

# SAFEGUARDING NEWSLETTER

Inscape  
House  
School

TOGETHER  
TRUST

Summer 2024

Welcome to our latest edition of the Safeguarding Newsletter from the Inscape Pastoral Team. Our aim is to bring you all the latest relevant help and advice on issues that we feel are important to our cohort. In this first issue we will focus on water safety, together with reminders of how to set restrictions on android and apple devices. There is also information on where to get help over the summer.

*We all hope that you have a restful, safe and enjoyable summer break!*

## WATER SAFETY

During the summer months it is likely that many students will be visiting the beach or swimming pools. It is essential that students know how to stay safe in and near water. Stop and think - spot the dangers

- It can be very cold
- There may be hidden currents
- It can be difficult to get out (steep slippery banks)
- It can be deep
- There may be hidden rubbish, e.g. shopping trolleys, broken glass
- There may be no lifeguards there
- It is difficult to estimate depth
- It may be polluted and could make you ill



## Stay together

- It is always better to go to the water with a friend or family member
- Children should only go near water with an adult

## Float

- If you fall into the water unexpectedly - float until you can control your breathing. Then call for help or swim to safety
















## Call 999

- You may be able to help yourself and others if you know what to do in an emergency
- If you see someone in difficulty, tell somebody, preferably a Lifeguard if there is one nearby, or go to the nearest telephone, dial 999, ask for the Fire Service at inland water sites and the Coastguard at the beach

## Online Safety

Below are some useful guides around online safety - a reminder of the age ratings of different apps and also guides on how to set up parental controls on Apple/android devices

## APPS AND THEIR AGE RATINGS

13+		16+	
 Facebook	 Snapchat	 WhatsApp	
 Instagram	 Twitter		
 TikTok	 Kik		
 YouNow	 Yubo		
 House Party	 Monkey		
		17+	
		 Sarahah	
		 YOLO	
		18+	
		 MeetMe	
		 LiveMe	

# How to Set up PARENTAL CONTROLS for PRIVACY iPhone

The privacy settings on your child's Apple device give you control over the information stored on it. This allows you to select which apps can access features and information on your child's device: for example, you might wish to block a social networking app from connecting to the camera reel, or specify which apps can use the device's location data.

## How to make changes to privacy settings

You can block certain apps from obtaining information from your child's device. You can also prevent your child (or anyone other than you) from altering these settings.

1 Open 'Settings'

2 Tap 'Screen Time'

3 Tap 'Content & Privacy Restrictions'

4 Scroll to 'Privacy'

5 Choose the settings you wish to restrict

6 After you've made any changes, select 'Use Screen Time Passcode' to lock your changes with a PIN

## How to prevent changes to other settings/features

You can also stop changes being made to the iPhone's other settings or features by anyone but you. For example, you can prevent your child from altering their passcode, accounts or mobile data settings.

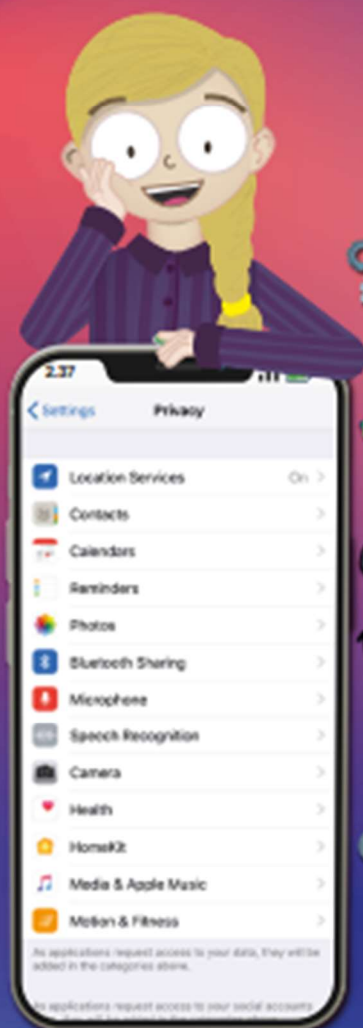
1 Open 'Settings'

2 Tap 'Screen Time'

3 Tap 'Content & Privacy Restrictions'

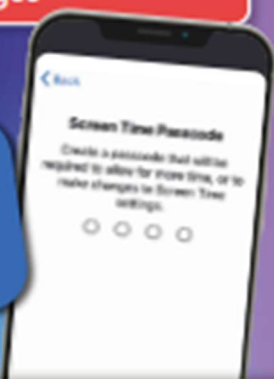
4 Scroll to 'Allow Changes'

