



Our Lady Queen of Peace Catholic Primary School

Station Road, Penshaw, Houghton-Le-Spring, DH4 7JZ

Telephone: 0191 3854545

Email: admin@olqoprprimary.org.uk

Website: www.olqoprprimary.org.uk

Headteacher: Mrs B. Reilly-O'Donnell

29 May 2020

Dear parents,

We hope that you have enjoyed doing some half term outdoor activities this week with the children; the weather has certainly been very tempting!

In school we have continued to prepare for the return of our pupils in the identified year groups. As I have said previously, school is very different as a result of the safety measures we have had to put in place and for any child returning in the coming weeks there will be many new ways of working and routines. However, the priority of all staff remains the same- the well-being and happiness of all our pupils. The decision to send your child to school at this time is very difficult and I support and respect your decision, whatever you decide. I am aware that many of you are anxious about the potential increased risk of infection as we start to mix with more people and also know that some parents are worried about the education that their child is missing. I understand all concerns and want to assure you that our wonderful staff will continue to do all they can to support all pupils, at home or at school, in the weeks and months ahead.

Throughout the period of lockdown and for the weeks ahead our Premises Team will continue to do a wonderful job of keeping school safe and clean. My thanks go to our Site Manager, Mr Mee, and to our cleaning team, Julie, Oksana and Julie.

The parents of children in nursery, reception, Year 1 and Year 6 who indicated that their child will be returning to school should have received an email earlier this week which outlines their child's start date. Please email admin@olqoprprimary.org.uk or telephone school if you have any queries with regard to this. The children of key workers are offered a place in school every week. Please note, however, that we MUST be informed by email that you intend to send your child to school as we are unable to accommodate anyone who has not registered with us.

Children returning to school should wear school uniform but our uniform policy will be more relaxed as clean clothes must be worn each day. The children should only bring coats when necessary and no bags are allowed. We ask every child to bring one washable water bottle. School will provide packed lunches for all children which should be paid for online. If your child is in Key Stage 1 or is entitled to free school meals no payment is required.

Staff will continue to set work online and will answer emails for pupils at home. The government has issued further guidance for supporting 2 to 4 year olds here: https://www.gov.uk/guidance/help-children-aged-2-to-4-to-learn-at-home-during-coronavirus-covid-19?utm_source=d4aed7a4-ce4e-4aea-a281-51efb1d48070&utm_medium=email&utm_campaign=govuk-notifications&utm_content=immediate

Advice for parents of primary aged children can be found here: <https://www.gov.uk/guidance/help-primary-school-children-continue-their-education-during-coronavirus-covid-19>

Please keep sending in your photographs and messages about home-schooling as these really lift our spirits!





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It has been widely reported that online risks to children have increased in the last three months. Please see information and advice included at the end of this letter from Northumbria Police.

During lockdown two of our incredible parents have published books. Well done to Freddie's mum, Sian Jordan, for her beautiful book, "Willow and Scruff" and to Violet and Pearl's mum, Rachael Fairclough, for her book, "Quarantine Quads." (You might recognise a few characters in this one!) What a wonderful achievement!

As the good weather looks to continue over the next few days, please enjoy the weekend with your family and remind the children that will still miss them very much and are sending them lots of love!

God bless,

B A Reilly-O'Donnell





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Advice from Northumbria Police

DIGITAL SAFETY DURING COVID-19: SAFEGUARDING FROM HARMFUL INFLUENCES ONLINE

- The impact of COVID-19 means that most of us will be at home for an extended period and are likely to be spending increasing amounts of time online.
- The online world is a necessity for many children in accessing school work and it delivers huge benefits, not least in enabling us to stay connected to family and friends during this period. However, many parents may feel concerned about the content their children are accessing.
- Although rare, there is a risk that increased online activity and feelings of stress and isolation may be exploited by negative influences and online groomers of all kinds to target vulnerable children and young people directly.
- An understanding of digital safety will help parents and carers safeguard loved ones from a range of harms, whether that's child sexual exploitation, fraud, or extremist influences seeking to radicalise vulnerable people.
- Extremists may use the COVID-19 outbreak to promote hateful views, for example through conspiracy theories blaming a particular group for the virus, or through spreading misinformation regarding these groups' responses to it.

What steps can I take to keep my child safe online?

- If you have downloaded new apps or bought new technology to help stay connected at this time, remember to review and adjust privacy and safety settings if you or your child is signing up to a new online service.
- Government has encouraged Internet Service Providers to allow parents to easily filter content to put you in control of what your child can see online.
- You can switch on family friendly filters to help prevent age inappropriate content being accessed on devices in your home. - The UK Safer Internet Centre provides guidance on how to do this.
- Internet Matters has also provided step by step guides on how to setup parental controls.
- More information is included in the 'Further Resources' section.

What are the signs that my child may be being exploited online?

- Online exploitation is often hard to recognise because it is a complex issue. When it comes to being drawn into extremist ideas online, sometimes there are clear warning signs, in other cases the changes are less obvious.
- Although some of these traits may be quite common among teenagers, taken together they could be indicators that your child may need some help:





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- Exploring new and unusual websites, chat forums and platforms. Harmful influences may push individuals towards platforms with a greater degree of anonymity.
 - Joining new or secret groups since isolation.
 - Speaking with new friends or being secretive about chats during online gaming or in forums.
 - A strong desire to seek new meaning, identity and purpose.
 - Using language you wouldn't expect them to know.
 - Watching, sharing or creating films online linked to religious, political or racial hate.
 - Becoming increasingly argumentative or refusing to listen to different points of view.

