

# STV Safeguarding News

Issue 2 Spring Term 2024

At St Vincent's VC Academy, we have high expectations regarding the well-being of our children. All staff members have a responsibility to address issues that may arise concerning the well-being, welfare and safety of every one of our children. We welcome you to come in to school if you would like to discuss any changes your child may be going through at home. We can also provide support for any parents / carers who are struggling with home life or personal issues.

Our Child Protection Policy and other Safeguarding Policies can be found on our school website: [stvhull.org](http://stvhull.org)

Our Safeguarding team are Mrs Joanne Bell, Mrs Lucy Windeler, Mrs Charis Mathews and Miss Rachael Barwick.

Tel. 01482 342645

Email [admin@stvhull.org](mailto:admin@stvhull.org)



## Safeguarding Information

### Domestic Abuse

We are an Operation Encompass School.

Operation Encompass is a police and education early information sharing partnership enabling schools to offer immediate support for children and young people experiencing domestic abuse.

Children experiencing domestic abuse are negatively impacted by this exposure; domestic abuse has been identified as an Adverse Childhood Experience and can lead to emotional, physical and psychological harm. Operation Encompass aims to mitigate this harm by enabling immediate support, making a child's day better and giving them a better tomorrow.

Operation Encompass believes that children are victims of domestic abuse in their own right and should be acknowledged as such.

If you are experiencing domestic abuse from your partner, there are people that can help keep you and your family safe.

### **Domestic abuse help, advice and support**

**Hull Domestic Abuse Partnership (Hull DAP) 01482 318759**

**Hull DAP Male Victim Support Worker 01482 613978**

**Hull Women's Aid 01482 446099**

### Reminders

- **Our school gates open at 8:45 am and close at 8:55am. Please ensure your child is at school within these times.**
- **If your child is going to be absent from school, you must notify us via email or telephone [admin@stvhull.org](mailto:admin@stvhull.org) 01482 342645**
- **Please ensure your child/ren bring a warm coat to school every day.**



## 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