

Charlton School Safeguarding Newsletter



Keeping our children safe across school, online and in our community.



Edition 5

Spring

Eating Disorders

It can be a distressing, isolating and worrying time for anyone caring for a child who has been diagnosed with an eating disorder or who is having problems with eating.

As well as helping you understand more about eating problems, this booklet gives you knowledge and skills that will help you support your child plus some useful tips on supporting your own wellbeing. You can also find out more about our free online skills workshops for parents and carers.

We hope that this resource will reassure you that you are not alone, and that people do recover from an eating disorder.



Welcome to the fourth edition of Charlton's Safeguarding newsletter.

The purpose of this newsletter is to share safeguarding information with our community.

Look out for a purple lanyard

THESE ARE CHARLTON'S MAIN DSL'S:

If you see a member of staff wearing a purple lanyard, this means they are a designated safeguarding lead.

They have had specific training for dealing with any safeguarding matters that you may have.

If you have any worries or concerns do not hesitate to go to them to report any safeguarding concerns or for help and advice.



Mrs A Bithell
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DSL Principal
Tel: 384050



Mrs A Vickers
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DSL Principal
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Mr P Wakelin
Assistant
DSL Principal
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Safer Streets

As part of the Safer Streets initiative, officers have been visiting our school to deliver interactive sessions with selected students, focusing on the importance of community safety and how to help make our streets safer for everyone. Throughout these sessions, students have learned about key topics such as anti-social behaviour, personal safety, and the role they can play in promoting a safer environment. In their final session, students put their knowledge into action by creating informative posters that highlight ways to keep our streets safe. These posters serve as a creative reminder of the importance of working together to foster safer communities for all.



Mrs Bithell
SLT Safeguarding Lead



Mrs A Vickers
CSE Lead



Mr P Wakelin



Mrs Cunningham



Mrs Kinsey
Early Help Lead



Mr C Redman



Miss K Littleford
DSL and Online Safety
Lead



Mrs A Wills



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E-Safety – WhatsApp

WhatsApp is a quick, free way for young people to connect with friends and family through photos, videos, and memes. While it requires users to be at least 16 years old, age restrictions depend on honesty from families. If your child is using WhatsApp, supporting them to do so safely is crucial. Your child may be part of various group chats, from family to friends or even entire classes. Be aware that they might not know everyone in these groups. It's a good idea to ask your child about the groups they're in and whether they know everyone in them.

WhatsApp group admins can add anyone whose number is saved in their contacts. Your child can leave a group at any time, but admins can re-add them. To prevent your child from being added to groups without permission, go to: Settings > Account > Privacy > Groups > My Contacts Except > Select All Contacts. This will require an invitation link to join a group.

Although WhatsApp uses end-to-end encryption, messages can be shared further. You can also manage location sharing settings on your child's phone. On Apple devices: Settings > Privacy > Location Services. On Android: Settings > Location > Toggle Off 'Use Location'.

Discuss with your child how to manage group chats and notifications. If they're feeling overwhelmed, suggest options like muting notifications, turning off "Read Receipts," or disabling the "Last Seen" status. If things get too much, they can leave a group (admins will be notified).

As with any app, it's important to be aware of potential bullying or inappropriate content. If your child faces these issues, it's crucial to report and block the user. Take screenshots to save evidence.

To block or report someone, click on their name and select either 'Block contact' or 'Report contact.' By having open discussions and setting boundaries, you can help your child stay safe while using WhatsApp.



CE Day

On our recent Curriculum Enhancement (CE) Day, students engaged in a variety of activities designed to promote personal growth and a deeper understanding of key life topics. They explored British Values, focusing on democracy, respect, and the rule of law, while also learning about building positive relationships and fostering health & wellbeing. The day aimed to equip students with essential life skills, encouraging them to be thoughtful, respectful citizens and to prioritize their physical and mental health in all aspects of life. It was a day full of interactive discussions, workshops, and activities that helped students reflect on important topics for their future.



Attendance is a part of our safeguarding provision – we always encourage a high level of attendance to both school and lessons.

The Good Attendance Guide

The minimum percentage we expect is **97%** attendance
This means missing no more than **5 days** in a year

0 days of school	100%	Perfection
Equates to 2 days off school each year	99%	Excellent
Equates to 5 days off school each year	97%	Good
Equates to 10 days off school each year	95%	Slight Concern
Equates to 20 days off school each year	90%	Concerned
Equates to 35 days off school each year	85%	Very Concerned

Good attendance at school is the single most important factor to ensure that young people have the maximum life chances – attendance is strongly linked to educational achievement. Promoting positive school attendance is everyone's responsibility.

Good attendance is important in order for our students to

Achieve their potential

See themselves as an important part of the school community and to value and respect school life.

Develop a positive attitude towards school and maintain good habits of punctuality and attendance.

Safeguarding Squad



We are excited to introduce our new Safeguarding Squad, a team of dedicated students from various year groups who are committed to promoting a safe and supportive environment for everyone. This squad will play a vital role in raising awareness, offering support, and ensuring that our school remains a place where all students feel respected, heard, and protected. By coming together from different year groups, the Safeguarding Squad will provide a unique perspective and strengthen our efforts to create a positive and inclusive school community.

For more information, visit our safeguarding page on our website

[Safeguarding Information](#)