

Safeguarding Newsletter Autumn Term 1

Our topic in this newsletter is going to be '**Online Safety**'. This Autumn term newsletter aims to provide parents/carers some advice and guidance on how to keep your young people safe on the internet and when using devices and social media. It also includes information on activities over the October half term.

Online Safety

NSPCC have teamed up with 'ambitious about autism'. They have come up with a guide for parents of young people with SEND and how to discuss and implement online safety. Click the following link for more information:

[Online safety for children with SEND | NSPCC](#)

Activities to do with your child

We have worked with Ambitious about Autism and parents and carers who have children with Special Educational Needs or Disabilities (SEND) to create activities to help talk about online safety.

- [Sharing personal details](#)
- [Friendships online](#)
- [One-page profile](#)
- [Cyberbullying for children with SEND visual article](#)
- [Talking to people online for children with SEND visual article](#)

Information produced in partnership with [Ambitious about Autism](#), with the support of O2 during their online safety partnership with us.

What Parents & Carers Need to Know about GROUP CHATS

WHAT ARE THE RISKS?

BULLYING

Unkind comments or images which are purposely aimed at an individual can be shared freely in a group chat – allowing and often encouraging others to join in the bullying behaviour. If this content is shared in a group of their peers (especially a larger group), it serves to amplify the hurt, embarrassment, anxiety and isolation that the victim feels.

EXCLUSION AND ISOLATION

This common issue with group chats can happen in several ways: starting a new group, for instance, but deliberately excluding a certain child. Likewise, the chat may take place on an app which one child doesn't have access to, meaning they can't be involved. A child can also feel isolated when a group chat is used to discuss or share images from an event that everyone else but them attended.

INAPPROPRIATE CONTENT

Some discussions in group chats may include inappropriate words, swearing and unsuitable images or videos. These could be viewed by your child if they are part of that group, whether they actively engage in it or not. Some chat apps have a disappearing message function, so your child may be unable to report something they've seen because it can only be viewed once or for a short time.

SHARING GROUP CONTENT

It's important to remember that – while the content of the chat is private between those in the group – individual users can easily share a message, photo or video with others outside of the group or screenshot what's been posted. The risk of something your child intended as private becoming public (and potentially going viral) is higher if there are people they don't know well in the group.

UNKNOWN MEMBERS

Within larger group chats, it's more likely your child will be communicating with people they don't really know. These strangers may be friends of the host, but not necessarily friendly toward your child. It's wise for young people not to share personal details and stay aware that they have no control over the messages and images they share after they've put them online.

NOTIFICATIONS AND FOMO

A drawback of large group chats is the sheer number of notifications. Every time someone in the group messages, your child's device will be 'pinged' with an alert; potentially, this could mean hundreds of notifications a day. Not only is this highly distracting, but young people's fear of missing out on the latest conversation results in increased screen time as they try to keep up with the chat.

Advice for Parents & Carers

CONSIDER OTHERS' FEELINGS

Group chats are often an arena for young people to gain social status. This could cause them to do or say things on impulse, which could upset others in the group. Encourage your child to consider how other people might feel if they engaged in this behaviour. If your child does upset a member of their group chat, support them to reach out, show empathy and apologise for their mistake.

PRACTISE SAFE SHARING

In any online communication, it's vital for young people to be aware of what they're sharing and who might potentially see it. Discuss the importance of not revealing identifiable details like their address, their school or photos that they wouldn't like to be seen widely. Remind them that once something is shared in a group, they lose control of where it may end up and how it might be used.

GIVE SUPPORT, NOT JUDGEMENT

Remind your child that they can confide in you if they feel bullied or excluded in a group chat, instead of responding to the person who's upset them. Validate their hurt feelings and help to put them back in control by discussing how they'd like to handle the situation. On a related note, you could also empower your child to speak up if they're in a chat where others are being picked on.

AVOID INVITING STRANGERS

Sadly, many individuals online hide their true identity to gain a child's trust – for example, to gather information on them, to exchange inappropriate content or to coax them into doing things they aren't comfortable with. Ensure your child understands why they shouldn't add people they don't know to a group chat – and, especially, to never accept a group chat invitation from a stranger.

