



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing, Safeguarding and SEND Newsletter - December 2025

Welcome

Welcome to December's newsletter. We are ready for tinsel, christmas trees and Nativity shows!

Within this newsletter I have also reported on school attendance and punctuality which I hope you find informative.

If you have any questions then please ask.

Mrs Vicky Mitchinson
Vice Principal

Designated Safeguarding Lead/Pastoral and Well being Lead



Safeguarding Team

If you have any concerns about a child or adult's safety, welfare or general wellbeing, please ensure that you speak with a member of our safeguarding team straight away.



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If you have a concern that a child is vulnerable or at risk of significant harm please contact the Multi-Agency Safeguarding Hub in York
Phone: 01904 551900 | Email: MASH@york.gov.uk
Outside office hours, at weekends and on public holidays contact the emergency duty team on 01609 780780.



Support available over the festive season for families in York

Here are key organisations and schemes offering support in York:

Food and Financial Assistance

- York Foodbank & Community Food Banks: These offer emergency food parcels to those in need. Various community food banks are located across York, including the Haxby Foodshare Project and The Collective Sharehouse. Contact details and opening hours are available via the [City of York Council](#) website.
- York Fuel and Food Voucher Scheme: The City of York Council provides fuel and food vouchers to residents who have an immediate need, often as part of broader advice and support services.
- Household Support Fund (HSF): Government funding is available through the HSF to help vulnerable families with food, energy, and water bills. Information on applying can be found on the City of York Council website.
- Holiday Activities and Food (HAF) Programme: The [Raise York](#) initiative runs activity schemes for children and young people during school holidays, which include a nutritious meal each day for eligible children.

Christmas Gifts and Toy Appeals

Several charities run Christmas appeals to ensure children in the area receive a gift:

- Spirit of Christmas: This registered charity runs a Christmas Toy Bank, providing gifts for thousands of children in Yorkshire who might otherwise not receive one.
- Reuse Santa: A partnership between City of York Council and Yorwaste that collects pre-loved toys, games, books, and puzzles to distribute to young people in need across North Yorkshire. Donations can often be dropped off at Household Waste Recycling Centres.
- Salvation Army Christmas Present Appeal: The Salvation Army collects new and unwrapped toys and gifts for children and teenagers in need, distributing them via local networks.
- The Island York: This charity creates Christmas gifts for young people and family hampers. They welcome donations of stocking fillers and essentials.

General Family Support & Activities

- Family Matters York: A charity that provides parenting courses and workshops to support families of all sizes.
- Family Hubs Christmas Parties: The City of York Council often hosts free Christmas events with crafts, refreshments, and presents from Santa for families with young children.

Attendance at POPS

As you will know, having good attendance and punctuality is key to children's success and enjoyment in school. Currently our whole school attendance is 96.31% which is above the national standard. Parents and carers can help their child have good attendance at school by making sure they arrive on time, taking holidays when school is closed and making sure appointments are made outside of school hours.

Currently, our persistent absence at POPS is 7.87%. This is pupils who have attendance below 90%. Parents will have received a letter to inform them if their child's attendance is below this percentage and is a concern.

<u>Class Name</u>	<u>Class attendance to date - %</u>
Ouse	97.32
Foss	97.08
Thames	97.13
Tyne	97.27
Aire	98.13
Avon	97.64
Rhine	93.86
Rhone	97.55
Douro	96.35
Danube	94.97
Mekong	97.75
Mississippi	96.07
Nile	93.13
Niagra	97.35

Punctuality at POPS

Punctuality at school is highly important - our school doors open at 8.40am and the register is taken by 8.50am. Anyone arriving between 8.50am and 9am will be registered as 'late before registers have closed'. Any pupils arriving after the registers have closed at 9am will be classed as 'late'.

We have noticed quite a lot of families who are arriving onto the school site very late. Whilst we know this can sometimes be unavoidable please try to be punctual as this ensures we can close and lock the gates by 9am. Thank you.

EVERY DAY COUNTS

Success at school starts with **good attendance**

190 DAYS at school each year ▼ Maximum attendance WELL DONE!	180 DAYS at school each year ▼ 10 DAYS of missed learning	171 DAYS at school each year ▼ 19 DAYS of missed learning	161 DAYS at school each year ▼ 29 DAYS of missed learning	152 DAYS at school each year ▼ 38 DAYS of missed learning	143 DAYS at school each year ▼ 47 DAYS of missed learning
100% attendance	95% attendance	90% attendance	85% attendance	80% attendance	75% attendance

There are **175 non-school** days a year.

That's 175 days for wellbeing, socialising
and non-urgent appointments.

