

Welcome to the fifth edition of the Rivermead Inclusive Trust Safeguarding Newsletter for Parents and Carers.

Your Contribution is Vital: The involvement of parents and carers is essential in safeguarding, and we remain committed to fostering open dialogue and working together to establish a secure and supportive environment for our children.

Reminder!

Contact details – always keep us up to date! It is vitally important that we have the correct contact details for every parent/carer.

If you change your phone number, email or move house, please let the school office know.

We also need at least two emergency contacts for your child.

Emergency Contact Numbers

Childline (24 hours u18s) 08001111

NSPCC 08008005000

Shout (Immediate help) – Text 85258

Kidscape (Bullying & How to Cope) 02077303300

Young Minds (Emotional support)
0800 8025544

Papyrus (Young suicide prevention) 08000884141

Medway Children's Services - 01634334466 or
Out of Hours 03000 419 191



Met Police warn of 'dangerous new threat' of spiking using vapes laced with spice - Fresh warning issued at event about tackling spiking as 900,000 across UK were victims last year

Vapes laced with spice are being used to spike people in what police have labelled a "very dangerous new threat".

The Metropolitan Police issued a fresh warning over the devices at an event about tackling spiking this month as reports increased by 13 per cent in 2023, with the number of allegations made reaching 1,383.

As vapes surge in popularity, the force revealed it is increasingly common across devices that contain chemicals other than nicotine, including THC, the psychoactive found in cannabis, and spice, the street name for the class of drugs known as synthetic cannabinoids.

The latter are substances made in labs designed to mimic the effects of cannabis, which can cause chest pains, seizures, extreme anxiety and suicidal thoughts.

DOXXING

What is doxxing?

Doxxing means someone on the internet has posted private information about someone else for the world to see. This information is personally identifiable and therefore sensitive. As such, someone can use it to figure out who someone really is, where they live and how to contact them. Being doxxed is a form of **cyberbullying**. The information can be the victim's real name, home address, phone number, email address, photos or other personal information.

Is doxxing illegal?

The term dox or doxxing is not named as illegal. However, if someone doxxes another person, they might break other laws.

For instance, the Protection from Harassment Act (1997) makes it illegal to harass someone else. Other laws that could be broken exist in the Communications Act of 2003 and the Malicious Communications Act of 1988. Law enforcement may act on these specific laws but not necessarily doxxing itself.

How to prevent it

One of the best things you can do to prevent a doxxing attack is to talk to your child about it.

Teach them what doxxing is and how it can harm them. These conversations help them know not to tell anyone their real name, share pictures of themselves online or tell anyone about which school they go to or what grade they're in.

- Make sure they use a **strong password** and have a different one for every social media or gaming account
- Help them come up with a fake name to use on the internet and in an email address
- Make sure to hide all personal information on your child's social media or gaming accounts
- Social media apps, such as **Snapchat**, use location services to find out where users connect from. Make sure to turn off location services in the device's settings to prevent a doxxer from tracking your child's location

What to do if someone targets your child

If the worst happens and someone shares your child's true name, address or more, there are things you can do:

- Take a screenshot or otherwise record the doxxing post
- Contact the website or app's customer service agents to see if they can remove the post
- Delete your child's social media and gaming accounts to protect them where absolutely necessary
- If you think your child is in immediate danger, call the police to find out how they can help
- If you think a law has been broken, call law enforcement to help.

Actions if your child targets someone else

Sometimes children don't understand the consequences of their actions. As such, they may not understand that putting their friend or other person's personal information online puts them at risk. Talk to your child about the dangers of doxxing, not only for their own safety but for the safety of their friends. If you find out your child has doxxed someone else, go onto their online account and take the post down immediately to protect the safety of whoever it is they doxxed.

Online safety information for parents and carers

Online safety is an important part of keeping children safe at school.

All of our pupils are taught how to be safe and behave appropriately online, but we can only be successful in keeping children safe online if we work together.

It's important that as adults, we take an active interest in our children's online lives and show a willingness to engage in the digital world with them.

If you believe a child is in immediate danger, always contact 999 for police assistance.



