

Welcome to the latest edition of our safeguarding newsletter.

As another school year comes to an end, we have been reflecting as well as planning ahead for next year.

I am incredibly proud of how much the pupils and the whole Olive team have achieved this year.

As always, if you have a safeguarding concerns, please contact our safeguarding team.

Ellen Watson

Acting Head of Academy and Designated Safeguarding Lead



In March, we had a visit from Anchored Schools, who completed an extensive review of our safeguarding practices.

We were delighted with the feedback we received and are immensely proud of our ANCHORED GOLD AWARD.

A Gold Award is awarded to schools that have demonstrated excellent safeguarding practice during an extensive review.



In addition to our excellent safeguarding practice, Anchored Schools also awarded us with an ANCHORED BRONZE AWARD to recognise our excellent work with PSHE (personal, social, health & economic) Education.

A Bronze Award is awarded to schools that have demonstrated excellent practice in a specific area, during a safeguarding review.

## Safeguarding Team



Mrs. Watson



Mrs. Lewis



Mrs. Emms

## Cost of Living Crisis

### Support for Families

#### Home Start in Suffolk

Home Start is ready to support families through their toughest times

01473 621104

headoffice@homestartinsuffolk.org

www.homestartinsuffolk.org



#### Healthy Start

Healthy Start provides vouchers for pregnant women and families with a child under four years old on a low income to buy basic food items

0345 6076823

www.healthystart.nhs.uk/contact-us



#### Suffolk Advice and Support Service (SASS)

A free phonenumber, available to support vulnerable people in our communities with access to debt and money advice

0800 0683131



#### Citizens Advice

Citizens Advice is a good place to get information about benefits, how to deal with debt, what you're entitled to and who to speak to if you're at risk of losing your home

www.citizensadvice.org.uk



If the cost of living increase means you are struggling, you may be able to get help.

There are many charities across Suffolk who are supporting people as the cost of living rises.

As well as advice on living costs, many charities can provide support with:

- Benefits
- Debt
- Employment
- Housing
- Legal Issues

## Food Banks

Food banks are a bit like supermarkets, but everything is free. They are for people who struggle to afford to buy enough food to eat.

The products available in food banks consist of basic items that people need to live, most of which are given to the charities by members of the public.

It's not just food available, though. Other essential items like toilet roll and soap are also available.

**Ipswich** - P.O Box 1029, Ipswich, IP1 9XJ - [01473 833351](tel:01473833351)

Food parcels delivered to households



[www.findipswich.org.uk](http://www.findipswich.org.uk)

**Haverhill** - Reach Resource Centre, Leiston Road, Haverhill CB9 8JL - [01440 268003](tel:01440268003)

Monday: 2pm—5pm  
Tuesday: 2pm—5pm  
Wednesday: 2pm—5pm  
Thursday: 2pm—5pm  
Friday: 2pm—5pm



[www.reachhaverhill.org.uk](http://www.reachhaverhill.org.uk)

**Bury St. Edmunds** - Gatehouse, Dettigen Way, Bury St. Edmunds, IP33 3TU - [01284 754967](tel:01284754967)

Monday: 9am—2pm  
Tuesday: 9am—2pm  
Wednesday: 9am—2pm  
Thursday: 9am—2pm  
Friday: 9am—2pm



[www.gatehouse.org.uk/food-bank](http://www.gatehouse.org.uk/food-bank)

**Stowmarket** - Stowmarket Community Centre, Hillside, Stowmarket, IP14 2BD - [01449 774000](tel:01449774000)

Monday: 9am—1pm  
Tuesday: 9am—1pm  
Wednesday: 9am—1pm  
Thursday: 9am—1pm  
Friday: 9am—1pm



[www.livingit.org.uk](http://www.livingit.org.uk)

**Lowestoft** - 5-6 Bevan Street, Lowestoft, Suffolk, NR32 2AA

Monday: 10am—12pm  
Tuesday: Closed  
Wednesday: 10am—12pm  
Thursday: Closed  
Friday: 10am—12pm



[www.trusselltrust.org](http://www.trusselltrust.org)



Olive AP Academy

Suffolk

## Places Where Children Eat Free (or for £1)

### ASDA

Kids eat for £1 All Day, Every Day at Asda cafes, with no adult spend required.

### TESCO

Kids eat free with a purchase of 60p+ from Mon 24th July - Fri 1st September 2023

### SAINSBURYS CAFES

Kids eat for £1 with the purchase of an adult hot main. From 11:30am every day.

### BEEFEATER & BREWERS FAYRE

Two children under 16 can get a free breakfast every day with one paying adult!

### THE REAL GREEK

Kids under 12 eat FREE every Sunday for every £10 spent by an adult

### TABLE TABLE

Two children under 16 can get a free breakfast every day with one paying adult!

