

Pastoral Team Newsletter

Monday 6th April 2020

Dear Parent/ Carers,

The aim of this newsletter is to communicate some key information to parents regarding ways in which you can safeguard your own children at home. We want you to know how committed we are to working with all our parents and pupils to actively promote the safeguarding and welfare of all our pupils at Albert Bradbeer Primary Academy.



Our Safeguarding Team Comprises of:

Mr Chambers (Head Teacher and Designated Safeguard Lead)

Mr Phillips (Pastoral Manager and Deputy Designated Safeguard Lead)

Mrs Pinnegar (Deputy Head Teacher and Deputy Designated Safeguard Lead)

Mrs Robinson (Assistant Head Teacher and Deputy Designated Safeguard Lead)

Mrs Gray (Assistant Head Teacher and Deputy Designated Safeguard Lead)

Our Governor with responsibility for Safeguarding: Ian McGuff

Domestic Abuse - Victim

Domestic abuse includes any incident of threatening behaviour, violence or abuse. The abuse can be psychological, physical, social, financial or emotional.

Domestic abuse can happen between two people who are or were intimate partners or family members, regardless of their gender or sexuality.

If you are in fear of a partner, ex-partner, or member of your family, you might be experiencing domestic abuse. Do they often...

1. Call you names and make you feel bad about yourself?
2. Make you afraid by threatening you or your children?
3. Behave violently towards you?
4. Stop you seeing your friends and family?
5. Keep you without money (control your finances)?
6. Harm you or make you feel like you could be seriously harmed?

If the answer to any of these questions is yes, you might be experiencing domestic abuse, but the list above is not exhaustive and there are lots of forms of domestic abuse.

Help and Support

Here is a very helpful website for what to do in many different difficult situations:

www.birmingham.gov.uk/info/50113/advice_and_support/1219/domestic_abuse_advice

Birmingham and Solihull Women's Aid: 0808 800 0028 / 0121 685 8687

[Birmingham and Solihull Women's Aid](http://www.birminghamandsolihull.org.uk)

The National Centre for Domestic Violence: 0808 2000 247 (for women). 0808 801 0327 (for men).

National Centre for Domestic Violence

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West Midlands Police Domestic Abuse support: 101 or 999 if you are in immediate danger.

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West Midlands Police - Domestic Abuse Support

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Birmingham LGBT Domestic Abuse Service: 0121 643 0821

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Birmingham LGBT Domestic Abuse Service

Bharosa Domestic Abuse Service - specialist support for women, particularly from a South Asian background - 0121 303 0368/0369

E-Mail: bharosa@birmingham.gov.uk

Bharosa Domestic Abuse Service

Refuge or temporary accommodation: If you are immediately homeless and have nowhere to go, you may be eligible for emergency accommodation, such as a hostel, refuge or bed and breakfast accommodation, while Birmingham City Council establish how they can help you.

Domestic abuse - perpetrator

Do you recognise yourself in any of these?



"Sometimes when we argue, I shout at her.
She is scared of me."

Joseph's domestic abuse is costing him
his children. [See why here.](#)



"When I see him talking to other women
I get so jealous that I hit him."

Jan is arrested and charged.
[Find out what support she is given here.](#)



"I promised that I would never slap
her again. But I did..."

Adam is learning to manage his anger
non-violently. [Find out how here.](#)

If you are reading this, you are probably worried about some of your behaviours
and you want to take steps to change them.

Respect is there to provide help for perpetrators and can support you to become safe around your partner and children.

Have you been abusive?

Have you harmed the ones you love? Whether you have been abusive or violent once, twice, or many times, there is probably a pattern to the things you do.

Respect encourages you to reflect on your behaviours and how they have harmed others. Becoming aware of how you are acting will help you take control of your behaviours - and ultimately, stop.

If you are not sure that your behaviour is abusive, [click here to learn more about types of abusive relationships](#).

