



# Banwell Primary School Newsletter

**TERM 4 2024**



## A message from Mrs Pocock

What a fantastic spring term we have had!

The children, as always, have worked incredibly hard and are ready for a well deserved break over Easter. We hope that you are enjoying seeing lots of our learning on Facebook and the Weekly Roundup.

I would like to give my personal thanks to the Friends PTA for organising a very successful disco last week. These events take a lot of organising behind the scenes so we are very grateful for their hard work.

We are saying a fond farewell to Mrs Hannah Wynn today who has had to leave us after rejoining in January. We wish her the very best of luck for the future. We are currently advertising for a part time LSA to take up this post so if you are interested or know anyone who could be, please ask them to get in touch.

Finally, please try to enjoy some family time together over the Easter break. Hopefully the weather will allow for some outdoor adventures! We will look forward to welcoming everyone back on Monday 15<sup>th</sup> April.



## YOUNG MUSICIAN OF THE YEAR



Congratulations to those that took part in the Young Musician Of The Year. We are hoping to invite parents in next term so they are able to watch the fantastic performances. If this is possible, details will follow in Term 5.

## PART TIME VACANCY

We are currently looking for a part time KS2 Learning Support Assistant to join our team for 12 hours a week. Six hours on a Tuesday and Wednesday.

If you are interest please speak to Mrs Pocock or look out for the post on the following link

<https://www.extendlearning.org/vacancies/>

## Save the date!

25th March 3.20pm Y6  
SATs & Camp Meeting

26th March Young Chef  
Rotary Competition

28th March 9:15am  
Outstanding Certificate  
Assembly

29th March—Good  
Friday

## EASTER HOLIDAYS

15th April—Start of  
Term 5.

## TERM 5 & 6

13th – 16th May KS2  
SATs week

20th – 22nd May Y6  
Camp

7th June 9.15am

Sports Day

17th June—Rec/KS1  
Aust Beach Trip

25th June—Churchill  
Induction Day

26th June—Y6  
Churchill Drama Day

5th July Class / Y6  
Leavers photos

10th July Y6 Production  
to school & parents

11th July Y6 Production  
to parents

19th July 9.15am  
Outstanding  
Certificates Assembly

23rd July 9.15am  
Leavers Assembly

## SUMMER HOLIDAYS

Contact us:

Email: [office@banwell.extendlearning.org](mailto:office@banwell.extendlearning.org)

Tel: 01934 822 498





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## TERM 4 2024

### Perform Their Socks Off 2024

Cricket class are taking part in Perform Their Socks Off at The Playhouse, Weston on the 26th April. Tickets are now on sale and can be purchased via The Playhouse [website](#).



<https://fundraise.autisminitiatives.org/fundraisers/AlfiesAllStars>



Jo and Kayleigh (ladybird pupils' parents) have stepped up to Walk for Autism. We'll be walking 10,000 steps a day for 8 days and fundraising to help change the lives of people on the autism spectrum. Help make our steps count and support our efforts by donating now. Any amount, big or small, will get us one step closer towards a world where no-one on the autism spectrum is left behind.

### Save the date!

## ACADEMIC YEAR 2024-25

### TERM 1

Term starts: Monday 2 September 2024

Inset Days: Monday 2, Tuesday 3 September 2024 and Friday 25 October

### Free schools meals

There are two schemes for free school meals:

- universal infant free school meals for all children in reception year, year 1 and year 2 – you don't need to apply as they're automatically given at the school
- free school meals for people on qualifying benefits – you'll need to apply for these

If you claim qualifying benefits and your child is entitled to universal infant school meals, you should still apply for free school meals so:

- you will be entitled to half price school trips
- the school can receive funding for the free school meals

Further information can be found [here](#)

**Please note that if you are already in receipt of income related free school meals, please do not reapply as you may lose your entitlement.**



**Don't forget to check out your child's class page on our [website](#) where you will find lots of useful information.**



### Breakfast and After-school Club

Breakfast Club from 7.45am & Afternoon Session 3.20pm to 4.20pm ~ £5.00

After School Sessions 4.20pm to 6pm ~ £10.50



Booking and payment for these clubs can be found on ParentPay.