5 Select 'Allow' or 'Don't Allow' on the settings for which you wish to enable or disable changes



**NOS** National  
Online  
Safety

[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



<https://support.apple.com/en-gb/HT203048#set-restrictions>



[www.nationalonlinesafety.com](http://www.nationalonlinesafety.com)



@nationalonlinesafety



NationalOnlineSafety

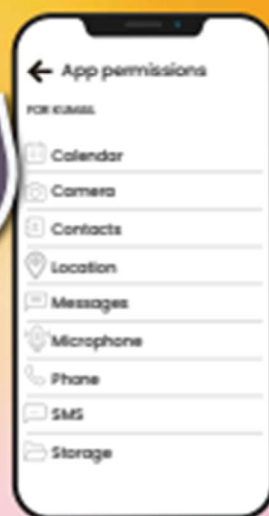
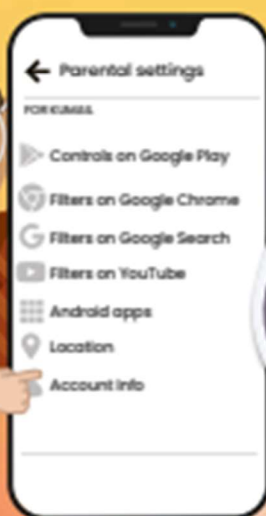
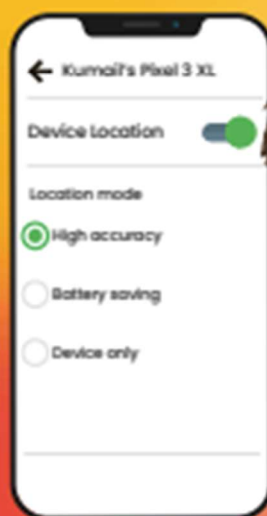


@nationalonlinesafety

Views of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 02.08.2021

# How to Set up PARENTAL CONTROLS for PRIVACY Android Phone

The settings on an Android device allow you to set certain rules to help safeguard your child's privacy when they are using it. For example, you can turn off location services to keep their whereabouts private; prevent third-party apps and sites from viewing their information; and stop apps from accessing other functions of the phone (like the camera or microphone, for example). We've produced step-by-step guides on how to tighten up an Android phone's privacy settings.



## How to manage location services

- 1 Open the Google Family Link app
- 2 Select your child's account
- 3 On the 'Settings' card, tap 'Manage'
- 4 Tap 'Location'
- 5 On the card with the correct device's name, tap 'Settings'
- 6 Tap 'Location Settings'
- 7 Turn 'Device location' to off
- 8 To reactivate location services in future, repeat these steps and turn 'Device location' back on

## How to control access for third-party apps and sites

- 1 Sign in to your Google Families account
- 2 Under 'Members', select your child's name
- 3 Select 'Account info' and then 'More'
- 4 Select 'Third-party apps with account access'
- 5 Turn 'Allow third-party apps to access XX account' to off by toggling the switch

## How to manage app permissions

- 1 Open the Google Family Link app
  - 2 Select your child's account
  - 3 On the 'Device' card, tap 'Settings'
  - 4 Tap 'App permissions' then choose a permission
  - 5 Below your child's device, switch the permission off
- Alternatively, you can manage permissions for individual apps. Repeat steps 1 and 2, then...
- 3 On the 'Apps installed' card, tap 'More'
  - 4 On the 'Allowed' list, tap the app you want to change the permissions for
  - 5 Tap 'App permissions'
  - 6 Switch the permission off

**NOS** National Online Safety  
www.nationalonlinesafety.com

source: <https://families.google.com/familylink/>



www.nationalonlinesafety.com



@natonlinesafety




/NationalOnlineSafety



@nationalonlinesafety

# AVAILABLE MENTAL HEALTH SUPPORT

  
Greater Manchester  
Mental Health  
NHS Foundation Trust

## 24/7 Helpline

Although things are changing very quickly, here at Greater Manchester Mental Health NHS Foundation Trust, we are still here to respond to your needs.


We know you still need us, so we have extended our helpline to 24/7 which you can call any time, day or night, if you feel your mental health is beginning to suffer.

**The 24/7 Helpline number**  
Our helpline is now free to use - 0800 953 0285

We are here to help you during this tough time – please reach out to us when you need us. We may have a lot of calls to get through, so please bear with us, but you are important to us and we will help you as much as we can.