### TRAVELODGE

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### HUNGRY HORSE

Kids eat for £1 on Mondays & up to 2 Kids get free breakfast with 1 adult breakfast

### PREMIER INN

Buy 1 Adult Breakfast from just £8.99 & up to two kids eat breakfast for free

### SIZZLING PUBS

Every Monday to Friday, 3 - 7pm, kids' mains are £1 with every adult meal.

### IKEA

Kids get a meal from 95p daily from 11am

### MORRISONS

Spend £4.49 & get one free kids meal all day, every day.

### GORDON RAMSEY RESTAURANTS

Kids under 8 eat FREE all day, every day at selected Gordon Ramsay restaurants

### PRETO

Kids up to age 10 eat free all day, every day with paying adults at Preto in Half Terms

### BILLS

2 kids eat FREE all day, every day from Monday 24th July - Friday 1st Sept 2023

### BELLA ITALIA

Children eat for £1 with any adult main. The offer is valid 4-6pm Mon to Thurs.

### WHITBREAD INNS

Two kids under 16 eat for FREE with every adult breakfast purchased

### SA BRAINS PUBS

Children can eat for £1 with any adult main. Valid All Day Wednesdays

### FUTURE INNS

Under 12's eat for free with any adult meal. During the school holidays

### PAUSA CAFE @ DUNELM

Kids get 1 mini main, 2 snacks & a drink FREE with every £4 spend after 3pm

### YO! SUSHI

From Mon 17th of July until Fri 11th of Aug kids eat free with every £10 adult spend

### TO BE CONFIRMED...

M&S and Farmhouse Inns

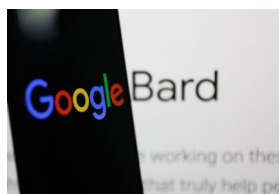
## Online Safety

### What is Artificial Intelligence (AI)?

Artificial intelligence—or AI for short—is technology that enables a computer to think or act in a more ‘human’ way. It does this by taking in information from its surroundings, and deciding its responses based on what it learns or senses.

You might not realise some of the devices and daily activities which rely on AI technology - phones, video games and online shopping, for example.

Its popularity is increasing due to the likes of ChatGPT, Google Bard and more recently, My AI from Snapchat.



### Why are people worried about AI?

Although so far, AI has been helpful in our everyday lives, many have concerns, such as:

- Violation of privacy
- Providing the user false information
- The collection, use and storage of people’s data
- The use of AI in surveillance by others



Discord is a platform for people with similar interests to communicate. Discord’s age rating is 17+ to help ensure minors are not exposed to content inappropriate for them.

#### Concerns About Discord

- ◆ **Location Tracking**- location is shared with potential ‘friends’
- ◆ **Inappropriate Content** - especially using the live streaming feature
- ◆ **Bullying and Hate Speech** - especially using the live streaming feature
- ◆ **Grooming and Exploitation** - online ‘friends’ may not be who they say they are



Olive AP Academy

Suffolk

LGfL

DigiSafe

keeping children safe

SIX TOP TIPS

For Parents To Keep Your Children Safe Online

Children and young people are bound to spend lots more time on devices since Covid. **DON'T FEEL BAD** – lots will be schoolwork or healthy ways of catching up with friends or having fun. There are many ways to keep them safe, healthy and happy.

### Don't worry about screen time; aim for screen quality

Scrolling through social media isn't the same as making a film or story, or Skyping Grandma. Use the Children's Commissioner's 'Digital Five A Day' to plan or review each day together.



### Check the safety settings are turned on



Whether it's your home internet, mobile devices, consoles, apps or games, there are lots of settings to make them safer. The key ones are - can they chat to strangers, can they video chat or 'go live', are their posts public? **Internet Matters** has hundreds of guides to parental controls.

### Get your children to show you their apps and games



You don't need to know all about the latest app or game, but if your child shows you what they are doing and with whom, you'll probably see if it's appropriate or not. Remember 18 games are not more advanced – they are harmful to children! For parent guides to apps, including recommendations for kidsafe apps and video platforms, search for **Common Sense Media** or **NSPCC's NetAware**. And why not download the **BBC Own It** app?

### Don't try to hide news about scary things in the news



If you don't talk about it, your children might read inappropriate pages, believe scare stories or simply catastrophise in their heads. Why not watch **Newsround** together and talk about how they feel – there is guidance from **Childline** to help you.

### Remind them of key online safety principles



There are too many to list, but remember human behaviour is the same online and offline. Remind your children to be a good friend, to ask for help if they are worried or if someone is mean, not to get undressed on camera and most important of all... if somebody tells them not to tell or ask for help because it's too late or they will get in trouble, **THAT'S A LIE!**

### If you aren't sure, ASK!

Your school may be able to give you advice, but there are plenty of other places to ask for help as a parent or a child, whether it is advice or help to fix something. Lots of sites are listed at [reporting.lgfl.net](https://reporting.lgfl.net), including ones to tell your kids about (they might not want to talk to you in the first instance).



