



Safe At Summerhill

At Summerhill School we are committed to Safeguarding our children and young people as well as promoting positive well-being for all.

This Safeguarding newsletter, aims to help staff, parents and students alike to be aware of the safeguarding and mental health issues, giving you useful links and resources to use if you have concerns. If you have concerns or ideas for future topics please do not hesitate to contact us on the main school number 01384 816165 or via email on studentssupport@summerhill.dudley.sch.uk

A Parent's Guide to Keeping Kids Healthy This School Term

With winter now in full swing, the New Year is a prime opportunity for parents to familiarise themselves with some of the common illnesses that could disrupt children's studies or even cause more serious illness in coming weeks.

This covers some of the seasonal illnesses that tend to peak during winter, as well as steps you can take now and throughout the coming term to help protect your family. Explore available vaccinations, how to recognise symptoms of common illnesses, and how to make informed decisions on whether a sick student is well enough to attend school. Please read this link to find out more information on [teaching good hygiene habits, knowing when to keep your child at home and how to spot the signs. \[A parent's guide to keeping kids healthy this school term - UK Health Security Agency \\(blog.gov.uk\\)\]\(#\)](#)

MMR catch-up clinic

An MMR vaccine catch-up clinic is taking place this Saturday for 12 – 16-year-olds who aren't fully vaccinated. Parents and carers are urged to book their children's appointment. Due to an increase in measles cases across the West Midlands, pop-up vaccination clinics have been set up in the Black Country to help ensure children aged 12 to 16 (Years 8 to 12) are up to date with their measles, mumps and rubella (MMR) jab. Measles is a highly infectious disease which can lead to serious complications such as severe lung infections and inflammation of the brain. It also damages and suppresses the whole immune system, meaning children can be left much more susceptible to catching other illnesses. A series of pop-up clinics offering the MMR vaccine are taking place across the Black Country for 12-to-16-year-olds who haven't yet had two doses – please see this link [MMR vaccine catch-up clinics for children :: Black Country ICB](#)

Snapchat now lets parents restrict their teens from using the apps "My AI chatbot"

Snapchat is introducing new parental controls that will allow parents to restrict their teens from interacting with the app's AI chatbot. The changes will also allow parents to view their teens' privacy settings, and get easier access to Family Center, which is the app's dedicated place for parental controls. Parents can now restrict My AI, Snapchat's AI-powered chatbot, from responding to chats from their teen. The new parental control comes as Snapchat launched My AI nearly a year ago and faced criticism for doing so without appropriate age-gating features, as the chatbot was found to be chatting to minors about topics like covering up the smell of weed and setting the mood for sex. If you would like to read more please follow this link [Snapchat now lets parents restrict their teens from using the app's 'My AI' chatbot \(yahoo.com\)](#)



Mrs Sprouting
Designated
Safeguarding
Lead



Mr Randle
Deputy
Safeguarding
Lead



Ms Gordon
Deputy
Safeguarding
Lead



Mr Quirke
Deputy
Safeguarding
Lead



Mr Cresswell
Deputy
Safeguarding
Lead

Top Tips for...

MANAGING SCREEN TIME

According to the latest stats, people aged between 8 and 17 spend four hours on digital devices during an average day. Obviously, a new year is ideal for fresh starts and renewed efforts – so lots of families are trying to cut down their combined screen time right now, creating more moments to connect with each other and relying less on gadgets to have fun. Our top tips on reducing screen time are for everyone, so you can get your whole family involved in turning over a new leaf this year!

BUY MILK

GET OUT AND ABOUT

If the weather's decent, spend some time in the garden or go for a walk. Even a stroll to the local shop would do: the main thing is getting some fresh air and a break from your screen.

TRY A TIMED TRIAL

When you're taking a screen break to do a different activity or a chore, turn it into a game by setting yourself a timer. Can you complete your task before the alarm goes off?

GO DIGITAL DETOX

Challenge yourself and your family to take time off from screens, finding other things to do. You could start off with half a day, then build up to a full day or even an entire weekend.

LEAD BY EXAMPLE

Let your family see you successfully managing your own screen time. You'll be showing them the way, and it might stop some of those grumbles when you do want to go online.

AGREE TECH-FREE ZONES

Nominate some spots at home where devices aren't allowed. Anywhere your family gathers together, like at the table or in the living room, could become a 'no phone zone'.

HOLD A SCREEN TIME AMNESTY

As a family, agree specific windows when it's OK to use devices. This should help everyone to balance time on phones or gaming with enjoying quality moments together.

BE MINDFUL OF TIME

Stay aware of how long you've been on your device for. Controlling how much time you spend in potentially stressful areas of the Internet – like social media platforms – can also boost your wellbeing.

'PARK' PHONES OVERNIGHT

Set up an overnight charging station for everyone's devices – preferably away from bedrooms. That means less temptation for late-night scrolling.

SWITCH ON DND

Research shows that micro-distractions like message alerts and push notifications can chip away at our concentration levels. Put devices on 'do not disturb' until you're less busy.

TAKE A FAMILY TECH BREAK

Set aside certain times when the whole family puts their gadgets away and enjoys an activity together: playing a board game, going for a walk or just having a chat.

SOCIALISE WITHOUT SCREENS

When you're with friends, try not to automatically involve phones, TVs or other tech. Having company can be loads more fun if your attention isn't being split.

WIND DOWN PROPERLY

Try staying off phones, consoles, tablets and so on just before you go to sleep. Reading or just getting comfy in bed for a while can give you a much more restful night.

Meet Our Expert

Minds Ahead design and deliver the UK's only specialist postgraduate mental health qualifications. They also provide training and support to education organisations and local authorities – empowering school leaders and staff with the knowledge and tools to shape their settings into inclusive communities where the mental health of pupils and personnel is prioritised.



DEVICE BOX

The National College



National Online Safety

#WakeUpWednesday

