



MacIntyre Academies
Quest Academy

Keeping Children and Families Safe at Quest



Anna Stelfox
Safeguarding and Wellbeing Lead



Keeping Safe at home

- We appreciate how hard this time is and how much pressure may be on your families being at home.
- To reassure you we are still available to support you and your family during this time. Nicola is available to speak to during the Easter holidays, including the weekends. Her e-mail address is nicola.wells@macintyreacademies.org. [Work Mobile 07932909754](tel:07932909754)
- If you need any support talking to your Social Worker, Early help officer, CAMHS or any other professional please speak to one of the DSL's.
- Anna Stelfox oversees this area so can direct you if you are unsure who the right staff member is.
- The Newsletter includes services that families can access for support including the Family Information Service. Daisy and Joan can help signpost to these services also.



Safeguarding Team at Quest

DSL's-Designated Safeguarding Leads – (Core Team)



Nicola Wells
Principal,
Oversees all
Safeguarding at Quest



Anna Stelfox
Safeguarding Lead,
Day to day
management.



Tyla Owen
Assistant Principal,
Line Manages Anna
and DSL.



Joan Goodrich
Upper School
Family Footings
and DSL



Daisy Howden
Lower School
Family Footings
and DSL



Contacts:-

DSL's can be reached through the main school phone number 01788 593 112 or.....

SAFEGUARDING & FAMILY FOOTINGS



- **Daisy** is responsible for lower school families and is available on;
daisy.howden@macintyreademies.org Work mobile 07504001918



- **Joan** is responsible for upper school families and is available on;
Joan.goodrich@macintyreademies.org Work mobile 07377990796



- If you have any higher level Safeguarding concerns or questions please contact
Anna on anna.stelfox@macintyreademies.org Work mobile 07377990797

We are available to help families with things like accessing family support, Early Help, Child In Need Meetings, Child Protection Meetings, taxi queries, support working with other professionals such as CAMHS, general safeguarding questions and much more.

Online safety at home

While using technology can provide hours of education and important social opportunities for children and young people during this period, it can present risks. Here are some things you can do to help keep your child safe online during this unsettling time.



1. Use the opportunity to chat with your child

With children and parents spending more time at home, now is a great time to continue to chat with your child about how they are using online technology and what it means to them.

Ask them what they are doing online, and what they like and dislike about the apps and services they use. If you like, discuss some 'ground rules' like how much time they spend online doing different things and what games and apps are appropriate to use. You could creatively draw up some online rules.





Online Safety

2. Explore Thinkuknow resources together

Thinkuknow is the online safety education programme from the National Crime Agency. Every fortnight Thinkuknow will release a new set of simple online safety home activities to share with children and young people between the ages of 3 and 16. Use these to help you keep up a positive, supportive conversation about safety online in your home.

Take a look at the Parents and Carers “Helpsheets” for further online safety advice and links to useful resources and support services.



Online Safety

3. Remind children to report anything worrying, and how they can do this



It's important that children and young people always know where to go if they come across something that worries them or makes them feel uncomfortable online.

This is especially important during this time as trusted sources of support such as teachers may not be as available. Children may not have as many opportunities to confidently talk to their friends, who we know are often their first point of contact when they are worried.

To help, you could:

Help them to identify a trusted adult that they can approach during this period, even if this means on the phone. Encourage them to speak to you or another adult immediately if they have any worries or concerns.

Remind them that they can always call [Childline](#) (or other helpline such as the one from The Mix) if they have any worries, big or small – whether it's something that has happened online, stress about being stuck at home, arguments with siblings or anxiety about Coronavirus.

Online Safety

Make sure they know that they can always [report to CEOP](#) if they are worried about sexual abuse online. You'll also find them at **Click CEOP** on Facebook, and **@CEOPUK** on Twitter.

Young people can also report to CEOP if they are worried about a friend.

The best thing you can do is make sure they would feel they could talk to you if they were ever worried - make sure they know that you would never blame them for anything that might happen online.



4. Set up or review your parental controls

Setting parental controls can be a quick and effective tool to help protect your children online, and should be installed on all devices that children use. For advice and support in setting these controls, please read our [Thinkuknow article](#).





Online Safety



5. Monitor screen time and gaming late at night

We all know that when they get the opportunity our learners will be online talking to their friends and researching anything or everything that they can. At this time they will have more access online than ever and we cannot monitor it at school so we are relying on you as parents to make sure that they are not looking at things that could be dangerous or worrying. There is a great deal of fake news that could cause anxiety and it is best to have an open and honest conversation about this using reliable news sources such as BBC news. It would be good for you to implement a cut off time for online access and looking at more creative activities just before bed to allow for better sleep.





Stay Safe and please contact us for any support you need.