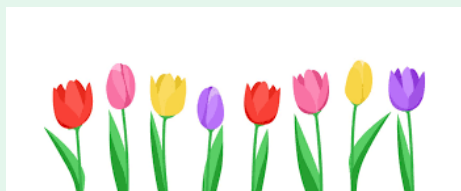
Please call the office or click [here](#) if you would like any further details.



Contact us:

Email: [office@banwell.extendlearning.org](mailto:office@banwell.extendlearning.org)

Tel: 01934 822 498





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## TERM 4 2024

### GRANTS & DONATIONS

Mrs Bevan has been working hard to improve the outside space around the early years area.

Our wonderful PTA (Friends of Banwell Team) successfully secured a £1000 grant from Southern Co Op—Love Your Neighbourhood. We also received a £600 donation from Rockfield Homes to be used for the same improvements.

This is fantastic news and now allows us to purchase some lovely learning through play resources. We look forward to sharing how this space grows!



Friends of Banwell School are always on the look out for parents to join the group. If you can help out at any of the events please do get in touch with them.

We wouldn't be able to have these lovely events without your help.

### SCHOOL DISCO

A fantastic amount of **£267.08** was raised from the school disco!

A big thank you to Friends of Banwell PTA, without them these events aren't possible. Thank You also to those families that supported this event by coming along. We hope you enjoyed it.



**Friends of Banwell School PTA**

**Contact -**  
[Friendsofbawell@gmail.com](mailto:Friendsofbawell@gmail.com)

### Upcoming Events:

**Saturday 8th June** A joint PTA and Royal British Legion event at Banwell Castle to mark 80 years of the D Day landings.

More information and further details to follow over the coming weeks.



Contact us:

Email: [office@banwell.extendlearning.org](mailto:office@banwell.extendlearning.org)

Tel: 01934 822 498





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TERM 4 2024

## Things to do this Easter and beyond

Attached to the bottom of this newsletter you will find information on lots of brilliant things to do this Easter and beyond.

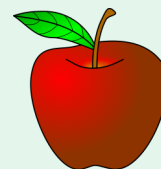
If your child is entitled to [income related free school meals](#) please do visit the HAF webpages on the North Somerset Council website.

The holidays, activities and food programme (HAF) is an initiative run by the government to provide sessions during school holidays for children who are in receipt of income related free school meals. Each session runs for a minimum of 4 hours and children will be provided with a meal at no cost to parents. Further detailed information can be found [here](#).

Banwell FC are currently recruiting players for the U9 & U10 team. Further information can be found [here](#) or by contacting: [secretary@banwellfc.co.uk](mailto:secretary@banwellfc.co.uk)



Please see attached poster regarding healthy packed lunches. You can also click [here](#) for further information and lots of recipe ideas.



## Healthy start scheme

If you are more than 10 weeks pregnant or have a child under 4, you may be entitled to get help to buy food and milk.

Further information can be found attached to the bottom of this newsletter or you can click [here](#) for further information from the NHS website.

## **"If you look after someone at home you should have someone at school to talk to."**

Lots of children look after someone at home who is ill or disabled.

They often learn lots of new skills because they look after someone.

But sometimes they;

Feel tired, sad or worried.

Want a break or some fun.

Miss school.

Find school difficult.

If you look after someone at home don't miss out.  
Talk to Mrs Parker or the office about young carers.



**We hope you all have a lovely Easter break and look forward to seeing you all on Monday 15th April.**

Contact us:

Email: [office@banwell.extendlearning.org](mailto:office@banwell.extendlearning.org)

Tel: 01934 822 498





# IMPORTANT REMINDERS



**School Uniform:** Please use the Easter break to check that your child has the correct uniform and that it still fits. We are noticing that some children are wearing trainers on days other than PE ones so please ensure they have school shoes too. We are happy that children wear a plain t shirt in their house colour for PE. Football shirts are not allowed. Information about our uniform can be found on the school website. <https://www.banwellprimary.co.uk/web/uniform/2989>



**Toys:** Toys from home should not be brought into school by any child. This includes loom bands, sticker books, badges...etc.