BLOCK, REPORT AND LEAVE

If your child is in a chat where inappropriate content is being shared, advise them to block the users sending the material, report them to the host app or platform and exit the group. If any of this content could be putting a minor at risk, contact the police. Emphasise to your child that it's OK for them to simply leave any group chat that they don't feel comfortable being a part of.

SILENCE NOTIFICATIONS

Having a phone or tablet bombarded with notifications from a group chat can be a massive irritation and distraction – especially if it's happening late in the evening. Explain to your child that they can still be part of the group chat, but that it would be healthier for them to turn off or mute the notifications and catch up with the conversation at a time which better suits them.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



National Online Safety®

#WakeUpWednesday

What Parents & Carers Need to Know about

WHATSAPP

AGE RESTRICTION
16+

In UK and Europe:
rest of the world 13+

...MSG ME...

WHAT ARE THE RISKS?

With more than two billion active users exchanging texts, photos, videos and documents, as well as making voice and video calls, WhatsApp is the world's most popular messaging service. Its end-to-end encryption only allows messages to be viewed by the sender and any recipients: not even WhatsApp itself can read them. This privacy issue has been in the spotlight recently, as the UK's Online Safety Bill proposes to end such encryption on private messaging; WhatsApp is unwilling to do so and has reportedly considered withdrawing its service in the UK should this legislation go ahead.

EVOLVING SCAMS

WhatsApp's popularity makes it a lucrative hunting ground for scammers. Recent examples include posing as the target's child, requesting a money transfer because of a spurious 'emergency'. Plus a scam where fraudsters trigger a verification message by attempting to log in to your account, then (posing as WhatsApp) call or text to ask you to repeat the code back to them, giving them access.

CONTACT FROM STRANGERS

To start a chat, someone only needs the mobile number of the WhatsApp user that they want to message. If your child has ever given their number out to someone they don't know, that person could then contact them via WhatsApp. It's also possible that your child might be added to a group chat (by one of their friends, for example) containing other people that they don't know.

FAKE NEWS

WhatsApp's connectivity and ease of use allows news to be shared rapidly – whether it's true or not. To combat the spread of misinformation, messages forwarded more than five times on the app now display a "Forwarded many times" label and a double arrow icon. This makes users aware that the message they've just received is far from an original... and might not be entirely factual, either.

ONLINE

'VIEW ONCE' CONTENT

The facility to send images or messages that can only be viewed once has led to some WhatsApp users sharing inappropriate images or abusive texts, knowing that the recipient can't re-open them later to use as evidence of misconduct. People used to be able to screenshot this 'disappearing' content – but a recently added WhatsApp feature now blocks this, citing increased privacy.

CHAT LOCK

Another new option allows users to store certain messages or chats in a separate 'locked chats' folder, saved behind a passcode, fingerprint or face ID authentication. The risk here is that this function creates the potential for young people to hide conversations and content that they suspect their parents wouldn't approve of (such as age-inappropriate material).

VISIBLE LOCATION

WhatsApp's 'live location' feature lets users share their current whereabouts, which can be helpful for friends meeting up or parents checking that their child's safely on the way home, for example. However, anyone in your child's contacts list or in a mutual group chat can also track their location – potentially letting strangers identify a child's home address or journeys that they make regularly.

Advice for Parents & Carers ...TYPING...

EMPHASISE CAUTION

Encourage your child to treat unexpected messages with caution: get them to consider, for example, whether the message sounds like something a friend or relative would really send them. Make sure they know never to share personal details over WhatsApp, and to be wary of clicking on any links in messages. Setting up two-step verification adds a further layer of protection to their WhatsApp account.

ADJUST THE SETTINGS

It's wise to change your child's WhatsApp settings (go to 'Privacy', then 'Groups') to specify which of their contacts can add them to group chats without needing approval: you can give permission to 'My Contacts' or 'My Contacts Except...'. Additionally, if your child needs to use 'live location', emphasise that they should enable this function for only as long as they need – and then turn it off.