Think U Know: www.thinkuknow.co.uk

The National Crime Agency Child Exploitation and Online Protection Command (NCA-CEOP) have a website which is suitable for children aged 5-16 and has a section just for parents/carers with advice and information.



NSPCC: www.nspcc.org.uk/onlinesafety

The NSPCC have produced resources for parents. Their website covers excellent advice for parents about issues such as online grooming, nude image sharing and cyberbullying, as well as specific advice for children with special educational needs and disabilities.

Childline: www.childline.org.uk



The Childline website has a wide range of information and advice on both online and offline safety for children. There is information about online gaming, grooming, and the Zipit App which helps children feel empowered when confronted with inappropriate chat online. They also provide a helpline for children to get advice over the phone: 0800 1111

UK Safer Internet Centre: www.saferinternet.org.uk



UK Safer Internet Centre provides a wide variety of advice and guidance to help you discuss online safety with your children. There are useful checklists for privacy settings on social networks and suggestions to consider before buying devices for your children.

Childnet: www.childnet.com



Childnet has resources, including videos and storybooks, to help you discuss online safety with your children. It includes advices on setting up parental controls, cyberbullying and setting up a family agreement for safer internet use.

Internet Matters: www.internetmatters.org

Internet Matters bring you all the information you need to keep your children safe online. It has a tool which guides you through how to set up parental controls on all the different devices in your home to protect your children.



**Kent
Police**

**THE EDUCATION
PEOPLE**

GOLDen rules for parents and carers

Ground advice

- Discuss and agree as a family how the internet will be used in your home. Let your children tell you what they think is and isn't acceptable for them to do online, such as not being nasty to people, keeping personal information private and speaking to an adult when they are worried. Then add your own rules such as how long they can spend online and when and where webcams can be used.
- You might find it helpful to write these 'ground rules' down as a visual reminder.
- Make sure your child understands that their actions and behaviours online can have offline consequences.
- Remember these are whole family rules, so consider your own use of the internet and think about how much information you are sharing on your social networks about your children and who can see it, such as school photos.
- Agree on what will happen if they don't follow your family rules.

Online safety

- Make sure you apply parental controls to all internet enabled devices in your household, including tablets, phones and games consoles. They can restrict access to inappropriate content and can help you manage how much time your child spends online.
- Make sure your child understands the parental controls are in place to protect them, not restrict them; some children will actively work around parental controls if they feel constrained without knowing why.
- Set up filters on internet search engines to limit the likelihood of your children accidentally coming across inappropriate content when searching online.
- Be aware that internet history can be hidden and deleted, so talk to your children and supervise their online use appropriately.
- Remember filters and parental controls are not 100% effective so you cannot rely on them alone to protect your children. It is important your children understand they should tell you straight away if they see something inappropriate or upsetting online.

Listen

- Take an active interest in your child's online life and talk openly with them about the things they do. Talk to you child about which websites and apps they like to use and why; engage in their online world with them.
- Be aware of any changes in behaviour, language and attitude in your child. These behaviour changes can indicate something is upsetting your child online. Children who are groomed, radicalised, abused or exploited online will often be pressured to withdraw from family and friends.

Dialogue

- Talk to your children – be open and positive when talking about the internet.
- Make sure your child knows they can come to you for help if something happens online that makes them feel scared, worried or uncomfortable. Many children won't disclose online worries because they are scared adults will blame them or remove their access to the internet.
- Ask your child if they know where to go for help, where to find safety advice, information about privacy settings and how to report or block users on their games and websites.
- Explore their games and websites together to ensure your child knows how to block and report anyone who is nasty or inappropriate. Encourage your child not to retaliate or reply and to keep any evidence. If the game/app has a 'parent section', explore the parental controls and reporting systems yourself.
- Ensure your child understands pictures, videos or comments posted online can be very difficult to remove and rarely remain private.
- Discuss the pressures for young people to send inappropriate or nude(indecent) images to each other. How might this behaviour affect their relationship? Do they know what they would do? Young people need to be aware images can be copied, saved and shared without their knowledge and if they are under 18, they may also be breaking the law by making an indecent image of themselves.