**Healthy Playtime Snacks & Lunchboxes:** All children are encouraged to bring in fruit to eat at playtime. As a healthy school, this is the only mid morning snack permitted. There is further information about how to ensure your child has a healthy packed lunch in this newsletter.



**Water:** All children should bring a full water bottle into school every day. This should contain water only please.

**Ear Defenders / Fiddle Toys:** These will be provided by school to children who need them. We are doing lots of work on sensory needs at the moment and will share more information about this in the summer terms. Please do not send children in with these items from home.

*Thank  
you*



Hello,

We are the PTA, a Parent Teacher Association, called Friends of Banwell Primary School. It is our role to bring together parents, teachers and children to help raise funds for the school and strengthen the school community. Our fund raising goes towards things for the children that the school budget does not cover to help to make the school a better place for the children to learn.

We're a new team this academic year, with 4 parent members on the committee who plan and organise events:



Rebecca Robinson  
Chair



Laura Baron  
Vice Chair



Claire Spencer  
Treasurer



Rebecca Summers  
Social Media guru

Our events wouldn't be possible without the support of the 'Friends of Friends Group' who are on hand to help as and when they can with events throughout the year.

The 'Friends of Friends' group works as a Whatsapp group, so will be aware of events in the planning phases and can offer support with elements such as sourcing supplies, selling tuck, help to set up, an extra pair of eyes on activities etc. Support in numbers are vital to ensure events can actually go ahead.

If you'd like to join the 'Friends of Friends' Whatsapp group, please email us at [friendsofbanwell@gmail.com](mailto:friendsofbanwell@gmail.com) and provide your name and mobile number to add you to the group. We very much appreciate the help!

Thank you,

The PTA Team







# 2024 Holiday Camps

From around £16 /day [including trophy!]\*

## Somerset Soccer Schools

With Richard Bourton

'Same great value as our 1998 courses!'



Reception - Year 8

10am - 3pm

Kings of Wessex School, CHEDDAR BS27 3AQ 2024

1. EASTER	Tues 9 to Fri 12 April incl	4 DAYS for £75
2. WHITSUN	Weds 29 to Fri 31 May incl	3 DAYS for £50*
3. SUMMER	Mon 29 July to Fri 2 Aug incl	5 DAYS for £90

CHURCHILL Sports Ground [By A38 traffic lights] BS40 5EL 2024

4. SUMMER	Mon 12 to Fri 16 August 2024 incl	5 DAYS for £90
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To celebrate 25 years of camps locally, Richard Bourton and Somerset Soccer Schools are offering more camps from around £16 /day\*, **including a trophy per camp booking!!!**.

I am a well-qualified schoolteacher & coach, with over 35 years' experience and an excellent countywide reputation for bringing the best out of children of ALL abilities. I am classified by OFSTED as OUTSTANDING, a FA Licensed Coach & awarded by the Sports Council.

Our professionally organised courses reflect a high level of expertise.

- ***Skill Award trophy for each course booked***
- Extra awards for "*being the best & doing your best*"

For info & photos see [facebook.com/SomersetSoccerSchools](https://facebook.com/SomersetSoccerSchools) or [somesetsoccerschools.com](https://somesetsoccerschools.com)

Hope to see you soon

*Richard*

01934-876544

**TO BOOK:** just go to [somesetsoccerschools.com/courses/fundays](https://somesetsoccerschools.com/courses/fundays)



# ARTS CLUB

WHERE KIDS CREATE

**FOR CHILDREN AGE 7-11**  
**<YOUNGER AND SEN WELCOME WITH THEIR ADULT>**

**PUPPET MAKING**

**DRAWING**

**SCULPTURE**

**ILLUSTRATION**

**ENVIRONMENTAL ARTS**

**PAINTING**

**COSTUME MAKING**

**EVERY MONDAY OR THURSDAY 3.30-5PM**

**WE ARE TAKING BOOKINGS FOR OUR  
ART CLUB FOR THE NEXT 10 WEEKS FROM:  
MONDAY 26TH FEBRUARY TO THURSDAY 28TH MARCH  
AND MONDAY 15TH APRIL- MONDAY 20TH MAY**

**TO BOOK EMAIL:  
SOAPSOUPTHEATRECOMPANY@GMAIL.COM**

Full Price: £100

Low/No wage: £80 (Sibling Discount on request.)

