



Poppleton Ousebank PRIMARY SCHOOL

'Capturing the imagination of young minds'

Wellbeing, Safeguarding and SEND Newsletter - November 2025

Welcome

Welcome to November's newsletter. I hope you are all well and had a lovely half term break with Halloween and Bonfire night celebrations.

I hope you find the information provided informative - please do ask questions if you are unsure or require more information.

Mrs Vicky Mitchinson **Vice Principal**

Designated Safeguarding Lead/Pastoral and Well being Lead

Key dates for November

10th November - Odd Sock's Day

13th November - World Kindness Day

10th - 14th November - Anti-bullying Week

16th - 22nd November - Road Safety Week

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.



Anti bullying Week and Odd Socks Day - Power for Good - 10th - 14th November

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2025/anti-bullying-week-2025>

ABA are official organisers of Anti-Bullying Week and Odd Socks Day in England, Wales and Northern Ireland. Anti-Bullying Week 2025 will take place from Monday 10th - Friday 14th November, with the theme: **Power for Good**. The week will kick off with Odd Socks Day on Monday 10th, with adults and children being encouraged to wear odd socks to celebrate what makes us all unique.



World Kindness Day - 13th November 2024

<https://www.randomactsofkindness.org/world-kindness-day>

How to Participate in World Kindness Day 2025?

Participating in World Kindness Day is a simple yet impactful way to make a positive difference in the world. Here are ways to get involved:



- Perform Acts of Kindness: Throughout the day, consciously perform acts of kindness, such as helping a neighbor, complimenting a colleague, or donating to a charity.
- Spread Positivity: Share uplifting and positive messages on social media to inspire others to be kind and compassionate.
- Volunteer: Offer your time to volunteer for a local charity or nonprofit organization that aligns with your values.
- Donate: Make a donation to a charitable cause that you believe in, whether it's for humanitarian aid, education, or healthcare.
- Teach Kindness: Educate children and young people about the importance of kindness and empathy through storytelling or classroom activities.
- Random Acts of Kindness: Surprise someone with random act of kindness, such as buying a stranger's coffee or leaving an encouraging note for a friend



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Road Safety Week - 16th - 22nd November

<https://www.brake.org.uk/road-safety-week>

Taking place each November, **Road Safety Week** is a national campaign run by road safety charity Brake, to raise awareness of the impact of road death and injury and call for key measures to make roads safer.

Beginning on the World Day of Remembrance for Road Traffic Victims, Road Safety Week brings into sharp focus the fact that 1,700 people die on UK roads every year, and a further 30,000 receive serious, life-changing injuries.

This year, Brake has chosen to shine a spotlight on the importance of safe vehicles that are designed to prevent crashes, and to cause less harm if they do crash.

Well being parent drop in sessions



**WELLBEING
IN MIND TEAM**



Tees, Esk and Wear Valleys
NHS Foundation Trust

PARENT SESSIONS

**THE WELLBEING IN MIND TEAM ARE OFFERING
FOCSED SESSIONS COVERING A RANGE OF
TOPICS RELATED TO YOUR CHILD'S MENTAL
HEALTH & WELLBEING**

**THE SESSIONS WILL BE HELD IN THE POPSOC
BUILDING, STARTING AT 8:45AM AND WILL
RUN UNTIL 10AM**

DATES AND TOPICS:

**TUESDAY 23RD SEPTEMBER -
DROP IN**

**TUESDAY 21ST OCTOBER -
SLEEP**

**TUESDAY 25TH NOVEMBER -
ANXIETY**

Action for Happiness Calendar -

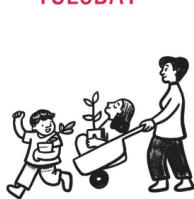
New Ways November 2025

MONDAY



3 Get outside and observe the changes in nature around you

TUESDAY



4 Sign up to join a new course, activity or online community

WEDNESDAY



5 Change your normal routine today and notice how you feel

THURSDAY



6 Try out a new way of being physically active

FRIDAY



7 Be creative. Cook, draw, write, paint, make or inspire

SATURDAY

1 Make a list of new things you want to do this month

SUNDAY

2 Respond to a difficult situation in a different way

10 Be curious. Learn about a new topic or an inspiring idea

11 Choose a different route and see what you notice on the way

12 Find out something new about someone you care about

13 Do something playful outdoors - walk, run, explore, relax

14 Find a new way to help or support a cause you care about

15 Build on new ideas by thinking "Yes, and what if..."

16 Look at life through someone else's eyes and see their perspective

17 Try a new way to practice self-care and be kind to yourself

18 Connect with someone from a different generation

19 Broaden your perspective: read a different paper, magazine or site

20 Make a meal using a recipe or ingredient you've not tried before

21 Learn a new skill from a friend or share one of yours with them

22 Find a new way to tell someone you appreciate them

23 Set aside a regular time to pursue an activity you love

24 Share with a friend something helpful you learned recently

25 Use one of your strengths in a new or creative way

26 Try out a different radio station or new TV show

27 Join a friend doing their hobby and find out why they love it

28 Discover your artistic side. Design a friendly greeting card

29 Enjoy new music today. Play, sing, dance or listen

30 Look for new reasons to be hopeful, even in tough times



ACTION FOR HAPPINESS

Happier · Kinder · Together



SEND - Raise York

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.