THINKING BEFORE SHARING

Help your child to understand why it's important to stop and think before posting or forwarding something on WhatsApp. It's easy – and all too common – for content to then be shared more widely (even publicly on social media). Encourage your child to consider how an ill-judged message might damage their reputation or upset a friend who sent something to them in confidence.

CHAT ABOUT PRIVACY

Some parents like to check in with their child about how they're using WhatsApp, explaining that it will help to keep them safe. If you spot a 'Locked Chats' folder, you might want to talk about the sort of chats that are in there, who they're with and why your child wants to keep them hidden. Also, if your child has sent any 'view once' content, you could discuss their reasons for using this feature.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



...HEY OSCAR...

NOS National Online Safety®

#WakeUpWednesday

Source: <https://blog.whatsapp.com/an-open-letter> | <https://faq.whatsapp.com/107200889582332> | https://faq.whatsapp.com/101006898189245/helpref=he_ino | <https://www.whatsapp.com/security> | <https://blog.whatsapp.com/chat-lock-making-your-most-intimate-conversations-even-more-private> | <https://www.aura.com/learn/whatsapp-scams>



@natonlinesafety



/NationalOnlineSafety



@nationalonlinesafety



@national_online_safety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.09.2023

The National college has created an app for parents and carers. The app is packed with hundreds of insightful guides and will keep you informed about the latest online crazes – and hazards. There is also a free online safety parents' course, compiled by experts and presented by online safety ambassador Myleene Klass. The National College app is free to download now from Google Play and the App Store.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on our new app, which we believe trusted adults will find useful. Please visit www.nationalonlinesafety.com for further guides, hints and tips for adults.

10 Ways You Can Get the Most out of OUR NEW APP

Lockdown has sent children's screen time soaring again. And making sure that young people stay safe online can be tough when there are new apps, games and sites every day. To help, we've launched an app of our own. Packed with hundreds of insightful guides, it'll keep you informed about the latest online crazes – and hazards. There's also a free online safety parents' course, compiled by experts and presented by online safety ambassador Myleene Klass. The National Online Safety app is available to download now from Google Play and the App Store. And here's our list of the top 10 ways you can get the most out of it.

- 1. CONNECT THROUGH YOUR PHONE**
Access online safety advice from any smartphone, granting you vital knowledge at the touch of a screen.
- 2. GET ONLINE SAFETY ADVICE INSTANTLY**
Our award-winning resources are available 24/7, giving you essential information whenever – and wherever – you need it.
- 3. STAY UP TO DATE, ALL THE TIME**
Notifications are sent straight to your device as soon as new content's available. So you'll always be up to date with the latest tips and guidance to ensure your children are safe online.
- 4. FIND WHAT YOU NEED STRAIGHT AWAY**
Concerns about CoD? Issues around Insta? Our user-friendly, 'Netflix-style' interface and powerful search function let you find the content you need – as soon as you need it.
- 5. PERSONALISE YOUR CONTENT**
Highlight and store the resources that are most relevant to you, so you can find them easily as soon as you need them. Stop trawling and start learning.
- 6. HAVE YOUR SAY**
Our innovative weekly vote feature tackles your specific concerns by letting you help to decide which subjects we cover in the future.
- 7. PUT EXPERTISE IN YOUR HANDS**
Our resources are developed by respected authorities in education, technology and online safety. The digital world won't stop evolving – but our app gives you expert help.
- 8. KICK OFF THE CONVERSATION**
Our app's content will give you loads of ideas and pointers on how to help your children to start thinking about online safety – and understanding the potential risks out there.
- 9. FIND OUT ABOUT ONLINE RISKS**
We've got hundreds of free guides addressing a range of topics and online risks. Know your TikTok from your Triller and your FIFA from your Fortnite.
- 10. GO TO THE TOP OF THE KLAS**
Watch our insightful FREE parents' courses on online safety. They span kids' age groups from 4 to 18, and they're presented by online safety ambassador Myleene Klass.