Arts Club takes place at The Art Shed, Winscombe Community Centre,  
Sandford Rd, Winscombe BS25 1HP



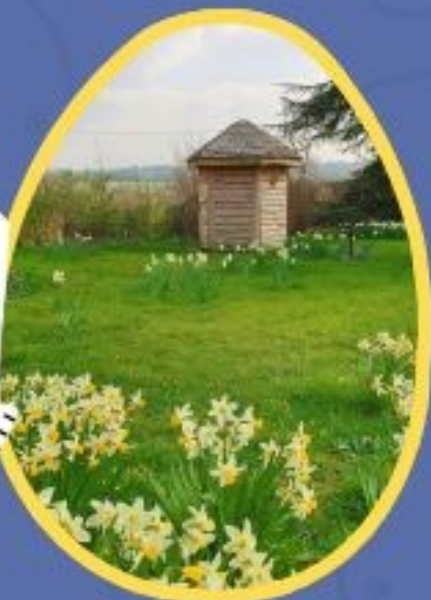


# 'Password Cracking' Easter Egg Hunt

**Wednesday 3rd April 2024**

**10am-12pm or 12pm-2pm**

**Penny Brohn UK, Pill, BS20 0HH**



**Join us in our beautiful gardens where the Easter Bunny  
needs your help!**

He has lost the secret password to the place he hides  
his Easter eggs. Hunt for giant eggs scattered  
around the garden, each containing a letter.

Unscramble them to reveal the password  
and claim your delicious chocolate treat!

**Don't miss out on a day filled with joy, laughter,  
and festive fun for everyone!**



Children's tickets £8 (adults go free!)

**[pennybrohn.org.uk/event/easter-egg-hunt-2024](https://pennybrohn.org.uk/event/easter-egg-hunt-2024)**

Booking is essential



# JOIN THE ADVENTURE

**THE BOYS' BRIGADE**  
> the adventure begins here



**ANCHORS**

5 – 8 Years

**புறம்பேடு**

8 – 11 Years

**Company**

11 – 14 Years

**Seniors**

14 – 18 Years

**WE MEET AT**

VARIOUS LOCATIONS ACROSS  
BRISTOL, YATE & WESTON-SUPER-MARE

FIND OUT MORE ABOUT YOUR LOCAL GROUP BY CONTACTING  
**MARK.AVONBATTALION@HOTMAIL.COM / 07736 547680**

The Boys' Brigade is a Company limited by guarantee, registered in England & Wales number 145022. A registered charity in England & Wales number 305969 and in Scotland number SC038096. Registered Office: Tadden Lodge, Horrit Hempstead, S41 2BL, UK





# Are you pregnant or do you have children under the age of four?

You could get help to buy fruit, vegetables, pulses, milk and infant formula.

You could also get free Healthy Start vitamins.



SCAN ME

## Payment card

**Automatically pre-loaded with money**

**Use in any food shop that accepts card payments**

For free vitamins, email [healthystart@n-somerset.gov.uk](mailto:healthystart@n-somerset.gov.uk)



Apply online for NHS Healthy Start  
**[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)**

  @NHSHealthyStart





### **Packed lunches**

We encourage parents to provide healthy well-balanced packed lunches.

