



Bredon Hill Academy

Safeguarding and Wellbeing Newsletter



Safeguarding Our Children Together

Autumn
Term 2022

Welcome to the first Bredon Hill Academy Safeguarding and Wellbeing Newsletter of the academic year. The aim of this newsletter is to share with you any recent news items that might be relevant to keeping your child safe, share information to keep you informed and to highlight concerns that have been raised.

Online Safety Evening for Parents/Carers

Thank you to those parents/carers who gave up their time to attend the recent online safety information evening.

Mrs Dunkley shared experiences surrounding social media usage, legal age limits, worrying or concerning apps and tricks and hacks our young people use to try and get around any restrictions you might put in place.

It was lovely to see so many of you sharing your own experiences with other parents/carers and gaining reassurance that you're not alone.

Some of you also shared your advice/tips/recommendations. Please see below:

- The IMO Dash 4G is a great phone that is just a phone. Texts and calls only. Brilliant if you want that reassurance that your child is safe in the real and online world.
- Google Family Link- A parental control app that allows you to control phone usage.
- 'No Phones Upstairs' rule is something a lot of you recommend. This is a great way to ensure your child is safe and also restricts night time usage.
- Qustodio- another parental control app that you have to subscribe too. This app comes highly recommended by many and is worth the money.



Designated Safeguarding Lead: Mrs K Dunkley

Deputy Designated Safeguarding Leads: Miss D West, Mr S Timpson & Mrs J Miles-Kingston

The Big Blue Box!



Last year, we introduced 'The Big Blue Box' to pupils at Bredon Hill Academy.

The Big Blue box is located in the main corridor on the ground floor, and is for pupils who wish to reach out for some support or for someone to talk to.

The box is checked daily and anyone who places a note inside the box will be contacted by a member of our pastoral team.

If pupils wish to talk to someone, all they need to do is place a card in the box with their name and form on, and we will meet up with them as soon as we can.

Vaping- A New Trend Amongst Young People

Vaping is an increasing trend amongst young people which is often promoted on social media platforms such as TikTok.

Young people are being targeted by the companies that make and sell 'vapes' and we have noticed its popularity is on the rise. Many young people report seeing vapes strewn on the floor and the temptation to try vaping can often be too much.

What Is Vaping?

Vaping is the inhaling of a vapor created by an electronic cigarette (e-cigarette) or other vaping device.

How Does Vaping Work?

E-cigarettes (or "vape pens") heat a liquid until it becomes a vapor, which is inhaled. The liquid (e-liquid or "vape juice") can contain nicotine or marijuana distillate or oil. E-cigarettes can be refillable or pre-filled with cartridges containing the e-liquid. The pre-filled e-cigarettes (called "Puff Bars") are designed for one-time use. After taking a certain number of "puffs," the user throws the device away.

What Are the Health Effects of Vaping?

The health risks of vaping include:

- addiction: E-cigarettes contain nicotine, a drug that's highly addictive. You don't have to vape every day to get addicted.
- anxiety and depression: Nicotine makes anxiety and depression worse. It also affects memory, concentration, self-control, and attention, especially in developing brains.
- becoming a smoker: People who vape are more likely to start smoking regular (tobacco) cigarettes and may be more likely to develop other addictions in the future.
- sleep problems
- exposure to cancer-causing chemicals
- chronic bronchitis
- lung damage that can be life-threatening

Information taken from: <https://kidshealth.org/en/teens/e-cigarettes.html?scrybrkr=61385f2d>

Date for your Diary

On Tuesday 29th November 2022 6pm-7pm we will be holding a Relationship and Sex Education Information Evening for Parents. More information to follow.

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Keeping safe through PSHE lessons at BHA-Year 8

Next half term, we will be trialling a new unit of work with Year 8 pupils called Keeping Safe. Pupils will be learning about fraud, including identity fraud and data protection. Lesson plans and resources have been sourced from Cifas, the UK's leading fraud prevention service.

There will also be the opportunity for pupils to learn about Keeping Safe Online through managing risk. Pupils will learn how young people and their relationships are portrayed through the media, including the increased sexualisation of media content, and the impact this can have on expectations and stereotypes relating to gender and relationships. They will also explore how young people can keep themselves, and their personal information safe while online, particularly when developing relationships through social media.

Our Keeping Safe Unit also allows Year 8 pupils to explore the concerns raised by sexual harassment and harmful sexual behaviours. It empowers young people with ways to manage, resist or challenge these behaviours, including seeking help.

Pupils are taught by Mrs Matthews who has been trained in delivery of such content.

In addition to the above, pupils will be learning about County Lines using Trevelyan Middle School's pioneering film about County Lines Child Criminal Exploitation. This is a gripping and emotive film that tells the story of a boy's recruitment into a County Lines drug operation - and the impact it has on all around him. The film is designed to engage young people and parents in this highly topical issue that can affect ANY type of child in ANY type of area. A guide for parents/carers can be found here:

<https://drive.google.com/file/d/1kemneeVyTR5C9xqRTmQtEyaZyEtv2BUu/view>

The film is also available for parents to view on YouTube here:

<https://www.youtube.com/watch?v=zFcl6T6-cTs>

BHA's Pupil Acceptable Usage Agreement

This term, pupils were asked to read and sign our school's AUA (Acceptable Usage Agreement). This important document is there to protect our school community against unsafe behaviour whilst using technology. Please ensure your son/daughter has read and understood this agreement.

REMINDER: Part of this agreement is that pupils agree to keep their phones switched off when in school - not in 'Airplane Mode' or on 'Do Not Disturb'. For some pupils the temptation to use their phone when it is switched on is too great, and can lead to unsafe or risk-taking behaviour. In line with our school policy phones found to be on in school will be confiscated and parents/carers will be asked to come and collect the device.

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