



Weekly Bulletin 5<sup>th</sup> February 2021

### **Dress to express**

Whilst the focus this week has been on children's mental health there has never been a more important time to talk about parental wellbeing and mental health too. I hope you have been able to set some time aside to recharge yourself!

A resource that has been shared with North Yorkshire Schools is [How to stay calm in a Global Pandemic](#)

You are doing an incredible job right now and though you may have moments when you don't think you are, if you are trying your best, that is good enough.

Thank you for your donations for [Place2Be](#), we have currently raised £41. If you would like to make a donation you can through your Parentpay account.

### **Parent Ping**

We have recently found out about Parent Ping which is something that we think many of you would like to get involved in.

Parent Ping is a daily survey app that helps you learn how other parents are dealing with life - all in just 2 minutes a day!

How does it work?

Easy! Download the free Parent Ping app from your app provider.

Each day your phone will PING! and send at least 2 questions for you to answer. You can decide how many of your children you'd like to answer questions about, and we aim to make the whole thing as easy and simple as possible.

Once answered you get to see the answers from yesterday. Did other parents agree or disagree? Easy graphs show you how 'normal' your answers are!

Finally, you are rewarded with badges, points and a daily read about some aspect of parenting.

To find out more, follow this link: [• Parent Ping](#)

### **NYSCP (North Yorkshire Safeguarding Children Partnership)**

Let's get social...In 2021 - NYSCP would like to strengthen how they can engage and communicate directly to parent and carers with information about how to support our children and young people in North Yorkshire.

In addition to their [Twitter page](#) and [Instagram page](#) they have launched their very own [NYSCP Facebook Page](#) and would appreciate you 'following' encouraging other parents and carers to do the same.

## Online Safety with games consoles and smart devices



With the interconnectedness of video games systems, social media and other platforms today, children and young people may be exposed to hidden harm from numerous risks including:

- Cyberbullying
- Online predators
- Trolling, griefing and scams
- Seeing age inappropriate content
- Social engineering intended on exploiting children and young people or exposing them to radicalised information
- Malware and viruses
- Webcam hacking
- Privacy problems and personal information stored on machines
- Hidden fees and online spending.

The always online, instant access nature children and young people grow up in is very different to the world in which parents and professionals did in as little as only a few years earlier. This radical change in society and culture can make many parents and carers (and even professionals) feel confused and ill equipped to either understand the risks children and young people face, or take appropriate action to keep them safe

Recognising this hidden harm, the NYSCP has created an area of its website to direct parents, carers and professionals to helpful guides and advice for keeping children and young people safe online and while using different smart devices. [Further information can be obtained from clicking the link here](#)

### Health Advice for Parents

#### Advice for parents during Lockdown 3

Whilst coronavirus is infectious to children it is rarely serious. If your child is unwell it is likely to be a non-coronavirus illness, rather than coronavirus itself.

Whilst it is extremely important to follow Government advice to stay at home during this period, it can be confusing to know what to do when your child is unwell or injured. Remember that NHS 111, GPs and hospitals are still providing the same safe care that they have always done. Click [here](#) to see in more detail to help you understand symptoms and the appropriate action you need to take.

## Early Help Service Spring Sessions



Early Help are pleased to be able to share the new programme of virtual sessions and courses. The sessions, facilitated by the Children and Family Support Workers have been designed to be versatile and can be delivered virtually on a 1:2:1 basis with families or in a group based situation. [Click here to read about the sessions](#) for both Children, families, young people and sessions for professionals.

### **Safer Internet Day**

We invite you all to join together for a better internet on the next edition of Safer Internet Day on Tuesday, 9 February 2021.

All the children across school will be focussing on internet safety throughout the day.

Find out more about Safer Internet Day at <https://www.saferinternetday.org>, including links to campaign activities, or stay up to date via the SID social media profiles on Facebook and Twitter.