For children aged 5 years and above preparing a healthy well-balanced child's lunchbox, includes:

- Starchy foods – these are bread, rice, potatoes, pasta etc
- Protein foods – including beans, pulses, eggs, fish, poultry, and meat
- A dairy item – this could be cheese or a yoghurt
- Vegetables or salad
- A portion of fruit
- A healthy drink such as water or semi-skimmed milk

INCLUDE:
<ul style="list-style-type: none"><li>• <b>Minimum of 1 portion of fruit and 1 portion of vegetables everyday</b></li><li>• <b>Include a portion of non-dairy protein such as beans/pulses, fish, poultry, or meat</b></li><li>• <b>Oily fish at least once every few weeks (e.g., sardines, salmon)</b></li><li>• <b>Starchy food such as bread, pasta, rice, potatoes including wholegrain varieties</b></li><li>• <b>A dairy product - milk, cheese, and yoghurt (unsweetened, low/medium sugar and low/medium fat), any dairy alternatives should be unsweetened and fortified</b></li><li>• <b>Water or milk (semi-skimmed or skimmed) as a drink</b></li></ul>
LIMIT:
<ul style="list-style-type: none"><li>• <b>Processed meat products such as sausage rolls, pies, sausages etc</b></li><li>• <b>Cakes and biscuits to be enjoyed as part of a meal occasionally not as a snack</b></li><li>• <b>Fruit juice: no more than 150mls per day</b></li></ul>
DO NOT INCLUDE:
<ul style="list-style-type: none"><li>• <b>Salty snacks such as crisps</b></li><li>• <b>Sweets and chocolate</b></li><li>• <b>Sugary soft drinks</b></li></ul>

For more information and practical tips for children aged 5 years and above:

<https://www.nhs.uk/healthier-families/recipes/healthier-lunchboxes/>





# Easter at RSPB Ham Wall

## Easter Feast - Family Nature Trail

Join us on an exciting Easter adventure as we see how many different animals are attending an Easter feast along the trail. But, oh dear, Miranda the Mute Swan can't remember what ingredient she should be bringing, can you help her find out what it is!?

**Date** 29 Mar - 24 Apr 2024, 10am-3pm  
**Cost** £3.50 per pack (inc. small prize)

## Family Pond Dipping Sessions

There's a secret world hidden all around us full of amazing creatures. What will you find lurking just below the surface?

Will it be a ferocious Dragonfly Nymph, a cunningly disguised Caddisfly Larvae or a shimmering Stickleback?

**Date** 5 Apr 2024, 11am-4pm  
**Cost** £5 - £6 inc. booking fee

## Wildlife Explorer Backpacks

Unleash your inner explorer! Grab one of our wildlife explorer backpacks and dive into the enchanting world of nature! Each backpack has a pair of children's binoculars, magnifying glass, bug pot, ID guides and seasonal activity sheets to turn your outing into an unforgettable adventure.

**Date** Daily, 10am-2pm  
**Cost** £3.50 per backpack

## Facilities and Location

**Car Park and Toilets:** 5am-8pm

**Info Point:** 10am-4pm

**Catering Kiosk:** 10am-4pm, Guaranteed opening on weekends. Open on weekdays when a volunteer is available.

Selling hot and cold drinks, pre-packaged snacks and ice creams.

**Address:** RSPB Ham Wall, Meare nr. Glastonbury, BA6 9SX

## Contact

ham.wall@rspb.org.uk

## Find out more

<https://events.rspb.org.uk/hamwall>

Scan me





## VIDEO MESSAGING



**THINK** What can people see behind you and how can it be used as a way into your family?

**ACTION** Keep your background neutral when video messaging people you meet online.

If you are not using your webcam cover it up e.g. use blue-tack.

**AVOID** Having your children running around naked or with little clothing on in the background. Think about the photos, trophies and certificates displayed, these are all items that can be used by groomers to build trust and gain a window into your world.

## ONLINE DATING / CONTACT WITH STRANGERS ONLINE



**THINK** If you don't know them why do they want to get close to you and your family?

**ACTION** Be mindful of those who engage with adults to gain access to children, you may unwittingly expose your children to a range of child protection issues when you allow them access to your world. Am I putting my children at risk by starting a new relationship online?

Exercise caution with new friend requests and friends of friends messaging you. The internet can facilitate predatory behaviour. False identities are easy to create

and people aren't always who they say they are.