Find out more about the Raise York website



Raise York
Your Family Hub Network

At The National College, our WakeUpWednesday guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, hints and tips, please visit nationalcollege.com.

10 Top Tips for Parents and Educators CREATING FAMILY RULES FOR USING DEVICES

A set of family rules agreed on with children can promote the safe, responsible use of devices like tablets, smartphones, gaming consoles and computers. By developing rules around technology, it opens the conversation regarding boundaries and expectations, ensuring a healthy balance of screen time. This guide will help you to develop an age-appropriate family agreement to suit your household.

1 WORK TOGETHER

Collaborating with children when setting rules around the use of technology is a valuable task that can encourage them to take more ownership. It's important to make rules which reflect your family and are age appropriate. Think about what you all enjoy doing online and what apps, games or devices children use most frequently.

2 AGREE TIME LIMITS AND SUITABLE TIMES

Be realistic when setting screen time limits. These can vary depending on the child's age, whether it's a weekday or weekend, and what they're actually doing online. If they're conducting research for homework, that might require more time than if they were playing games. Consider when screen time begins: does it come after chores and homework? Agree times when technology and phones must be put away.

3 ENCOURAGE HONESTY

Family rules ensure that everyone can have fun with their devices and be safe while doing so. Nonetheless, children may make mistakes as they learn to navigate the online world. Emphasise that if they ever feel worried, unsafe or upset about something they've done, sent, said or received, they should tell you immediately so you can help them resolve the problem.

4 CHARGING AND OVERNIGHT STORAGE

To ensure children get the downtime they need overnight, it's important that devices – especially smartphones – are kept in a common space, where possible. This reduces the chance of pointless late-night scrolling or sleep being disturbed by calls, messages or notifications. There are charging boxes you can purchase, or all gadgets could be charged in the kitchen overnight to avoid distractions.

5 REVIEW RULES REGULARLY

Anything you agree on isn't set in stone. These rules will likely alter as children get older and the way they use technology changes. Take time to review these as a family; discuss what's working, and what isn't. Communication is key – so by doing this, you involve the child in their own online safety while promoting an open dialogue.

6 PROTECT PERSONAL INFO

Discuss and demonstrate the importance of protecting your personal information. Talk about what details you share online and who with. Use parental controls to block children from connecting with strangers, so that any information they do share is among their real friends. Ask a child's permission before posting any photos of them on social media, as this demonstrates positive online behaviour that they should learn and remember.

7 BE RESPECTFUL

Highlight the importance of showing respect to others when using technology. Encourage children to speak kindly to others online – such as on social media, when playing multiplayer games or in group chats (which can often lend themselves to teasing behaviour). Explain that if they aren't treating others considerately, they might be made to stay away from their devices for a while.

8 "NO TECH" ZONES

Designating spaces in the house where technology isn't allowed (for example: bedrooms, bathrooms and at the dinner table) lets you keep an eye on what children are viewing and who they're communicating with. It gives you some quality, screen-free time with them, too. It also helps reduce any impulses to potentially engage with inappropriate content, as they're unlikely to do so in a common space within the home.

9 AGREE ON CONSEQUENCES

As a family, discuss why the rules are important: to balance their screen time, to ensure everyone enjoys gaming or interacting online, and that they are safe when doing so. Therefore, if these rules are broken, there has to be a consequence. Discuss what would be fair for certain breaches of the rules, as this can prevent a disproportionate response in the future.

10 KNOW ALL PASSWORDS

To protect children from inappropriate content, parents should have access to all passwords. Parents should also make it clear that they will check children's devices, should they have any concerns about their use. Emphasise that this isn't due to a lack of trust but is an extra way of keeping them safe.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at BCyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.



#WakeUpWednesday

The National College

Source: See full reference list on guide page at nationalcollege.com/guides/tips-for-creating-family-rules-for-using-devices



@wake_up_weds



/www.thenationalcollege



@wake.up.wednesday



@wake.up.weds

Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 31.07.2024

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