**For the latest updates and information**  
[www.gmmh.nhs.uk/coronavirus-updates](http://www.gmmh.nhs.uk/coronavirus-updates)

**In an emergency**  
If you are concerned about an immediate risk of harm - either to yourself or someone else - phone 999. If it is not an emergency but you require urgent advice, call 101 for non-emergency access to the police or NHS 111.  
Please only attend your local Accident & Emergency department after speaking to 111, or in a physical or mental health emergency.

 Improving Lives

## PARENTAL SUPPORT



During these extremely tough times, parents find themselves pulled in many different directions. Young Minds have created a useful 'Supporting Parents Help Finder'. By answering six questions, parents can find out how to support their child's mental health. Check the help finder here:

[Find Help For My Child's Mental Health | Parents | YoungMinds](#)

## CHILDNET - SEND

There are relatively few resources to help young people with SEND. Childnet has created a set of free, adaptable resources that cover important topics such as healthy relationships, digital wellbeing and online pornography and are designed to enable and equip parents to support young people aged 11 and over with SEND.

[Parents and Carers Toolkit | Childnet](#)

## EAL RESOURCES FOR ONLINE SAFETY

Leaflets are available in other languages here:

[Parents: Supporting Young People Online \(Leaflets\) | Childnet](#)

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Polish
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese
- Welsh

## PARENTING SMART (Place2Be)

The children's mental health charity, Place2Be has launched a new website aimed at helping parents with typical situations that they may experience with their children.

Advice can be found over forty topics including:

*Understanding sibling rivalry*

*My child is lying, what does it mean, what should I do?*

*My child has trouble going to sleep*

*My child says "I hate you"*

*Cultural identity: who am I?*



The Parenting Smart website can be found here:

[Place2Be: Parenting Smart: Articles](#)

# PRACTICAL SUPPORT AVAILABLE



## HELPING LOCAL PEOPLE IN CRISIS

Do you need help from the foodbank? Greater Together Manchester provide foodbanks all over the wider city.

They can also provide long term support if needed to help address some of the issues behind the reasons for your crisis. Agencies they work with are Citizen's Advice, housing support officers, children's centres, health visitors, social services and some local charities

[Food banks in Greater Manchester | Greater Manchester Mental Health NHS FT](#)

## ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you move house or change any phone numbers that you immediately let the school know. Thank you!

## TOGETHER TRUST WEBSITE

Our school website contains a list of useful contacts and phone numbers. It can be found here:

[Useful Phone Numbers and Websites for Pupils and Parents.pdf \(togethertrust.org.uk\)](#)

You also can contact your local authority for information on their local offer and authority specific helplines.



## PLACES WHERE KIDS EAT FREE (OR FOR £1) DURING THE SUMMER HOLIDAYS 2024



[moneysavingcentral.co.uk/kids-eat-free](https://moneysavingcentral.co.uk/kids-eat-free)

### LAS IGUANAS

Join 'My Las Iguanas' via the App & Niños eat free with every adult main

### ASDA

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

### SAINSBURYS CAFES

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

### PAUSA CAFE @ DUNELM

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

### THE REAL GREEK

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

### TGI FRIDAYS

Kids Eat Free When 'Stripes Rewards Members' purchase an adult's main meal (App needed)

### PUREZZA

Children under the age of 10 get free pizza at Purezza with every adult meal purchased

### TRAVELODGE & PREMIER INN

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

### IKEA

Kids get a meal from 95p daily from 11am

### SIZZLING PUBS

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

### BEEFEATER & BREWERS FAYRE

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

### PRETO

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

### MORRISONS

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

### TESCO CAFES

1 Free Kids meal with every 60p Spend. Available from July 1st Scotland and NI - from July 22nd England & Wales

### GORDON RAMSEY RESTAURANTS

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

### YO! SUSHI

From Monday 1st July - Friday 30th August 2024, kids eat free all day Mondays to Fridays at YO! Sushi (min adult spend £10).

### WHITBREAD INNS

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

### BELLA ITALIA

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

### COCONUT TREE

One child (aged 10 and under) eats free per paying adult. Valid Daily, 12pm - 6pm from Monday 22nd July to Friday 6th Sept 2024.

### DOBBIES GARDEN CENTRES

At Dobbies, for every adult breakfast or lunch purchase, kids eat for FREE. Every Day!

### TABLE TABLE

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

### HUNGRY HORSE

Kids eat for £1 on Mondays

### FUTURE INNS

Under 5s eat for free with any adult meal.