Keep your online dating profile about yourself. Online dating sites are 18+ so there is no reason for other adults to get any information about your children.

**AVOID** Giving out too much personal information about yourself or insight into your abilities.

Don't post your children's information that can be used as a way in to your family, including having your child's photo on your profile photo.

## ADULT SITES / PORNOGRAPHY



**THINK** What might be the consequences of children viewing adult images and content and how can adults access children?

Adult content is 18+ as this content is unsuitable for children.

**ACTION** Children can be curious by nature so remember, if you are visiting adult sites be mindful of your internet history, children at any age could also

easily access this accidentally. Delete your history.

Have a conversation with your children about what constitutes healthy sex and relationships so if they do see pornography they are less likely to have a skewed view on how realistic it is.

**AVOID** Viewing adult material on family devices.

## USEFUL WEBSITES

➔ [www.nwgnetwork.org](http://www.nwgnetwork.org)

NWG is a national charity network for professionals working on the issue of child sexual exploitation (CSE) and trafficking within the UK. We also offer support, advice and training. Our website contains up to date information and resources on CSE and trafficking.

➔ [www.saferinternet.org.uk](http://www.saferinternet.org.uk)

In the parents/carers section you'll find parental controls and filters for each of the main providers as well as up to date information about apps and services.

➔ [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

Reporting tools about online abuse and information.

➔ [www.thinkuknow.co.uk/parents](http://www.thinkuknow.co.uk/parents)

Internet safety information for parents.

➔ [www.nspcc.co.uk/parents](http://www.nspcc.co.uk/parents)

Information on online safety, CSE, share aware and help with setting up parental controls. O2 guru can help with setting up controls.

➔ [www.iwf.org.uk](http://www.iwf.org.uk)

Contact them to remove indecent images of children.

➔ [www.paceuk.info](http://www.paceuk.info)

Supporting parents affected by CSE through information, empowerment, guidance and support.

➔ [www.mariecollinsfoundation.org.uk](http://www.mariecollinsfoundation.org.uk)

The Marie Collins Foundation offers support and recovery services to children and their families who have suffered abuse online. Tel: 01765 688827 or email: [help@mariecollinsfoundation.org.uk](mailto:help@mariecollinsfoundation.org.uk)

## GET IN TOUCH

For information about NWG please call 01332 585371 or email [network@nwgnetwork.org](mailto:network@nwgnetwork.org)

[NWGNETWORK.ORG](http://NWGNETWORK.ORG)

NWG: Jackling Child Sexual Exploitation  
Registered Charity No. 1125632, Company No. 0557851



## ONLINE: ONGUARD

A GUIDE TO BECOMING A SAFER PARENT ONLINE



In collaboration with the UK Safer Internet Centre



**Social media is a way of life for many people these days. Learning how to use the internet safely is an important skill for 21st Century living.**

As children, we are taught how to cross the road safely, an important life skill which we then go on to teach and role model to our children. It is therefore key, as with crossing the road, that we role model **good online behaviour** as well as teaching our children these skills and boundaries.

The internet is a fantastic tool with limitless opportunities and can be used to keep children safe but it is also global, fast and anonymous and can leave families vulnerable to risks. Follow our guide to help you become a safer parent online and in turn teach your children to become safer online too.

## PARENTS CAN BE GROOMED AS WELL AS CHILDREN



**THINK** Are people who they say they are? Why are they interested in you and your family?

celebrating your child's latest achievement. If you think your children are being groomed report to CEOP and the police

**ACTION Be mindful** that groomers can use many methods to access children and that parents can unwittingly be targeted. Groomers try to create a personal link to build trust. This could be through developing relationships with parents or using the information you provide, for example sharing why you are upset to

**AVOID** Having your child's name visible. Try not to post personal details which can identify you or your family such as the school they attend, your children in school uniform, your phone number, your address, your relationship status, where you regularly hang out and where your children go, especially if unsupervised.

