Kingston and Richmond Primary School
Safeguarding and play times

5th June 2023

COLLIS
Primary School

- Paul Dowsett – Deputy Safeguarding lead, Manager of CATS (Collis School before and after school club). 24 years working in the children and young people sector.

- James Loizos – Lead on Physical Education at Collis School. 22 years teaching experience.

Aims

Revisit/learn local picture on prevent, CSE and County Lines

Talk about Kingston and Richmond – a safe place to live and learn

Active breaks – Ideas for fun and engaging playground games



Follow your school processes

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Collis School and Prevent

It can be hard to know what to do if you are worried a child in your class is expressing extreme views or hatred which could lead to them harming themselves or others.

Working alongside other organisations the police can protect vulnerable people from being exploited by extremists through a voluntary Home Office programme called **Prevent.**

Prevent and local context

I knew something was wrong. I felt frightened, nervous like the sand was shifting under my feet. I embraced it when my son was referred to the Prevent programme. It was good to get support.

Mother of son who was supported through Prevent

Prevent and local context

It could be nothing, but what if it isn't? It can feel very scary to think someone in school could be heading down a path towards extremism. But friends, family and teachers are better placed than anyone to know when something doesn't feel right.

You can help protect a child from harming themselves or others if you seek advice at an early stage. Together we can help prevent them from becoming drawn into harmful activities or groups.

Tell your safeguarding team

County Lines

County Lines is where illegal drugs are transported from one area to another, often across police and local authority boundaries (although not exclusively), usually by children or vulnerable people who are coerced into it by gangs. The 'County Line' is the mobile phone line used to take the orders of drugs.

County Lines

Signs to look out for

There are several signs to look out for that may indicate someone is involved in county lines:

- repeatedly going missing from school or home and being found in other areas
- having money, new clothes or electronic devices and they can't explain how they paid for them
- getting high numbers of texts or phone calls, being secretive about who they're speaking to
- decline in school or work performance
- significant changes in emotional or physical well-being

Unsure? Speak with your safeguarding team. They can make a SPA referral/seek advice/get help.

CSE

Child sexual exploitation (CSE) is a type of sexual abuse. When a child or young person is exploited they're given things like gifts, drugs, money, status and affection, in exchange for performing sexual activities.



CSE

Child sexual exploitation online

When sexual exploitation happens online, young people may be persuaded or forced to:

- Have sexual conversations by text or online
- Send or post sexually explicit images of themselves
- Take part in sexual activities via a webcam or smartphone

Abusers may threaten to send images, video or copies of conversations to the young person's friends and family unless they take part in further sexual activity. Images or videos may continue to be shared long after the sexual abuse has stopped.

Local Picture

How are we doing in the boroughs of Kingston and Richmond? 2021- 2022

The London Boroughs of Richmond upon Thames and Kingston are a prosperous, safe and healthy London boroughs. Life expectancy is high and rates of premature mortality are lower than other areas. Both have low levels of crime and accidents, good schools and high levels of volunteering

However…….

12% of the children have special educational needs or disabilities
The rate of A&E attendances (0-4 years) at 732 per 1,000 is significantly higher than both the England average (588 per 1,000) and the London average (707 per 1,000)
90 hospital admissions are a result of self-harm in those aged 10-24 year-olds, which equates to the third highest rate in London