NOS National Online Safety®
#WakeUpWednesday

www.nationalonlinesafety.com Twitter – @natonlinesafety Facebook – /NationalOnlineSafety Instagram – @nationalonlinesafety

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 25.11.2020

October Half Term Support

With the upcoming school holiday it is important to know where to access support that is outside of school. Below are some details to support you and your family during the school break. This includes places to access mental health support, eating out for low cost and other activities at low cost to entertain everyone this half term in the local community.



PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE OCTOBER HALF TERM 2023

moneysavingcentral.co.uk/kids-eat-free



MORRISONS

Spend £4.49 and get one free kids meal all day, every day.

M&S CAFES

Spend £5 & get one free kid's meal Mon - Fri during the Oct Half term (various dates)

SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

TRAVELODGE & PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase any adult meal (Via App)

PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

YO! SUSHI

From Monday 16th October - Friday 27th 2023 kids eat free with every £10 adult spend

GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

BILLS

2 kids eat FREE Monday - Friday from Monday 23rd October - Friday 3rd November 2023

BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

IKEA

Kids get a meal from 95p daily from 11am

HUNGRY HORSE

Kids eat for £1 on Mondays

FUTURE INNS

Under 5s eat for free with any adult meal.

WELLBEING CAFÉ

A DROP-IN SERVICE FOR 11-18 YEAR OLDS

If you find yourself needing support, we're here to listen and help in your time of need.

Book an appointment by calling the number provided or drop in during our opening times.

OPEN



Espresso Yourself Café

- Support and Advice
- Wellbeing Activities
- Peer Support
- Parent Support is Available
- Also Available Remotely

Saturday's 10am - 2pm
Service Six, 15 Sassoon Mews,
Wellingborough, NN8 3LT
01933 277520

Service Six
Changing Lives - Creating Futures

NHS Northamptonshire Healthcare
YOUTH WORKS
the lowdown
Time 2 TALK
CHAT Youth Counselling

YOUNG PERSON'S EMOTIONAL WELL-BEING DROP-IN

EVERY TUESDAY 4-8PM
CORBY MIND, 18 ARGYLL ST
CORBY, NN17 1RU

EVERY THURSDAY 4-8PM
KEYSTONE, 97 ROCKINGHAM RD+
KETTERING, NN16 9HX
01536 518339

IN A BIT OF A CRISIS?
WE'RE HERE TO HELP.
JUST COME ALONG

SEXUAL HEALTH
ADVICE AND
SUPPORT ALSO
AVAILABLE

Need relationship advice? Having trouble at school? Contraception support? Come talk to us for free and confidential support and advice.

YOUTH WORKS
COUNSELLING & SUPPORT



THE SHACK FOOD PROJECT

The Shack is a non-profit food bank and community help service. It is also a second-hand baby and children shop providing clothes, toys and essentials for families at very low cost. Find the Shack at 10 Lower Street, Kettering.

Kettering
Food bank

Kettering Food bank offer one of donations to any family struggling financially to provide food for their families- they are based at 1 horse market, Kettering or call [07709 741353](tel:07709741353) to get some support.

