

Wood End Park Academy Parent Information Session 4

Tuesday 28th February 2023
9.05am and 2.45pm

Agenda

1. Children's Well Being

- How we support children's well being at Wood End Park academy
- Effective strategies that work
- How you can support child's well being at home

Have an opportunity to share worries or anxieties you feel your child has that we can support with.

2. Local Safeguarding

- Latest updates from Hillingdon Borough as to what is happening in our local area. How you can prevent your child from becoming involved.
- How to ensure your child uses the internet safely with latest updates

Safeguarding Team

Miss Khehar - Designated Safeguarding Lead, Vice Principal Year 6

Mrs Khalil - Deputy Designated Safeguarding Lead, Director of Teaching and Learning

Ms Johra - Principal

Mrs Gamble- Deputy Principal

Mrs Wigglesworth - Family Support Worker

Ms Whitehead - Director of Curriculum

Mrs Gill - Vice Principal Year 5

Ms Din - EAL Lead, Year 5 Teacher

How we support children's well being at Wood End Park academy

Children know that they can speak to any adult if they have any concerns.

- We encourage children to make positive behaviour choices (YOYOB chart, house points, class ticks, value of the month, star of the week).

- Encourage use of the Worry Box so children know they can air concerns.

- We have peer mediators to support children on the playground.

- Regular check ins with pupils (especially in the morning and after lunch)

- We have many pupil leader roles in school.

We take bullying very seriously and investigate it thoroughly

- We take part in Mental Health Wellbeing week and use the strategies we have learned to help us with our mental health wellbeing.

- We take part in votes for school, which demonstrates to the children that their voice counts.

- Social stories - how to build and maintain friendships

Effective Strategies that work

Set up a check in system for the child

Transition objects - an object that brings them comfort

Role modelling interactions with young person (use positive praise)

Provide a safe space for the young person to go to in the house

Have calming and soothing activities available - colouring

Provide time in not time out

Sensory grounding - visualisations

Let the child express how they feel - be the listening ear

How can you support your child's well being at home

You can support your child by:

- Ensuring time to sleep is at the right time and this is regularly followed
- Helping with homework so this is not a concern for your child
- Having uniform and equipment prepared the night before
- Providing a healthy breakfast and dropping your child to our breakfast club
- Reporting any academic or social concerns promptly to the Vice Principal of your child's department
- Being positive about school (even if your own experience was less than positive)
- Encouraging your child to invite friends home for play dates so your child has these friendships to use in school too
- Talk about your child's day at school - they have a lot to share

Managing Behaviour at home

Positive Parenting and Positive Discipline

- create a good relationship with your child by showing love and affection
- emphasise all the things that please you about your child
- be a good example - your children will take their lead from what you do
- praise the behaviour you want to see in your children
- listen to your child's views and negotiate solutions to problems together
- avoid harsh punishments like smacking or shouting excessively
- have clear limits that are fair and age appropriate, expressing your wishes in a way that shows you mean what you say.



Local Safeguarding

Colours representing gangs within the Borough

Axis have been made aware of the colours worn by gangs within Borough.

- West Drayton - Green
- Hillingdon - Blue
- Hayes - Red

Axis asks professionals to continue sharing information regarding gangs to help assist the West Area Gangs unit. It is important to track who is linked to what gang and the risks this may mean for your children as well as professionals if out in the community with them.

Axis have also been monitoring the Instagram page [Westlondondrill_](#) as this page often adds Childrens score profiles listing incidents they may have been involved in along with their tag names and gang association.

New drugs alert across London

Axis have received information from the Office for Health Improvement and Disparities (OHID) concerning multiple drug-related incidents that have occurred recently in London. The OHID is a government unit within the British Department of Health and Social Care that leads national efforts to improve public health policy across England .