## ONLINE TV / STREAMING



**THINK** How easy could it be for your children to access inappropriate material?

**ACTION** Be mindful of what online streaming services your children use: BBC iPlayer/ITV player, Netflix, Amazon Prime, YouTube, games consoles as they may contain unsuitable content for children. Set parental controls on each online streaming service

(See The UK Safer Internet Centre website). Teach your children to come to you if they see something upsetting or inappropriate. Set limits and monitor how long children are watching online TV. **AVOID** Leaving children unsupervised for prolonged periods of time as not all content and ads will be age appropriate

## CONTROL OF DATA



**THINK** How would you feel if your personal information became public for all to see?

**ACTION** Consider who is your actual audience for photos and personal information. It may start out as your family but how much control do you have if it is shared and goes out wider?

Role model and teach your children that not all information is private and that liking and sharing information may make it more public than intended.

**What control do you have?**

You can unfollow, remove and block friends and followers. You can report posts you feel are inappropriate. There are checklists available to help you with this on the UK Safer Internet Centre Website.

**AVOID** Oversharing information - who really needs to see it and what is important to share?

## CONSENT AND CONCERNS



**THINK** How much control do your children have over what is being posted, by whom and where and what is the impact of that?

**ACTION** Think about the long-term impact of sharing children's images and personal information, for example, the embarrassing photos of an 11 year old might not seem quite so funny when they are 18 and job hunting.

embarrassed) or if they see something they don't like, to come and tell you, an older sibling or another trusted adult.

**AVOID** Posting images of other people's children without asking permission first.

Teach your children to recognise from an early age, the funny feeling they get if something doesn't feel right, (a knot in their tummy, feeling worried or



## INAPPROPRIATE COMMENTS AND BEHAVIOUR ONLINE



**THINK** How might you feel if negative or inappropriate comments were posted about your family for everyone to see?

**ACTION** Role model to your children to be respectful online as well as offline.

Just as we explain to our children, pause before you post, think about your digital footprint, it is there forever.

Many employers will check social media accounts when interviewing for jobs. Try to resolve incidents offline rather than online.

**AVOID** Saying things that you wouldn't normally say face to face as well as posting images, jokes, comments that might shame, bully and embarrass.

## SHARING ON SOCIAL MEDIA



**THINK** Who has access to your information and how can this be used to target you?

**Things to consider when sharing:**

- Don't share intimate details about your life and your children or share intimate photos such as bath time.
- Are you posting your location and where you are? What might be the consequences of this?

Consider the content you post. Is it appropriate for your friends list?

**ACTION** Visit the UK Safer Internet Centre website for information on privacy settings on devices such as smart phones, games consoles and tablets and things to consider when purchasing. In the parent/carer's section you can also find information about privacy settings for the most popular social messaging sites.

## ONLINE GAMING



**THINK** Who can access your children online through online gaming?

**ACTION** Be aware of who your children are talking to online. Who are their online friends and do you know them? Ask them which games they are playing and where they talk with other players. Remind your children about respecting other players and

to tell you if they see anything abusive or inappropriate or are asked by a player to move to a different or private site.

Check privacy settings on all devices including games consoles and all devices.

**AVOID** Leaving 18+ or age inappropriate games around or play them in front of younger children.



## Advice and support for CSE



The UK's Leading Male Only Sexual Exploitation Service. The sexual exploitation of boys and young men is often unrecognised and undisclosed; however, boys and young men are also vulnerable to sexual exploitation.

Tel 07921 372896 or 0113 2444209  
[www.reconstruct.co.uk](http://www.reconstruct.co.uk)  
[www.mesmac.co.uk](http://www.mesmac.co.uk)



Childline is a free 24-hour counselling service for children and young people provided by the NSPCC.

Tel 0800 1111  
[www.childline.org.uk](http://www.childline.org.uk)



The NSPCC provide a wide range of services including national helplines staffed by trained helpline counsellors for 24/7 help and advice.

Tel 0800 1111 (Childline)  
 Tel 0800 800 5000 (Parents and carers)  
[www.nspcc.org.uk](http://www.nspcc.org.uk)



Pace helps parents across the UK understand what is happening to their child and how they can leave exploitative relationships.

