



Term 2, Issue 9

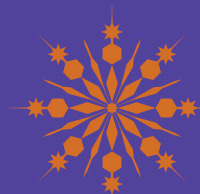


December 2022

Dear Parents and Carers,

Welcome to the second Safeguarding Update newsletter of the year. This newsletter focuses on Anti-bullying Week 2022, sexual harassment in schools and keeping yourself safe during the holidays. If you come across any useful safeguarding resources or information that you think the school community would benefit from seeing, please let us know via the school office.

Best wishes  
Patricia Rowland,  
Lead DSL, Assistant Headteacher Inclusion



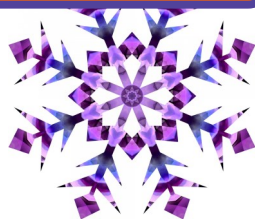
## Anti-Bullying Week 2022

The theme of anti-bullying week this year was "Reach Out" to others who might be victims of bullying or even the perpetrators. The children of Ark Castledown enjoyed wearing odd socks on Monday 14 November to show that it's ok to be different and to celebrate differences; they also had an assembly about anti-bullying and the different types of bullying that young people can experience; emotional, physical and psychological. The KS1 children were invited to design an odd pair of socks and the children in Key Stage 2 were challenged to design an anti-bullying poster. The winners will be revealed before the end of term.



Key issues that came from the week, included these tips for preventing bullying – all provided by the children:

- Always tell your teacher if you are feeling sad about something
- Don't let other children hurt you – tell an adult in school
- If you see someone being hurt by others – tell someone
- Name calling is not ok – that's bullying – tell someone
- Nothing is ever so bad that you can't sort it out
- If you have any concerns around bullying, please contact your class teacher in the first instance and the Inclusion Team, led by Mrs Davis



## Sexual Harassment in Schools

We may have mentioned this before, but it is important to raise again following on from the OFSTED investigation into sexual harassment in schools and colleges. After speaking to over 900 pupils of all ages, the review revealed how prevalent sexual harassment and online sexual abuse are for children and young people. The report said that for some children, incidents are so commonplace that they see no point in reporting them. Girls told OFSTED that sexual harassment and online sexual abuse, such as being sent unsolicited explicit sexual material and being pressured to send nude pictures ('nudes'), are much more prevalent than adults realise. For example, nearly 90% of girls, and nearly 50% of boys, said being sent explicit pictures or videos of things they did not want to see happens a lot or sometimes to them or their peers.

**Ofsted**  
raising standards  
improving lives

Research and analysis

### Review of sexual abuse in schools and colleges

Published 10 June 2021



## So, what is sexual harassment?

Sexual harassment in general is any unwanted sexual attention that can cause physical, emotional, mental, psychological or economic harm to the victim. It can happen both online or offline.



## Does this happen in primary schools?

Boys and girls mix in every social environment, at every age and many children will never experience sexism, harassment or abuse based on gender. It is important that we teach all children (both boys and girls), of all ages, what is acceptable interaction and what is not, and then what they must do if any unwanted attention happens to them. The OFSTED report recommended that school leaders should create a culture where sexual harassment and online sexual abuse are not tolerated, and where they identify issues and intervene early to better protect children and young people.



## What do we do at Ark Castledown?

At Ark Castledown we encourage children to be open about their experiences so that they know it is always safe to disclose concerns to a trusted adult. We aim to create an environment that teaches boys and girls how to behave respectfully towards each other, and how to respect personal and physical boundaries. Through our RSHE lessons, we ensure the children develop an age-appropriate awareness of this theme, including understanding how to show respect to themselves and others. If children understand their own bodies, the terminology to use and why certain words are not appropriate, they will speak more knowledgeably and respectfully to each other.

Please don't let your children accept harassment in any form.





## Have you heard about Kiddle?

Child friendly search engines help us to ensure that children are using the internet in a safe way. Kiddle.co is a visual search engine for children powered by Google which offers a safe web, image and video search. You can access it here [www.kiddle.co](http://www.kiddle.co) We need to be aware that those who wish children harm will find their way round the safeguards included in these search engines, so while these search engines may make searching safer for children, they are not a replacement for online safety filters. UK Safer Internet Centre provides excellent independent advice on setting up internet filters at home:

<https://www.saferinternet.org.uk/>



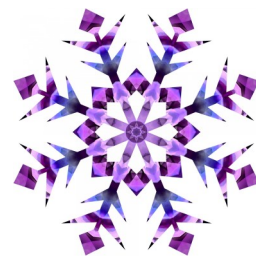
## Are all your personal details up to date?

If you change your home phone, email, or mobile number, please let the school know, so that we have the most up-to-date contact details.

## Keeping your children and families safe over the holiday season

Staying safe over the festive period is a concern for every family and digital safeguarding is an important part of keeping children and young people protected. Gifts such as tablets, gaming consoles or smartphones can all be used to go online so it is important to think ahead about what safety features are available and set them up in advance.

[The Safer Internet Centre](#) also has some excellent advice in their Parents' Guide to Technology and includes device-specific settings for different models. Explore more about parental controls [here](#). Families may want to think about setting up a Family Agreement as suggested by [Childnet International](#).





## Support During the Holidays

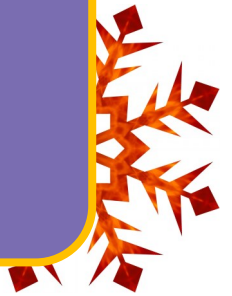
Should you need any support or advice over the Christmas break, here are some useful contacts.

### ChildLine

When you call on **0800 1111** you'll get through to a counsellor, they're there to listen and support you with anything you'd like to talk about.

### East Sussex Police

101 – non-emergency  
999 – emergency situation



### Domestic Abuse

[https://www.changegrowlive.org/  
domestic-abuse-service-east-sussex/  
info](https://www.changegrowlive.org/domestic-abuse-service-east-sussex/info)

### Children's Social Care

Single Point of Advice (SPoA) Mon-Thurs 8.30am-5.00pm and Fri 8.30am-4.30pm.

**Phone:** 01323 464222

**Email:** [0-19.SPOA@eastsussex.gov.uk](mailto:0-19.SPOA@eastsussex.gov.uk)

Out of Hours Social Care Service - Children's services:  
01273 335905/6

Out of Hours Social Care Service Adult services: 01323  
636399

Child Protection Plans: 01323 466606

### Citizens Advice

This service gives people the knowledge and confidence they need to find their way forward – whoever they are and whatever the problem. Here you can gain advice on debt and money, benefits, housing, law and immigration.

Phone 0800 144 8848

See the website below for a full list of other agencies that you might find useful out of term time:

<https://www.eastsussexchildren.nhs.uk/about/support-services-in-east-sussex/>



**citizens  
advice**

# Keeping You Safe at Ark Castledown