

Welcome

We welcome your feedback and are delighted to report how well received our Safeguarding and Wellbeing newsletter has been to those in our school community.

In response to parents' requests, we are going to send out a newsletter more regularly. We may reduce the content slightly but we will still focus on key areas that are affecting our students over the term.



Safer Internet Day



The theme for this year is 'Want to talk about it? Making space for conversations about life online'.

Click on the link below for a fantastic guide to having conversations with your children about their interactions with the online world.

<https://saferinternet.org.uk/guide-and-resource/parents-and-carers>



Children's Mental Health Week will take place from 6-12 February 2023. This year's theme is **Let's Connect**.

Let's Connect is about making meaningful connections. Human beings thrive in communities, and this connection is vital for our wellbeing. When we have healthy connections – to family, friends and others – this can support our mental health and our sense of wellbeing.

And when our need for rewarding social connections is not met, we can sometimes feel isolated and lonely – which can have a negative impact on our mental health.

As parents and carers, you play an important role in your child's mental health. Check out these official free resources for families :

<https://www.childrensmentalhealthweek.org.uk/families/>

LET'S CONNECT

Assemblies

We are delighted to be able to announce that our Police Liaison officer will be coming into school this week to deliver assemblies to years 7, 8 and 9 to discuss the dangers and concerns around inappropriate use of social media and the damage and harm inappropriate use can do to other people.

Please do ask your child about the points raised and keep those channels of communication open.

Unfortunately, we do have students who are still using social media in a way that causes upset, this is a form of bullying to other students despite the constant messages they are being given. If we all work together, we hope to combat this.

In light of keeping those channels of conversation open, we have been made aware of some new websites / apps that are appearing.

Please be alert to Omegle and Chatroulette as they both encourage discussion with strangers and are growing in popularity amongst students.



ALTERNATIVES	FEATURES	SUPPORT
ChatHub	Free video chat, Separate chat windows, various audio and video filters	Browser
CamSurf	No sign-in is required, friendly user interface, gender filter	App & Browser
Bazoocam	Multiplayer games, offers match with nearby filters, an option to skip chat	Browser
ChatRandom	Country and gender filter, right swipe functionality, dedicated button to connect with girls	App & Browser
Shagle	Intuitive interface, send virtual gifts, media support	Browser
EmeraldChat	Community guidelines, does not require sign-up, video and group chats	Browser
TinyChat	Chat via voice, video or text, pre-made groups based on interests, customisations	App & browser
YouNow	Platform to showcase your talent, live stream among hundreds of online users, make friends and fans	App & browser
MeetMe	Large user base, friendly user-interface	App & browser
Chatroulette	Similar to Omegle, Gender-specific chat, draw to make interaction fun	Browser
LiveMe	Interact with streamers, earn in-app currency for VIP privileges, stickers and filters	App & browser

We would like to invite anyone in the PCS Community to test the App for 1 month and to track progress.

How to set it up

- The set up is easy, but it does take a little practise to ingrain a new habit
- The phone needs to be plugged in on charge overnight
- Connected to wifi
- Check media volume is up
- And last and most importantly, a low level light 'Dark Screen' / 'Sleep Screen' needs to remain on and visual overnight so that the app can wake you in the morning. Simply hit 'Save & Sleep' as the last thing that you do and then set the phone

We recommend setting a back up alarm. However, once done correctly, it really does become second nature.

Visit the FAQ's in the settings tab. How do I get the app?

The easiest way to get the app is through the website:

www.riseandshineclock.com

Rise & Shine would like to send us a questionnaire at the end of the month trial to judge the user experience.



Let's Connect

There are numerous opportunities for students to connect with others within the school community whatever year they are in.

There are a wealth of extra-curricular sports clubs and teams that are always well attended as well as ways that students can meet with other like minded students who have similar interests.

Pokemon Club, Warhammer Club, Animé club, Eco club, Music practice club, Creative Writing Club, Chess Club, Culture Club, LGBT+ Society, to name but a few.

All of these clubs are FREE!



Rise & Shine is a mental health alarm clock app that wakes you up feeling great!! With guided meditations, metaphors and powerful positive suggestions.