The Metropolitan Police have seized a substance which is beige / yellow in appearance, and which has been confirmed positive for Metonitazene. Metonitazene is regarded as a dangerous substance which has a similar toxicity to fentanyl. Given this finding, internally, the Police have requested that testing of all brown/ beige/ yellow coloured powders and suspected heroin powders and substances is submitted for forensic examination.

There has also been concerns about harms in several central London boroughs associated with a substance reported to be Spice. Two deaths and at least three hospitalisations across several boroughs were reported. At this stage the service is not able to confirm whether the individual incidents relate to adulterated substances or are associated with poly drug use of “normal” substances. However, because of the number of incidents action is being taken across these boroughs to alert drug users and those who work with them of possible increased harm.

Blue Whale Challenge

Axis have been informed of Hillingdon children possibly taking part in the Blue Whale Challenge. The Blue Whale Challenge is a social media challenge that encourages children, teenagers & other users to perform specific tasks, over the course of 50 days that are assigned to them by an anonymous “group administrator.” The tasks escalate throughout the 50 days and on the last day of the challenge the only way to “win” is to die by suicide.

What can parents/professionals do?

Get involved, have a healthy dialogue with your child about their day and social media.

- Pay attention to any changes in your child’s behaviour, especially if they become reserved, withdrawn, or fearful of social media
- Urge your child to report any misbehavior they encounter online and on social media
- Teach your child to keep private things private, especially on the internet. If they are struggling, encourage your child to confide in you, a family member, or a trusted adult
- Parents/carers remember that “loving” your child means taking actions that may make your child not “like” you at times
- Parents/carers - It’s okay to take your child’s phone, search through it and make sure they are interacting with people you know (and in a way that’s healthy)



E-safety

Keeping children safe online

The internet is great in supporting children's learning but it also poses threats of cyber-bullying and exposure to inappropriate material.

What are children doing online?

- search for information or content on search engines like [Google](#) and [Bing](#)
- share images and watch videos through websites or mobile apps like [Instagram](#), [Pinterest](#), [TikTok](#) and [YouTube](#)
- use social networking websites like [Facebook](#) and [Twitter](#)
- write or reply to messages on forums and message boards
- play games alone or with others through websites, apps or game consoles
- chat with other people through online games, game consoles, webcams, social networks and tools like [Whatsapp](#) and [Discord](#)

There are age restrictions on social networking sites to protect children:

- Whats App – an instant messaging app (16 years of age and above)
- Instagram – photo and video sharing app (13 years of age and above)
- Facebook – a social networking site (16 years of age and above)
- **Most popular** -Tik Tok – video sharing app (16 years of age and above)
- **Most popular** - Discord - an instant messaging app (13 years of age and above)
- Online games – children can also communicate through various consoles. It is important that you know the contacts your child has stored on their phones and games. Numbers can easily be exchanged and added to create groups containing contacts unknown to your child. This can lead to inappropriate and secret messaging.

Keeping children safe online

What to do at home

- Parental locks and filters
- Monitor the use of internet at home-in a public place in your home
- Limit time on the internet
- Check browsing history on search engines
- Talk to your child about e-safety

We regularly discuss e-safety with the children at school.

FIFTEEN APPS

PARENTS SHOULD KNOW ABOUT

MEETME



MEETME IS A DATING SOCIAL MEDIA APP THAT ALLOWS USERS TO CONNECT WITH PEOPLE BASED ON GEOGRAPHIC PROXIMITY. AS THE APP'S NAME SUGGESTS, USERS ARE ENCOURAGED TO MEET EACH OTHER IN PERSON.

GRINDR



GRINDR IS A DATING APP CREATED TOWARDS GAY, BI AND TRANSGENDER PEOPLE. THE APP GIVES USERS OPTIONS TO CHAT, SHARE PHOTOS AND MEET UP BASED ON A SMART PHONE'S GPS LOCATION.