Local Picture

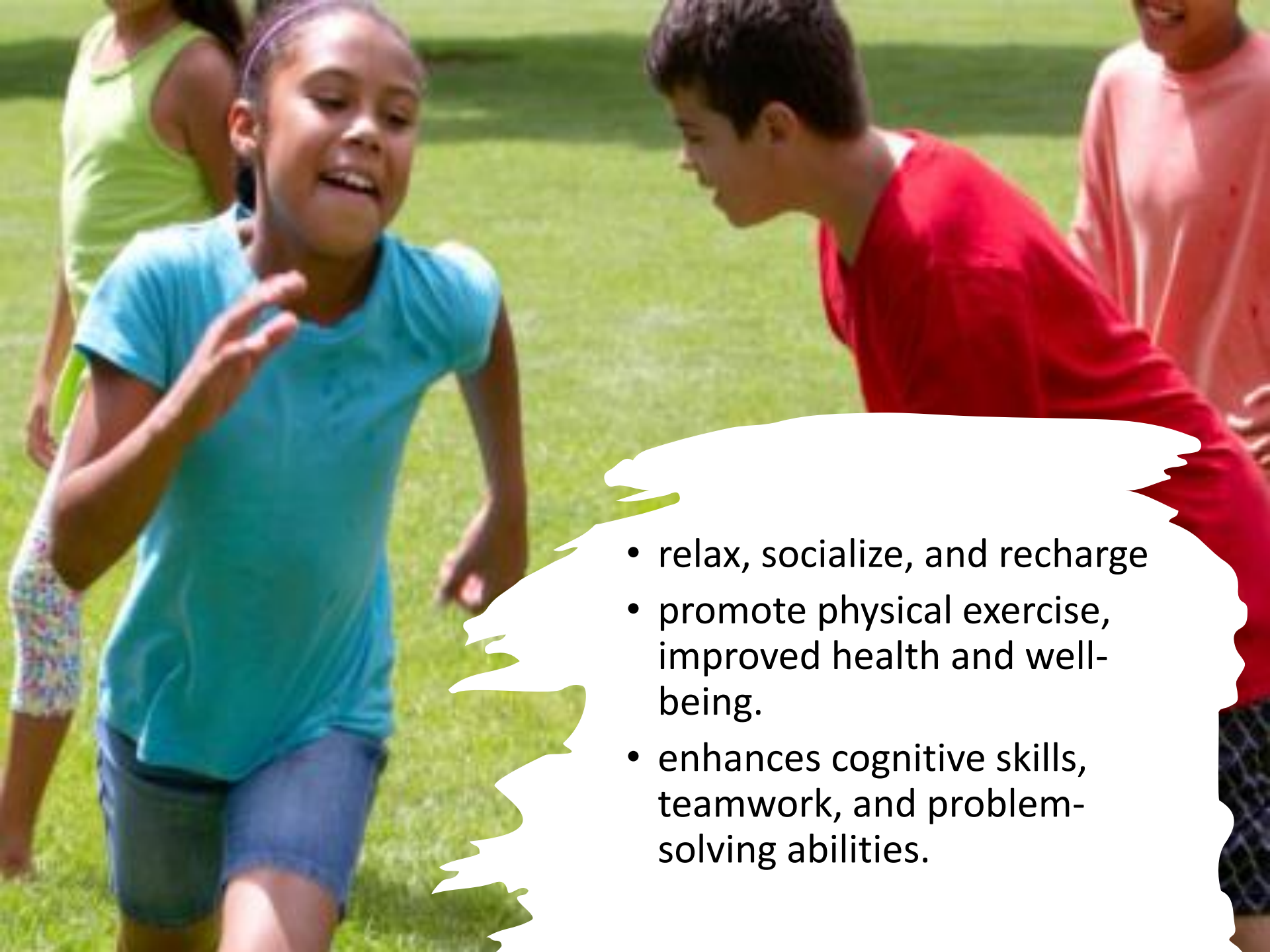
- The average mental wellbeing score for 15 year olds in the borough of Richmond is the fourth worst in London
- The rate of hospital admissions as a result of self-harm in those aged 10-24 is the highest rate in London.
- In reception year, 5.1% of children are obese, the lowest in England. Nevertheless, by Year 6, prevalence more than doubles to 11%, and is even higher in the more deprived areas of the borough
- • The rate of hospital admissions due to substance misuse (excluding alcohol) in those aged 10-24 years is showing an increasing trend
- 39 young people were in specialist treatment for cannabis (82%), alcohol (69%), ecstasy (28%) and cocaine (21%) misuse •
- The cumulative risk from multiple unhealthy behaviours is significant in our 15 year olds where: Prevalence of smoking is 14.3%, twice the London average (6.1%),
- 19% report having tried cannabis, the highest proportion in London, and third highest in the country (London and England averages 11%)
- Our 10 – 24 year olds drink more regularly than in any other London borough – 9% are regular drinkers and 25% reported being drunk in the previous 4 weeks.

Can you spot any telltale signs in primary school?
Talk to the safe guarding team, share your concerns.





Fun and Engaging Playtime Games



- relax, socialize, and recharge
- promote physical exercise, improved health and well-being.
- enhances cognitive skills, teamwork, and problem-solving abilities.









Skipping

- Improves fitness, co-ordination and agility
- strengthens bones
- It’s fun















It / Tag / Touch

Develops Athletic Skills
Great Workout
Unstructured
Stimulates Brain Function
Boosts Academic Performance
Allows Creativity
Sportsmanship
Improves Focus
Healthy Risk
Improves Sleep
Keeps You Happy









What Are the Benefits of Hopscotch?

There are even more benefits to hopscotch besides the inherent physical activity. These include improvements to your:

- Body control and dexterity, from balancing and moving down the course
- Gross motor skills, including running, jumping, and hopping
- Leg strength
- Leg flexibility, from all of the rotational, forward-back, and sideways motions
- Counting skills
- Coordination
- Ability to understand and follow directions

Activity Cards

Mega Tag



Aerobic 10

COLLIS Primary School

Rules

- Everyone is trying to 'tag' everyone
- You must tag as many people as you can.
- When you are tagged 'it' you must kneel down UNTIL.... The person who 'tagged' you is tagged and also kneeling down and then you can join back in.
- If two people tag each other at the same time they must settle it with rock/paper/scissors
- The game ends if ONE person can 'tag' the entire class.

Health & Safety

Use *finger tips ONLY* to tag

Equipment

X10 cones

Netball court size for 30 children

(30mx15m)