You can telephone respect on 0808 802 4040

Alternatively, you can E-Mail them for advice, guidance and support at info@respectphonenumber.org.uk

Through their website, you can also access a Web Chat on Wednesday, Thursday and Friday.
10am - 11am and 3pm - 4pm.

E-Safety

As we are now using technology heavily to support our home learning and social interactions, it is an appropriate time to take the opportunity to update you on the latest advice for children in staying safe online. A particular concern for me is how we educate our children in being responsible in our use of technology. Please encourage your children to make good choices when using technology to communicate with their friends.

You will now find all relevant updated information and links about e-safety on both the 'Parents' and 'Children' pages of our website. Please take a few minutes to explore it with your children. Being proactive in our conversations may help the children feel more confident in talking to us if a problem should arise.

Support for parents can be found through the following providers:

- [Internet matters](#) - for support for parents and carers to keep their children safe online
- [London Grid for Learning](#) - for support for parents and carers to keep their children safe online
- [Net-aware](#) - for support for parents and carers from the NSPCC
- Parent info - for support for parents and carers to keep their children safe online
- [Thinkuknow](#) - for advice from the National Crime Agency to stay safe online
- UK Safer Internet Centre-advice for parents and carers

It is also important that children know that they are organisations designed to support them with online safety issues, such as:

- [Childline](#) - for support
- [UK Safer Internet Centre](#) - to report and remove harmful online content
- [CEOP](#) - for advice on making a report about online abuse

If you have any concerns about how Albert Bradbeer Primary Staff or other children are using technology to communicate with your child, please raise them immediately with Mr Phillips - 0121 464 2356 (option 4) or alternatively by E-Mail - familysupport@abprimary.bham.sch.uk

Safeguarding is everyone's responsibility.

NSPCC advice and support

The NSPCC has created a new webpage with information and advice for parents or carers who are worried a child or young person may be struggling with their mental health or has anxiety about Coronavirus. The webpage includes information on: talking about feelings and worries; keeping in touch and balancing screen time; ways to create structure and routine; and helping to give children a sense of control.

Read the information and advice: [Talking to a child worried about coronavirus \(COVID-19\)](#)

The NSPCC has released figures which show that Childline has delivered 913 counselling sessions to children and young people who were concerned about the

Coronavirus during the period 21 January-22 March 2020, of which 597 (65%) of the counselling sessions were with young people who had contacted Childline in the week starting 16 March 2020. The Childline website includes information for children and young people worried about Coronavirus.

Visit Childline: [Coronavirus: information and advice](#)

The NSPCC Library and Information Service has created a reading list of books for children who are worried or anxious. Our free information service remains open, and can provide reading lists and help you to find information on safeguarding topics. Contact learning@nspcc.org.uk

View the reading list: [Books for children who are worried or anxious](#)

SPECIAL EDUCATIONAL NEEDS

If you need any support the following services are available to help you...

PUPIL AND SCHOOL SUPPORT:

https://twitter.com/A2Education/status/1245276753792303104/photo/1?ref_src=twsrc%5Etfw%7Ctwcamp%5Eembeddedtimeline%7Ctwterm%5Eprofile%3AA2Education&ref_url=http%3A%2F%2Fvle.pupilschoolsupport.org%2Flogin%2Findex.php

PARENT LINK:

0121 303 8461

THE EDUCATIONAL PSYCHOLOGIST TEAM:

Stephanie.Bowen@birmingham.gov.uk - email to receive a call

THE NATIONAL AUTISTIC SOCIETY: <https://www.autism.org.uk/>

SCHOOL SENCO - Mrs E Cooke: Senco@abprimary.bham.sch.uk

Stay safe and keep well over the Easter holidays everyone. I hope you have a good break and re-join us raring to go with home learning on Monday 20th April.

With our very best wishes,

Mr Phillips
Pastoral Manager

Mrs Cooke
SENCO