Well being parent drop in sessions



NHS
Tees, Esk and Wear Valleys
NHS Foundation Trust

PARENT DROP IN

POP IN TO SEE THE WELLBEING IN MIND TEAM
(WIMT) TO DISCUSS TOPICS RELATED TO YOUR
CHILD'S MENTAL HEALTH & WELLBEING

THE SESSIONS WILL BE HELD AT THE POPSOC
BUILDING. PLEASE WAIT BY POPSOC AND THE
WIMT WILL COME AND MEET YOU

TUESDAY 13TH JANUARY - SELF-ESTEEM AND
RESILIENCE
08:45 - 09:45

TUESDAY 10TH FEBRUARY- EMOTION REGULATION
08:45-9:45

TUESDAY 10TH MARCH - DROP IN
08:45 - 09:45

Action for Happiness Calendar - Do Good December

December Kindness 2025

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Spread kindness and share the December calendar with others	2 Contact someone you can't be with to see how they are	3 Offer to help someone who is facing difficulties at the moment	4 Support a charity, cause or campaign you really care about	5 Give a gift to someone who is homeless or feeling lonely	6 Leave a positive message for someone else to find	7 Give kind comments to as many people as possible today
8 Do something helpful for a friend or family member	9 Notice when you're hard on yourself or others and be kind instead	10 Listen wholeheartedly to others without judging them	11 Buy an extra item and donate it to a local food bank	12 Be generous. Feed someone with food, love or kindness today	13 See how many different people you can smile at today	14 Share a happy memory or inspiring thought with a loved one
15 Say hello to your neighbour and brighten up their day	16 Look for something positive to say to everyone you speak to	17 Give thanks. List the kind things others have done for you	18 Ask for help and let someone else discover the joy of giving	19 Contact someone who may be alone or feeling isolated	20 Help others by giving away something that you don't need	21 Appreciate kindness and thank people who do things for you
22 Congratulate someone for an achievement that may go unnoticed	23 Choose to give or receive the gift of forgiveness	24 Bring joy to others. Share something which made you laugh	25 Treat everyone with kindness today, including yourself!	26 Get outside. Pick up litter or do something kind for nature	27 Call a relative who is far away to say hello and have a chat	28 Be kind to the planet. Eat less meat and use less energy
29 Turn off digital devices and really listen to people	30 Let someone know how much you appreciate them and why	31 Plan some new acts of kindness to do in 2026				



ACTION FOR HAPPINESS

Happier · Kinder · Together

SEND - <https://www.raiseyork.co.uk/>

Please do take a look at the Raise York website. There is a wealth of information on there regarding SEND, family hubs, training, support, meet ups and guidance.









Raise York
Your Family Hub Network

Online Safety

As you all know, Christmas is fast approaching and at this time of year some of the children in your care might be fortunate to receive new devices. Please find below some information, useful websites and forums to support you in your understanding of online safety and how to support your children at home.

Useful Links:

	Support	Link
	This offers support when setting up apple devices for young people	https://support.apple.com/en-gb/105121
	This is a way of starting a conversation with your children around online safety	https://www.childnet.com/blog/christmas-2022/
	This is to support children and young people with care experience to talk with their carers about their online lives.	https://www.internetmatters.org/ukcis-vulnerable-working-group/ukcis-digital-passport/
	This is a parent's guide to gifting tech.	https://oursaferschools.co.uk/2022/12/15/guide-to-gifting-tech/
	This is advice on age restrictions.	https://www.internetmatters.org/resources/video-games-age-ratings-explained/
	Parental Controls advice	https://www.nspcc.org.uk/keeping-children-safe/online-safety/parental-controls/

App/game information:



If you have a child that likes to play on Roblox, a game called Adopt me is something to be mindful of. Tens of millions of monthly users, largely younger children use this game and they will need to spend lots of hours to achieve many things within the game. In the game, players adopt and look after virtual pets, decorate homes and trade items.

While much of this is benign fun, there are several aspects parents should keep on their radar: In-game trading, spending, scams & unsafe trading practices. There is also a chat element that some children are accessing and talking to people that they do not specifically know.

Please pay close attention to your young people when they are using devices! Sometimes the app

may say they are suitable for your child's age, test it out and see if you believe it is appropriate.

The guide below supports you with the process of establishing parental controls on new internet-enabled devices, from smartphones to laptops to consoles. Simply find the device in question and read on to find out what options you have and how to enable them – letting children enjoy their shiny new gadget, without so much of the worry over where it might lead them.

At National Online Safety, we believe in empowering parents, carers and trusted adults with the information to hold an informed conversation about online safety with their children, should they feel it is needed. This guide focuses on one of many issues which we believe trusted adults should be aware of. Please visit nationalonline.com for further guides, hints and tips for adults.

Top Tips for SETTING UP PARENTAL CONTROLS ON NEW DEVICES

In children's eagerness to start enjoying new digital gadgets immediately, it can be easy to overlook setting up the type of parental controls that can help to protect them online. If you don't sort those out from the very start, it can be an uphill battle – technologically and psychologically – to impose such controls later. Here's our rundown of what to look for when setting up the various internet-enabled devices that might be lurking under the tree at this time of year.