[www.parentsafe.lgfl.net](https://www.parentsafe.lgfl.net)

## Online Safety

### Cybersecurity

Cybersecurity are the precautions people take to prevent unauthorised access to their devices.

People use laptops, smartphones and tablets for all parts of modern life, from online banking, shopping, email and social media, which all include vast amounts of personal information.

When these devices are not protected, cybercriminals can access the personal information that is stored on the device and use it to commit fraud.

There are simple steps you can take to protect yourself from cybercrime:-

- **Use a strong password**
- **Install the latest software and app updates**
- **Turn on 2-step verification (2SV)**
- **Avoid using free Wi-Fi to access personal information**

**ActionFraud**  
National Fraud & Cyber Crime Reporting Centre  
0300 123 2040  
[www.actionfraud.police.uk](http://www.actionfraud.police.uk)

### Strong Passwords Tips

- **Don't use personal information** - such as children's names, pet names, addresses, date of birth
- **Do not reuse passwords** - every app, account or website should have a different password
- **Use a phrase or sentence instead of a single word** - such as 'ILikeChocolate' instead of 'Chocolate'
- **Use a combination of at least eight letters, numbers and symbols** - the longer the better, such as !L1keCh0col@te





Olive AP Academy

Suffolk

## Domestic Abuse

There is a way  
out of Domestic  
Abuse

Be Heard. Be Supported. Be Safe.

**Lighthouse**  
For a brighter future, free from domestic abuse

Lighthouse is a Suffolk based charity that supports women, young people and children who are affected by domestic abuse.

They offer refuge for women and young people who are fleeing an abusive situation.

Once safe, the team help women to rebuild their lives. From sorting out benefits, to arranging school places and assisting with moving into a new home when ready.



**Advice Line**

01473 228270



**Domestic Abuse Helpline**

[www.lighthousewa.org.uk](http://www.lighthousewa.org.uk)



Anglia Care Trust (ACT) is a multi-service charity based in Ipswich with one of their services being Domestic Abuse Outreach Support. They offer other services such as housing, drug and alcohol recovery and money/employment advice.



**Domestic Abuse Helpline**

0800 977 5690



**Domestic Abuse Helpline**

[www.suffolkdahelpline.org.uk](http://www.suffolkdahelpline.org.uk)



**In Immediate Danger**

Call 999



**Olive AP Academy**  
**Suffolk**

## Where To Get Support



For Young People (4YP) provides drop in sessions for young people. It is a friendly environment where young people are given the chance to talk through whatever is on their mind, ask questions about health & wellbeing and get involved in the activities on offer.

[www.4yp.org.uk](http://www.4yp.org.uk)

01473 252607

[enquiries@sypfh.org.uk](mailto:enquiries@sypfh.org.uk)



Customer First is the first point of contact for social services in Suffolk. They deal with enquiries, referrals and mental health assessments.

[www.suffolk.gov.uk/children-families-and-learning](http://www.suffolk.gov.uk/children-families-and-learning)

0808 800 4005



PACT offer free, confidential support, including information and advice for any parent/carer worried about the emotions, behaviour or mental health of a child or young person.

[www.parentsandcarerstogether.co.uk](http://www.parentsandcarerstogether.co.uk)

07856 038799



A youth work charity based in Stowmarket. They work with young people from across Mid Suffolk and beyond. They are committed to effective partnerships with agencies, charities and businesses to ensure young people can co-create and access the best youth work support available.

[www.themixstowmarket.org](http://www.themixstowmarket.org)

01449 745130



Olive AP Academy

Suffolk

# HOW ARE YOU FEELING TODAY?

However you are feeling, you are not alone and there is someone who will listen and help you.

## The Source

A website of information, advice and support for **young people in Suffolk**

THE **SOURCE**

www.thesource.me.uk



## ChatHealth

Text a school nurse for confidential help

07507 333356

Available Mon-Fri, 9am to 4:30pm  
excluding bank holidays

school+nurses



## Live 1-1 chat

Free, safe, anonymous chat when you need it

kooth.com

Available Mon-Fri, mid-day to 10pm  
Sat-Sun 6pm to 10pm

kooth



#TOILETDOOR

## Barnardo's Phonenumber Service

0345 600 2090

Emotional Wellbeing Hub

For general wellbeing signposting

press option 2 Mon-Fri, 9am to 5pm

To refer you or a friend for support

press option 3 Mon-Fri, 8am to 7.30pm



NHS Crisis Support Line - Call 111 and press option 2

24/7 helpline for people of all ages in Norfolk and Suffolk

