should be done about this.

- **Encourage your child to talk to you;** Even if it seems like a small thing, talking it through can really help a young person to know what to do next.

- **Make sure they understand how to block/report:** ensure your child or young person knows how to block and report the people/accounts that are involved. Also ensure young people know how to change/limit their privacy settings.

- **Help them to understand their responsibility on social media:** Talking to children/young people about their responsibility of what they share/post on social media. Encourage young people to think about what they post and how it may affect others, no matter whether they know these people or not.

WELLBEING NEWS!!!

Children's mental health week took place from the 5th-11th of February, our students were very busy discussing in tutor time why their feelings and emotions matter. Some of them even made posters to show how important it is to talk about our emotions!

Safer internet day also took place in February, the 6th. Again, students took part in conversations during tutor time about how to stay safe online. They did a quiz about online safety and also some games to help them put what they had learnt into practice!

Our brilliant school nurse also came in to school this term to lead sessions on Hygiene and the benefit of hand washing- students really enjoyed using the light box!

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If you or your child need support in school for anything please contact the below members of staff

Form Tutors (Anlaby):

7A-Mr Fredrick	10A-Ms Oliveira
7B-Mr Ward/Mr Belcher	10B-Mrs Brittain
8A-Miss Sykes	10C-Mr Stanley
8B-Mr Tranmer	10D-Miss Hamlett
8C-Mrs Ryan	11A-Mr Branston
9A-Mr Hagger	11B- Mr Hall
9B-Mr Price	11C- Ms Macnamara
9C-Mr O'Neil	
9D-Miss Houghton	

Student Support Team:

Miss McNeil-KS3 Pastoral coordinator

Miss Hales- KS4 Pastoral coordinator

Mr Lawson-HLTA Behaviour& Engagement KS3

Mr Matthews-HLTA Behaviour& Engagement KS4

Miss Haywood-HLTA (Welton)

Miss Bird- Emotional Wellbeing Lead (Anlaby)

Mrs Rainforth- Emotional Wellbeing Lead (Welton)

Senior Leadership Team:

Paul Grimes-Executive Headteacher

Genevra Austin-Interim Headteacher

Mr Rollo-Assistant Headteacher

Miss Howard- Director of Learning (SEND)

Mr Badman-Director of Learning (Welton)

Mrs Asvadi-Director of Learning (Welton)

Form tutors (Welton);

SS1-Miss Ashenden /Miss Davies

SS2-Mr M Walker/Mrs Revell

SS3-Mr Derrick/Mrs Stewart

SS4-Miss Anderton/Mrs Gregory