Should I be concerned that a loved one is being exploited online?

- The above are merely signs that they might need help, but you know your child best and you will want to speak with them first. Check in with them and ask about what they are viewing, who they are speaking to and how they are feeling. This might feel difficult, but here are some pointers to help you: - Listen carefully to their fears and worries. Find some helpful tips here.
- Avoid explanations that could be interpreted as antagonistic, belittling or frightening.
- Advice and support is available to help them understand COVID-19.
- If they are finding it hard to cope with bereavement and grief - advice can be found here.

What help is available if my child is being exploited online?

- It is important to safeguard loved ones from a range of online harms, whether that's child sexual exploitation, fraud, or extremist influences seeking to radicalise vulnerable people.
- If you are concerned that your child may be at risk of radicalisation, help is available to make sure they get the support they need to move away from harmful influences.
- Teachers, healthcare practitioners, social workers, the police, charities, psychologists and religious leaders work together to safeguard those vulnerable to radicalisation through a safeguarding programme known as Prevent.
- Prevent protects people from being drawn into hateful extremism – regardless of the ideology. It works in a similar way to safeguarding processes designed to protect people from gangs, drug abuse, and physical and sexual exploitation.
- Receiving support through Prevent is voluntary, confidential and not any form of criminal sanction. It will not show up on any checks or negatively affect an individual's future in any way.
- The type of support available is wide-ranging, and can include help with education or careers advice, dealing with mental or emotional health issues, or digital safety training for parents; it all depends on the individual's needs.
- With this specialist help, vulnerable people across the country have moved away from supporting hateful





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extremism, enabling them to live more stable and fulfilling lives.

How can I access support and advice for a loved one being radicalised?

- As with other safeguarding functions, Prevent is still operating during this time and is here to support families in times of need.
- If you are worried that a loved one is being radicalised, you can call the police on 101 to get advice or share a concern so that they can get safeguarding support. Alternatively, you can contact your local authority safeguarding team for help (see the local information section at the end of this guide for the contact details).
- Contacting the authorities will not get the individual into trouble if a criminal act hasn't been committed. The local authority or police will discuss your concerns, suggest how they can best help and give you access to relevant support and advice.
- If you think someone is in immediate danger, or if you see or hear something that may be terrorist-related, trust your instincts and call 999 or the confidential Anti-Terrorist Hotline on 0800 789 321.

I have seen concerning hateful content online that could cause harm. What should I do?

- Prevent takes robust action to tackle radicalisation online and to counter the ideology promoted by extremists. This includes removing terrorist-related material and action to suspend the accounts of those fuelling these views.
- Any member of the public can report terrorist content they find online through the GOV.UK referral tool. The Action Counters Terrorism campaign provides more information on this.

Further resources

There are resources available to help you understand and protect your child from different harms online.

- Educate Against Hate Parents' Hub provides resources and government advice for parents and carers on keeping young people safe from extremism.
- Let's Talk About It provides support for parents and carers to keep children safe from online radicalisation.
- UK Safer Internet Centre has guides on the privacy settings, parental controls and internet safety features of the major internet service providers.
- Parent Zone works with Prevent to provide digital safety advice for parents.
- Thinkuknow provides resources for parents and carers to help keep children safe online.
- Childnet has developed guidance for parents and carers to begin a conversation about online safety, and on keeping under-fives safe online.
- Parent Info provides digital support and guidance for parents and carers from leading experts and organisations
- NSPCC guidance for parents and carers is designed to help keep children safe online. Their Net Aware website, produced in collaboration with O2, provides specific safety information on popular apps and websites.
- Childline can provide advice and support if your child is worried, from dialling 0800 1111 or downloading the 'For Me' app.
- This list of online education resources for home education includes resources to support your child's mental





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wellbeing.

Local Contacts and Information

- Adult Safeguarding: visit www.sunderland.gov.uk/safeguarding to complete a Safeguarding Adult Concern (SAC) Form. If you need any additional guidance or information, call 0191 5205552
- Children Safeguarding: visit www.togetherforchildren.org.uk/what-we-do-concerned to complete a Child protection/child in need/child care concern Referral Form. If you need any additional guidance or information you can speak to the Integrated Contact & Referral Team on 0191 561 7007 (available 8.30am to 5.00pm Monday - Thursday, 8.30am to 4.30pm Friday); or the Out of Hours Team on 0191 520 5552 (also available 24 hours Saturday and Sunday)
- If you are making a safeguarding referral because you are concerned that someone is at risk of being radicalised, then make sure you state that you are making a referral under 'PREVENT' (risk of radicalisation).
- You can also discuss any Prevent concerns with the Northumbria Police Prevent Team by calling Northumbria Police on Tel: 101
- You can also find more information on preventing radicalisation and the Prevent Duty at <https://www.sunderland.gov.uk/article/12176/Preventing-radicalisation-and-the-prevent-duty>