**Kent
Police**

**THE EDUCATION
PEOPLE**

RAIL SAFETY – ADVICE FOR PARENTS AND CARERS

Britain's railway is one of the safest and most intensively used rail networks in the world. However, incidents of trespass by children still occur – especially when children are not at school – and safety is the industry's top priority.

Switched On was launched by the rail industry in 2021 to enhance rail safety education provision for children across the UK and mitigate trespass on the rail network.

Switched On exists in the following territories for each age group:

Switched On Travels with Suzi (ages 3-6)

<https://switchedonrailsafety.co.uk/3-6>

Switched On for every journey (ages 7-11)

<https://switchedonrailsafety.co.uk/7-11>

Living Switched On (ages 12-16)

<https://switchedonrailsafety.co.uk/12-16>

Do you really know the potential risks of trespassing?



When you step on the track you face **25,000 volts** of electricity, **400 tonnes** of train, and the **electrified third rail**.

The facts

What is trespassing?

If you step on the railway track, the land next to the track, or any area near the railway that isn't open to the public, you are trespassing. ***It is dangerous and illegal.***

Trespassing includes:



Picking up lost property from the tracks



Crossing the tracks at any point other than at a level crossing



Stepping off a level crossing onto an area where you shouldn't be



Taking a walk down the side of the railway track

E-scooters – are you breaking the law?



Can I ride my e-scooter to school or work?

No, it's Illegal...

E-scooters are classed as motor vehicles and are required to be taxed and insured. It's not possible to get insurance for privately owned e-scooters, which means it's illegal to use them.

Can I ride my e-scooter on the pavement?

No, it's Illegal...

You cannot use e-scooters on public footpaths, cycle lanes or roads.

What happens if I'm caught using my e-scooter in public spaces?

The scooter may be seized and as a result, destroyed.

If stopped by an officer, you may be asked to complete a breath and drugs test. You also risk a £300 fine and six penalty points on your licence for no insurance.



**Kent
Police**

Think before you buy:

The number of electrical scooters being used on our streets has risen, as well as reports of serious injury and fatalities.

For more information and advice on the use of e-scooters visit www.kent.police.uk/road-safety



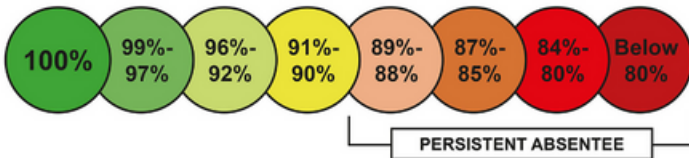
Attendance Reminders

Regular attendance is essential if children are to achieve their full potential. Across our trust, we would like to see all our children have good attendance.

The attendance target for all children is at least 96%

ATTENDANCE MATTERS

On Time: First Time, Every Time







Which CIRCLE are you in?

Studybugs

Studybugs for Parents and Carers
A better, safer way to report when your child is sick and off school.
With a few quick taps or clicks, you can give your child's school all they need to record absence due to illness.

Why use Studybugs

-  **Helps safeguard your child** by automating schools' processing of sick reports, so if any children are unaccounted for, they'll know right away. Also verifies that reports of your child's absence have really come from you.
-  **Contributes to public health** by collecting anonymised data on illnesses going around — to help schools, parents and public health organisations take preventative action as early as possible.
-  **Saves you time** — it takes seconds to give the school all they need, and know they've got the message even if you're reporting at 6am or 11pm the night before.
-  **Guides you** with official guidance from the UK Health Security Agency (formerly Public Health England) on the need to stay off school, based on the symptoms or illnesses you enter.

Note: Studybugs does not provide medical advice or diagnosis — please consult your GP for this.



We hope you had a restful half term and are ready for the final term of this academic year.

Rivermead School and Rivermead Routes for Reintegration - Monday 3rd June 2024 - Friday 19 July 2024

Walderslade Primary - Monday 3rd June 2024 - Friday 19 July 2024

Hoo St Werburgh and The Marlborough - Monday 3rd June 2024 - Friday 19 July 2024

Luton Primary School - Monday 3rd June 2024 - Friday 19 July 2024

Academy of Woodlands - Monday 3rd June 2024 - Friday 19 July 2024