

SAFEGUARDING



Maiden Erleigh School | 81 Crescent Road | Reading RG31 5SL | T. 0118 966 8065 | www.maidenerleghschoolreading.co.uk | @MESReading

Welcome to our Summer 2024 Edition

We hope that this provides useful information for you and your family. Please reach out to us if you need support or have concerns of a safeguarding nature. Please contact the school reception and request to speak to someone from the safeguarding team.

Holidays Activities and Food Fund

To support those families that are in receipt of Free School Meals there is the Holiday Activities and food (HAF) fund. This is organised by Brighter Futures for Children on behalf of Reading Borough Council, and funded by the Department for Education. These activity clubs are run over Christmas, Easter and the Summer holidays. They are activity clubs providing a range of activities and meals.

Brighter Futures for Children has a dedicated page with further information. This can be accessed here: <https://brighterfuturesforchildren.org/for-parents-carers/schools/haf/> If you are eligible for the HAF fund then you will have received communication.

For those not eligible for the HAF fund Reading Borough Council have created a list of holiday activity suggestions which may be of use: - this can be accessed [here](#).

Young People & Mental Health

Young people, like everyone, can struggle with their emotional wellbeing and mental health. It is important to try to build open communication and positive relationships with young people to help to support them in times of struggle.

We know that sometimes people may need support from external sources. Reading Borough Council have compiled a list of resources, both local and national, to support young people. This can be accessed here: <https://servicesguide.reading.gov.uk/kb5/reading/directory/advice.page?id=NjGDR1IGovc>



Staff change

At the end of this academic year we will be saying goodbye to our SENDCO, Mrs Clarke. We wish her the best in her new role.

We would also like to take the opportunity to welcome our new Assistant Headteacher, SENDCO, Mrs Benham. Should you wish to discuss any SEN needs for your child you can contact her via the school reception.

Promoting a positive body image

It is important that when children and young people are viewing content online that they are aware that what they are seeing online may be edited or fake. Images seen online can be distorted. This can also impact their own opinions and thoughts on their own body image.

In an attempt to combat this and to build a positive body image for young people Internet Matters have put together some advice on how to empower children to develop a positive body image. You can find out more about this here: <https://www.internetmatters.org/resources/promoting-positive-body-image-with-children/> They have also put together a one page newsletter about this which you can find later in this newsletter

You define beauty yourself. Society doesn't define your beauty.

Lady Gaga

Water Safety

As we approach the summer holidays we wanted to share some Water Safety tips.

Royal Berkshire Fire and rescue has a helpful page about how to respect the water and tips to keep safe. This can be found at the following: <https://www.rbfrs.co.uk/latest-news/2024/respect-the-water-when-swimming-this-summer/>

There is also a helpful video around water safety available here: <https://youtu.be/jdcxThIHUmc>

Water Safety Code

- Stop and think – spot the dangers
- Stay together
- In an emergency: Float
- Call 999 or 112

Lifeboats

If you're struggling in the water ...

Tilt your head back with ears submerged

Relax and move your hands to help you stay afloat

FLOAT TO LIVE

RESPECT THE WATER

PARENT AND STUDENT GUIDES



At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.

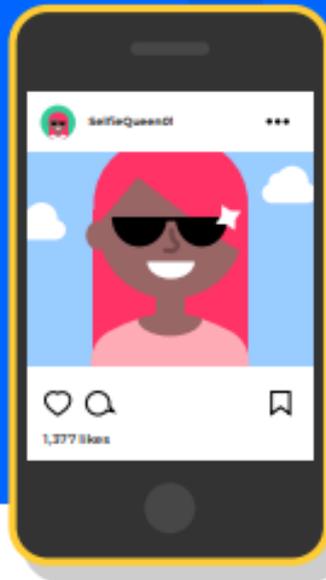


#WakeUpWednesday

The National College

Selfies, self-esteem and body image

*Empowering children to
develop positive body image*



Why is it important?

Using selfies as a comparison tool

Seeing constant streams of perfect bodies **can put unrealistic expectations** on young people to look a certain way which can lead to low 'body esteem'.

Pressure to post the perfect selfie

Wanting to be accepted by the in-crowd **can put pressure on young people** to share personal images simply to improve their social status.

Link between likes' and self-esteem

Young people may put more value in how others see them so, getting a negative comment or less likes on a post can **have a real negative impact on their self-esteem and mental health**.

Tips to support young people



Help children think critically about images they see online

Explain that when we look at idealised images – it's natural to compare ourselves. The way to deal with these images is to recognise that they are more like press releases, they showcase the best possible version of a face or body.

Encourage them to be selective about who they follow and images they see

Being bombarded by images of people with abs or a certain body type on their social feed can lead them to think that this is the norm. **Making them aware of a range of body types** can help them develop a balanced view of body image.

Empower them not to put all self-esteem eggs in the beauty basket

Remind children that they are more than what they see in the mirror. Encouraging them to put value in the range of talents and skills they have can help them develop a strong sense of self and improve self-esteem.

Talk positively about your own body image

Be aware of the language that you use to talk about your own body. Children pick up on this so it's best to try and **keep it positive to encourage them to stay positive** about their own body image.

Discuss what it really means to 'like' something on social media

Talk about the reasons behind why they are liking a picture; is it because others have liked it or because they've genuinely engaged with the photo? Getting them to think critically about this can help them develop a balanced view when it comes to seeking likes on social media.

Focus on positive images online

Encourage them to **celebrate what makes them unique,** rather than comparing themselves to others online. Posting images that empower and inspire others can be a great tool to encourage others to do the same.

