

River Bank Primary School

Family Support Team Newsletter

Spring 1, February 2024

River Bank Family Support Team

Mrs Becki Greenacre- Designated Safeguarding Lead & Family Worker

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Dear Mums, Dads and Carers,

Welcome to the first Family Support Team Newsletter. As we come to the end of the first half term of 2024, we would like to remind you that at River Bank Primary School, safeguarding and promoting the welfare of children is everyone's responsibility and our top priority. Everyone who comes into contact with the children and families in our community have a role to play.

Everything we do has the children at the centre. Their safety, their achievements, their happiness underpins every decision we make. Safeguarding encompasses a wide range of areas, and at River Bank we ensure that all staff are well trained in all aspects of safeguarding and this training is regularly updated and frequently revisited throughout the school year. We also ensure that our curriculum provides the children with age-appropriate opportunities to learn how to keep themselves healthy and safe.

With this in mind we will be sending out half termly newsletters informing you of any safeguarding updates as well as useful information to support you and your families throughout the school year.

Mrs B Greenacre (Designated Safeguarding Lead)





Children's Mental Health Week 5-11 February.

We were extremely lucky to have CHUMS come into school and talk with the children and their emotions and feelings. Children and staff also participated in 'Shine bright, wear bright' last Friday to raise funds to support CHUMS and the services they provide. These include; Family Support, Bereavement, Emotional Wellbeing, Young Careers and Friendship Schemes. If you feel that your child, or family may benefit from their services please get in touch as school can support referring.

Family Wellbeing.

Looking after our mental health is not something we should just do if we are struggling, or feeling low, anxious or stressed. It's actually something we should think about all the time and really invest in, just like with our physical health. Staying on top of our mental wellbeing is good for us now but also helps us deal manage difficult times in the future. Over time, it can also reduce our risk of physical health problems. There are lots of things we can do to look after our mental health and wellbeing every day. Make a start with 7 top tips from the NHS "Every Mind Matters" website at <https://www.nhs.uk/every-mind-matters/mental-wellbeing-tips/top-tips-to-improve-your-mental-wellbeing/>

This website includes short video clips to support you with (amongst other things) mindful breathing, healthy living, how to improve your sleep health and how to reframe negative thoughts.

Get outdoors to improve your wellbeing!

There is lots of fun to be had in the parks, woodlands and countryside around us.

Why not:

- Build a den. Take along some old blankets or tarpaulins, some string and some pegs.
- Go wildlife spotting. Take a camera, or download a spotters' guide from the internet.
- Take part in a scavenger hunt.
- Choose a theme such as signs of spring, colours or textures.
- Be inspired to create some woodland art using only what you find around you.





Online Safety

Children should feel safe at all times, this includes when they are online. Staying safe in the virtual world is regularly discussed in class, and the children took part in Internet Safety lessons this term.

The links below take you to a number of resources for parents to support in keeping children safe in the online world.

- <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>
- <https://www.internetmatters.org/>

Attached are some helpful guides when using mobile devices.

Wishing you a wonderful safe half term.

How to Set up PARENTAL CONTROLS for APPS Android Phone

On Android phones, restricting access to particular apps usually requires going onto Google Play. From there, it's fairly easy to navigate your way through the settings to manage the parental controls and authentications relating to any apps on the device. These features can prevent your child from downloading or buying anything unsuitable for their age. Updated versions of apps or games that your child has already installed may occasionally contain something inappropriate, so we've explained how to stop those, too.



How to Block App Downloads (This Also Disables In-app Purchases):

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Scroll down to the Family section and tap Parental controls
- 5 Toggle 'Parental controls are off' to 'Parental controls are on'
- 6 Create a PIN and tap OK
- 7 Confirm your PIN and tap OK again
- 8 Tap Apps & Games
- 9 Set the age limit you wish to set **18+**
- 10 Tap Save to apply your changes

How to Stop Auto-updates

- 1 Open Google Play Store
- 2 Tap the profile icon in the top right
- 3 Tap Settings
- 4 Tap Auto-Update Apps
- 5 Select 'Don't auto-update apps' and then tap Done

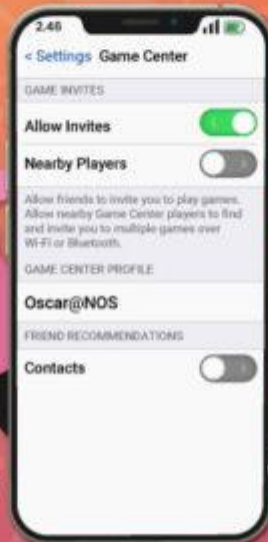
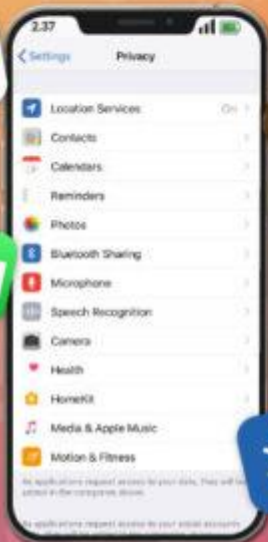
Restricting Apps Through Google Family Link

- 1 Open Google Play Family Link for parents
- 2 Tap the three horizontal lines in the top left
- 3 Select your child's account
- 4 Tap Manage
- 5 Tap Controls on Google Play
- 6 Tap Apps & Games
- 7 Select the age limit you wish to set **18+**



How to Set up PARENTAL CONTROLS for APPS iPhone

Apple devices come with built-in apps already available: Mail, FaceTime and Safari, for example. However, you can choose which apps and features appear on your child's device and which ones don't. You can also manipulate the features in Game Centre to enhance your child's safety and privacy when playing games, as well as blocking iTunes or App Store purchases if you wish.



How to Restrict Built-in Apps/Features

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Allowed Apps (you may need to toggle this to 'on' at the top)
- 5 Enable or disable the apps you wish to appear (or disappear) on your child's device

How to Restrict Game Centre

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap Content Restrictions (you may need to switch the toggle at the top to the 'on' position)
- 5 Scroll down to Game Centre
- 6 Choose between Allow, Don't Allow, or Allow with Friends Only in the settings for each feature

How to Restrict iTunes & App Store Purchases

- 1 Open Settings
- 2 Tap Screen Time
- 3 Tap Content & Privacy Restrictions
- 4 Tap iTunes & App Store Purchases
- 5 Select Allow or Don't Allow for each feature (you can also lock these settings with a password)