IPHONE

If your child's lucky enough to be getting their own iPhone, parental controls can help avoid issues like screen addiction and unsuitable content. Go into the settings and scroll down to 'Screen Time'. From here you can customise important settings including time limits on using the device, communication restrictions and content blockers. You can also lock your changes behind a passcode.

ANDROID

With Android devices, Google's Family Link app is your friend. You'll need a Google account – and a separate one for your child, which you should use when first setting up the device. Then, in Family Link on your own device, select 'Add Child' and enter their account details. This lets you specify limits on daily usage, restrict certain apps, block particular content and more.

PLAYSTATION

You can prep for a PlayStation before it's even unwrapped. At myaccount.sony.com, create an account, then go to Account Management > Family Management > Add Family Member to set up your child's account, which you'll use to sign in on the console. You can restrict the age ratings of the games they can play and who they can talk to. On the PS5, you can make exceptions for any games you think are acceptable despite their high age rating.

IPAD

iPad parental controls are identical to those on iPhones. However, if you've got a shared family iPad and want to ensure your children aren't seeing anything age-inappropriate after you hand them the device, there's a feature called Guided Access (under Settings > Accessibility > Guided Access). With this switched on, young ones can only use the app that's currently open.

XBOX

The Xbox Family Settings app helps you manage which games your child can play (and when). You'll need to set up the console with your own account and then add a child profile. Make sure your account's password protected, so your child can't enter your choices later. You'll be walked through the functions at setup, but you can also reach them manually via Settings > Account > Family Settings.

NINTENDO SWITCH

Download the Nintendo Switch Parental Controls app on your phone, and you'll be shown how to link it to the console. Once that's done, you can limit how long your child can play each day, decide what age ratings are permitted and more. You'll also get weekly updates on how often they've used the device. These controls are accessible through the console itself, but the app is usually easier.

WINDOWS 11 PCs

On Windows 11, account management is key. Set up the device with your own account as the admin. Then go to Settings > Accounts > Family and Other users and create your child's account (if you've already done this on a previous PC, just log in with those details). Microsoft Family Safety (either the app or the site) then lets you control screen time, what content children can view and more.

CHROMEBOOKS

Chromebooks' parental controls are managed via the Family Link app. Unlike an Android device, however, you need set up the Chromebook with your own account first, then add your child's. Go to Settings > People > Add Person and input your child's Google account details (or create a new account). Your child can then log in, and you can monitor what they're up to via Family Link.

MACS

Like iPhones, parental controls for Macs are managed via the Screen Time settings. Again, the crux here is to set yourself up as the administrator before adding any child accounts. In the settings, look for Users & Groups to create your child's account, then – while on their profile – use the screen time options to place any boundaries around apps, usage and who your child can communicate with (and vice versa).

SMART TVS

Smart TVs typically have their own individual parental controls. One of the most popular brands is Samsung – and on their TVs, you can control the content available to your child. In the Settings menu, under Broadcasting, you can lock channels and restrict content by its age rating. Even this isn't foolproof, however: some apps (like YouTube) might still let children access unsuitable material.

Meet Our Expert

Danny Collins, a technology journalist and editor with more than 20 years' experience of working for titles such as the Sunday Times, Which? PC, Top Gear and Computer Week, has appeared regularly on a host of national television and radio, including on BBC Newsnight, Radio 4 Live and the ITV News at Ten. He has two children and writes regularly on the subject of internet safety.

The National College

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#WakeUpWednesday

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 20.12.2023

Who to contact if you need support or are worried about a child or family



If there are significant and immediate concerns about the safety of a child, you should contact the police on 999.

If you believe the situation is urgent but does not require the police, please call **01904 551900** to contact York MASH to discuss your concerns. Should you need to call outside office hours, at weekends and on public holidays contact the **emergency duty team telephone: 0300 131 2 131**. <https://www.saferchildrenyork.org.uk/>



NSPCC - Helpline - 0808 800 5000 www.nspcc.org.uk



For women and children.
Against domestic violence.

24-hour National Domestic Abuse Helpline - 0808 2000 247



01823 334244 Helping Men escape domestic abuse



Raise York
Your Family Hub Network

The Raise York website is designed to support parents, carers, children, young people and anyone who works with children, young people and families. If you're not sure where to find information or answers to your questions contact York Family Information Service on telephone: 01904 554444; text telephone: 07786202241 or email: fis@york.gov.uk and an Information Officer will try and help you. <https://www.raiseyork.co.uk/>



York Inspirational Kids is a support group for families of children and young people who have a disability and/or additional need and live in the York area.

Visit their website to find out more www.yiks.co.uk