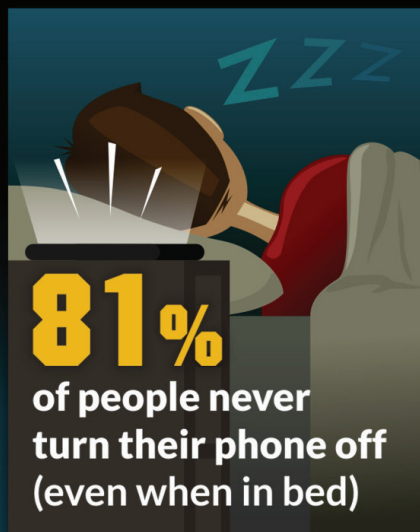
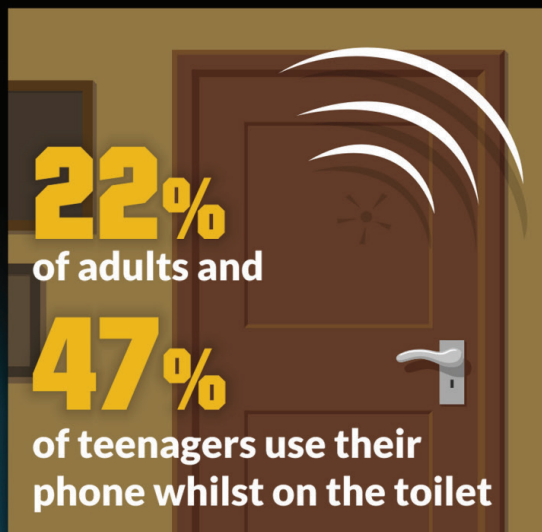
We are at our most susceptible to suggestions within the first 20 minutes of the day, Rise & Shine taps into this. Mindfulness starts before you even open your eyes. It works like a dream!



Mobile phones - A help or hindrance? | Phone Addiction

ARE YOU ADDICTED?

**Mobile Phones are now essential
but some people use them to excess**



Your phone is a great tool but it can also hurt your performance unless it is managed

- Students who perform a task just in sight of their phone (regardless of if they are using it) do about 20% worse as it still distracts them
- Phone use every day for longer than 20 minutes at a time leads to poor sleep quality and duration
- Being on your phone within an hour before bed means that you are almost three times as likely to get less than five hours sleep
- Students who are on their phone more get worse grades, regardless of gender or previous grade average



by @inner_drive | www.innerdrive.co.uk

As with all technology, it is not what it is but how it is used that ultimately defines whether phones will help or hinder someone.

Understanding the impact of constantly being on their phone and being reliant on it will allow students to make more informed decisions about their usage and end mobile phone addiction.

THE 3 MAIN DANGERS

Being addicted to a phone can negatively hinder all areas of life, from physical well-being to achievement and success at school.

Here are three reasons why students should use the mobile phone less...

1) REDUCED CONCENTRATION

A study found that students were less attentive and performed worse when trying to multi-task and use their phones while doing other activities such as walking, working or learning. While **many think that multi-tasking is easy**, the reality is that it requires more time, energy and focus to shift between different tasks than it would to simply do one at a time.

Interestingly, the same study also found that the simple presence of a phone, even if it's not in use, also had the ability to distract and decrease task performance by 20%.

2) POOR SLEEP

Phone use every day for longer than 20 minutes at a time has been found to lead to:

- **Shorter sleep durations**
- **Later wake-up time on weekends**
- **Greater daytime tiredness**
- **Lower quality sleep**

In fact, being on our phones within an hour before bed makes us almost three times as likely to get less than five hours of sleep.

This is due to the backlight of the mobile phone tricking our brains into thinking it's still daytime, suppressing the sleep hormone,

melatonin from being released, making it more difficult to fall asleep.

3) WORSE SCHOOL PERFORMANCE
Research has found a significant correlation between phone use and reduced academic achievement. This is because constant interaction with their phone divides students' focus, making it harder for them to study effectively.

5 Top TIPS

When it comes to phones, just like everything, moderation is key. Here are five strategies that can help students become less reliant on their phone.