SKOUT



SKOUT IS A LOCATION BASED DATING APP AND WEBSITE. WHILE USERS UNDER 17 YEARS OLD ARE UNABLE TO SHARE PRIVATE PHOTOS, KIDS CAN EASILY CREATE AN ACCOUNT USING A DIFFERENT AGE.

WHATSAPP



WHATSAPP IS A POPULAR MESSAGING APP THAT ALLOWS USERS TO SEND TEXTS, PHOTOS, MAKE CALLS AND VIDEO CHATS WORLDWIDE. WHATSAPP USES AN INTERNET CONNECTION ON SMART PHONES AND COMPUTERS.

TIKTOK



TIKTOK IS A NEW MOBILE DEVICE APP POPULAR WITH KIDS USED FOR CREATING AND SHARING SHORT VIDEOS, WITH VERY LIMITED PRIVACY CONTROLS. USERS ARE VULNERABLE TO BULLYING AND EXPLICIT CONTENT.

BADOO



BADOO IS A DATING AND SOCIAL NETWORKING APP WHERE USERS CAN CHAT, SHARE PHOTOS AND VIDEOS AND CONNECT BASED ON LOCATION. WHILE THE APP IS INTENDED FOR ADULTS ONLY, TEENS ARE KNOWN TO CREATE PROFILES.

BUMBLE



BUMBLE IS SIMILAR TO THE POPULAR DATING APP TINDER HOWEVER, IT REQUIRES WOMEN TO MAKE THE FIRST CONTACT. KIDS HAVE BEEN KNOWN TO USE BUMBLE TO CREATE FAKE ACCOUNTS AND FALSIFY THEIR AGE.

SNAPCHAT



SNAPCHAT IS ONE OF THE MOST POPULAR APPS IN RECENT YEARS, WHILE THE APP PROMISES USERS CAN TAKE A PHOTO/VIDEO AND IT WILL DISAPPEAR, NEW FEATURES INCLUDING 'STORIES' ALLOW USERS TO VIEW CONTENT FOR UP TO 24

KIK



KIK ALLOWS ANYONE TO CONTACT AND DIRECT MESSAGE YOUR CHILD. KIDS CAN BYPASS TRADITIONAL TEXT MESSAGING FEATURES. KIK GIVES USERS UNLIMITED ACCESS TO ANYONE, ANYWHERE, ANYTIME.

LIVE.ME



LIVEME IS A LIVE-STREAMING VIDEO APP THAT USES GEOLOCATION TO SHARE VIDEOS SO USERS CAN FIND OUT A BROADCASTER'S EXACT LOCATION. USERS CAN EARN 'COINS' AS A WAY TO 'BUY' MINORS FOR PHOTOS.

HOLLA



HOLLA IS A SELF-PROCLAIMED 'ADDICTING' VIDEO CHAT APP THAT ALLOWS USERS TO MEET PEOPLE ALL OVER THE WORLD IN JUST SECONDS. REVIEWERS SAY THEY HAVE BEEN CONFRONTED WITH RACIAL SLURS, EXPLICIT CONTENT AND MORE.

WHISPER



WHISPER IS AN ANONYMOUS SOCIAL NETWORK THAT PROMOTES SHARING SECRETS WITH STRANGERS. IT ALSO REVEALS A USER'S LOCATION SO PEOPLE CAN MEET UP.

ASK.FM



ASK.FM IS KNOWN FOR CYBER BULLYING. THE APP ENCOURAGES USERS TO ALLOW ANONYMOUS PEOPLE TO ASK THEM QUESTIONS.

CALCULATOR%



CALCULATOR% IS ONLY ONE OF SEVERAL SECRET APPS USED TO HIDE PHOTOS, VIDEOS, FILES AND BROWSER HISTORY.

HOT OR NOT



HOT OR NOT ENCOURAGES USERS TO RATE YOUR PROFILE, CHECK OUT PEOPLE IN THEIR AREA, AND CHAT WITH STRANGERS. THE GOAL OF THIS APP IS TO HOOK UP.

New apps

Any questions...