Half Term Activities



YOU'RE INVITED TO

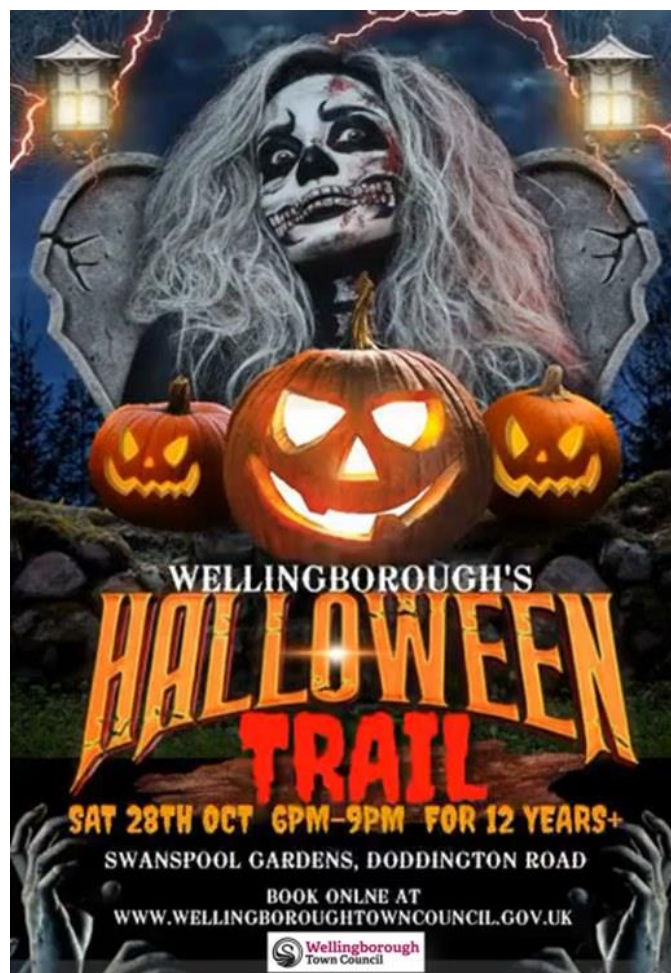
HALLOWEEN PARTY

SEN Friendly Disco
Spooktacular games
Tuck Shop
Mocktails

£5 per ticket
Hot lunch included
(chicken nuggets/hot dogs/chips)

OCTOBER
SATURDAY | **28** | 1PM - 3PM
2023

The Lawyer and The Nurse
The Yards, Kettering, NN16 0AH




WELLINGBOROUGH'S

HALLOWEEN TRAIL

SAT 28TH OCT 6PM-9PM FOR 12 YEARS+

SWANSPOOL GARDENS, DODDINGTON ROAD

BOOK ONLINE AT
WWW.WELLINGBOROUGHTOWNCOUNCIL.GOV.UK

 Wellingborough Town Council



RUSHDEN, HIGHAM & WELLINGBOROUGH RAILWAY
FRIDAY 27TH & SATURDAY 28TH OCTOBER

REFRESHMENTS AVAILABLE

HALLOWEEN GHOST TRAIN

RIDE THE GHOST TRAIN IF YOU DARE!

TRAIN TIMES
4PM, 4.45PM, 5.30PM, 6.15PM, 7PM, 7.45PM

TICKET PRICE: ADULTS - £5, CHILDREN - £2.50

BOOK ONLINE AT WWW.TICKETSOURCE.CO.UK/RHTS

RUSHDEN STATION, STATION APPROACH, RUSHDEN, NN10 0AW

WWW.RHTS.CO.UK ADMINISTRATOR@RHTS.CO.UK [RUSHDENRAILWAYSTATION](https://www.facebook.com/rushdenrailwaystation)



Corby & District
Model Railway Society

Halloween Party!

Ghost Train Rides.
Refreshments.
And much more??

Come along and see us if you dare!

Gates open at 6pm

THURSDAY
26th October 2023

SATURDAY
28th October 2023

TUESDAY
31st October 2023

CDMRS Headquarters,
Quarry Close, (off)
Kelvin Grove,
Corby.
Northants.
NN17 1AZ

The safeguarding team at Kettering Science Academy.

Mrs Alex Merry - Designated Safeguarding Lead

Alexandra.Merry@ketteringscienceacademy.org

Dr Diane Elleman- Deputy Safeguarding Lead

Diane.Elleman@ketteringscienceacademy.org

Mrs Liz Weller- Deputy Safeguarding Lead

Elizabeth.Weller@ketteringscienceacademy.org

Miss Beth Corby- Deputy Safeguarding Lead

beth.corby@ketteringscienceacademy.org

Miss Kate Strudwick - Deputy Safeguarding Lead

kate.strudwick@ketteringscienceacademy.org

Miss Chloe Johnson– Deputy Safeguarding Lead

chloe.johnson@ketteringscienceacademy.org

Call the Academy on 01536 532700.