1) PUT AWAY YOUR PHONE WHEN STUDYING

If a student's phone is out of reach out of sight, it is much easier to stop the habit of constantly checking it. This is the perfect opportunity to let it charge in a different room, or to give it to a trusted adult to look after for a certain period of time.

2) TURN OFF SOUND NOTIFICATIONS

The "ding" noises and vibrations are designed to shout for our attention. This encourages students to check their phone immediately.

By turning off sound notifications or, even better, putting their phone on airplane mode while they're studying, students can become in control of when they actually check their phone.

3) PUT A TIMER ON YOUR PHONE USE

It is important for students to give themselves a deadline. It's important to take breaks and relax, but apps

and websites are created to be addictive and make time fly. Checking their phone for one message can quickly turn into students checking all their social media. Next thing they know, it's been 2 hours. A timer can help them monitor their phone use – for example, setting one for 10 minutes allows for a guilt-free break that doesn't eat into precious study time.

UNDERSTAND THAT MULTI-TASKING IS A MYTH

We all love to think we're great at multi-tasking, but the truth is that when we think we're doing several things at once, we're actually only switching rapidly between them. Each switch has an attention and energy cost.

This not only makes everything take longer – it also makes us less accurate and more prone to making errors. If students focus on one task at a time and devote their full attention to it, they'll be done much faster with less mistakes.

TURN DOWN THE PHONE BACKLIGHT

Ideally, students should not use their phone at all in the couple of hours leading up to bedtime. But if that's too difficult, they should at least turn down their backlight, hold their phone at least 12 inches from their eyes and use a blue light filter – this feature now comes built into most phones, but many apps also exist to help.

While they don't suppress it entirely, these tips should help reduce the negative impact phones have on our production of melatonin, the hormone that makes us sleepy.



LGBTQ+ Support

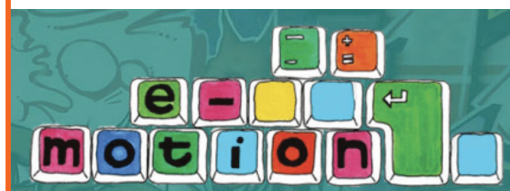
Support for young people and families

Young people and their families can find support on LGBTQ+ questions can:

[Find local help on East Sussex Community Information Service \(ESCIS\) by searching LGBTQ](#)

[Visit the Allsorts Youth Project website for youth support and resources](#)

This term saw the launch of our PCS LGBT+ Society. This is open to all students and promotes inclusivity and celebrates diversity. The group meets fortnightly at lunchtimes.



E-motion offers free email counselling and instant message sessions – up to 12, weekly sessions.

Online support works best if the young person is struggling with low mood and anxiety and the risk is relatively low.

Issues such as complex trauma, chronic eating disorders are better suited to face-to-face support.

Email enquiries@e-motion.org.uk to discuss referrals and explore level of risk.

SAFEGUARDING

OUR SAFEGUARDING TEAM



Ann-Marie Waite - Deputy Headteacher and Designated Safeguarding Lead (DSL) at PCS. Ann-Marie has overall responsibility for the management of child protection and safeguarding concerns and referral to appropriate agencies, including East Sussex Children's Services



DEPUTY DESIGNATED SAFEGUARDING LEADS WILL MANAGE SAFEGUARDING CONCERNS IN THE ABSENCE OF ANN-MARIE WAITE DESIGNATED SAFEGUARDING LEAD

**Josie Turner - Assistant Headteacher
is a Deputy DSL**



**James Broadbent - Assistant Headteacher
is a Deputy DSL**



**Kate Leggett - Pastoral Lead
is a Deputy DSL**



**Jenna Tucker - Early Help Co-ordinator
is the Safeguarding Officer**



**Clare Murphy - Safeguarding Support Officer
is a Deputy DSL**



If you have a concern about the safety or wellbeing of a student at PCS please email us at pcs-safeguarding@swale.at or contact 01273 581100 and ask to speak to one of the above

**SAFEGUARDING CHILDREN IS EVERYONE'S RESPONSIBILITY
ALL OF THE ABOVE WORK TOGETHER WITH OTHER PCS STAFF TO ENSURE
THE SAFETY AND WELLBEING OF OUR STUDENTS**