

## Support available for parents, carers and young people

**Internet Matters** – Support, information and safety settings for your child's devices and apps, along with guidance to tackle online issues they may face.

**NSPCC** - The NSPCC website offers a wide range of resources covering topics like online safety, child protection, and mental health. They offer family contracts to guide parents in managing their child's online activity, promoting wellbeing both online and offline.

**Childline** – Childline offers confidential support for children and young people under 19 in the UK. Trained counsellors provide assistance 24/7 via phone, online chat, or email on various issues like bullying, abuse, and mental health concerns.  
Call 0800 1111

**Health Box** - Health box offer a variety of programmes, which include support with Mental Health, Sleep and Social Prescribing. They aim to promote health and wellbeing to individuals and groups by empowering them to make healthier choices easier.

**Young Carers** – Cheshire Young Carers supports young people with caring responsibilities through emotional support, practical assistance, and social opportunities.

**Parents Protect** - Parents Protect provides essential guidance and resources to prevent child sexual abuse, offering support to parents, caregivers, and professionals.  
[www.parentsprotect.co.uk](http://www.parentsprotect.co.uk)

**West Cheshire Domestic Abuse Family Safety Unit** - Support for those who are suffering domestic abuse

**SilverCloud** - Provide programmes that are designed to help you improve and maintain your wellbeing.

**Family Toolbox** - The Family Toolbox offers practical resources and guidance to support families in navigating challenges, strengthening relationships, and promoting well-being.

**Kooth** - Kooth is an online platform offering free and anonymous mental health support for young people, including counselling and self-help resources

**Young Minds** – They provide services and resources to raise awareness and offer support, aiming to ensure every young person receives the help they need for their mental well-being.

**Clare's Law** – Support for adults as a person has a right to ask the police whether a current partner presents a risk of violence



# Safeguarding Information for Parents

## Our Safeguarding Team



**Mrs. Thorpe**  
Headteacher



**Mr. Campbell**  
Deputy  
Headteacher



**Miss. Hennessy**  
Learning Mentor

Here at St. Mary of the Angels Catholic Primary School, our top priority is the safeguarding and well-being of all children. This leaflet aims to offer helpful advice and guidance on safeguarding for parents.

If you ever have any concerns regarding a child at St. Mary of the Angels School, it's crucial to report them promptly to a staff member. We have designated staff responsible for handling such reports.

## Online Safety and Supervision

The internet can offer valuable learning opportunities for children and can facilitate social connections with peers when used responsibly. It's important for parents and caregivers to monitor their children's online activities to ensure their safety. Open and honest conversations about online behaviour and the potential consequences of negative actions are crucial. Many online applications have a minimum age requirement of **13 years old** for good reasons.

### What can you do as a parent?

Remember it's ok to not know everything.

- Have conversations regularly with your child about their friends and which games / apps they play.
- Set boundaries being realistic.
- Take their phone off them before they go to bed.
- Do random checks on their phone.
- Ensure parental controls are in place in their security settings.
- Educate them about the potential risks.

Support can be found:

[Parents and Carers - UK Safer Internet Centre](#)

[Keeping children safe online | NSPCC](#)

[Parental controls & privacy settings guides | Internet Matters](#)



Our school is part of Operation Encompass. This is a police and education early intervention safeguarding partnership which supports children and young people who experience Domestic Abuse. Operation Encompass means that the police will share information about Domestic Abuse incidents with our school soon after they have been called to a domestic incident. All Key Adults (DSL/DDSL) have attended an Operation Encompass local briefing as well as national online training. Our parents are fully aware that we are an Operation Encompass school. More information can be found at:

<https://www.operationencompass.org/>



Koala North West is a charity organisation that provide children and their families with tailored practical and emotional support that improves wellbeing, reduces isolation and supports both children and care-givers to thrive.

They offer a ranges of services including Sleep Support, Dad Support, Healthy Lifestyles and Family Support.