Tel 0113 240 5226  
[www.paceuk.info](http://www.paceuk.info)



BASE (Barnardo's Against Sexual Exploitation) is a Barnardo's project in Avon and Somerset force area which supports young people affected by CSE.

Tel 0117 934 9726  
[www.barnardos.org.uk/dasebristol](http://www.barnardos.org.uk/dasebristol)



Missing People offers emotional support and practical advice during a disappearance and can also help with concerns about CSE.

Tel 116 000  
[www.missingpeople.org.uk](http://www.missingpeople.org.uk)



Stop It Now! works to prevent the sexual abuse of children before they are harmed.

Tel 0808 1000 900  
[www.stopitnow.org](http://www.stopitnow.org)



Young Victims' Service is for young people from 8 - 18 (up to 25 for those with additional needs) who have been victims of crime and/or anti-social behaviour.

Tel 01275 88 44 88  
[www.youngvictims.wordpress.com](http://www.youngvictims.wordpress.com)



The survivor pathway is a guide for anyone wanting to know more about specialist sexual violence services. Anyone who has experienced rape or any kind of sexual assault/abuse needs to be involved in decisions about what happens next, be informed enough to make their own choices & have control over their journey.

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



A website for children which gives honest and frank advice on topics including sex and relationships, and the internet.

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



Crimestoppers enables anyone with details of criminal activity to pass information to the police anonymously.

Tel 0800 555 111  
[www.crimestoppers-uk.org](http://www.crimestoppers-uk.org)



## Understanding Child Sexual Exploitation

**this is not  
an excuse**

Look, listen, ask, ask again, be curious...

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



## What is Child Sexual Exploitation?

Child sexual exploitation (CSE) is a form of child abuse.

CSE involves offenders grooming young people and using this control to sexually abuse them. It can be part of a seemingly consensual relationship where someone pretends to be a young person's friend, boyfriend or girlfriend and manipulates them with bribes, threats or violence. Victims are forced to have sex or do sexual things with the offenders or other people.

It can happen to any child or young person under the age of 18, from any background. It happens to boys and young men as well as girls and young women. Sexual exploitation affects thousands of children and young people every year.

Many young people who are being abused don't view themselves as victims and won't ask for help.

Child sexual exploitation is happening now and we can all play an important role in helping to end this abuse.



## Spot the signs

Identifying CSE is everyone's business and as a parent or carer it's important to talk to children about the differences between healthy and unhealthy relationships to help highlight potential risks.

While there is no stereotypical victim of exploitation, there are warning signs in children's behaviour that may indicate something is wrong – and if you know what to look for you can take steps to help.

There are a number of tell-tale signs that a child may be being groomed for sexual exploitation:

- Becoming especially secretive; stop seeing their usual friends; have really sharp, severe mood swings
- Developing relationships with older men and/or women (although not all perpetrators are older)
- Going missing from home and being reluctant to say where they've been or what they've been doing. Staying out all night.
- Receiving calls and messages from outside their normal circle of friends
- New, expensive items that they couldn't afford, such as mobile phones, iPods or jewellery – as well as 'invisible' or 'virtual' gifts such as phone credit and online gaming credits
- Suddenly changing their taste in dress or music
- Looking tired or unwell and sleeping at unusual hours
- Marks or scars on their body which they try to hide
- Regularly missing school
- Displaying inappropriate sexualised behaviour.

## Perpetrators of CSE can be:

- An adult
- Another young person under 18 years old
- Men or women
- Any ethnicity
- Visible in everyday life
- Articulate, plausible and 'savvy'

Abusers are very clever in the way they manipulate and take advantage of the young people they abuse. In most cases, the abuser will have power of some kind over the young person.

## Reporting CSE

If you suspect a child or young person may be at risk, or have any information relating to child sexual exploitation, don't wait to act on your concerns or be worried about telling someone. Please call 101 or visit a local police station. We will listen to you.

If you know or suspect a child or young person is in immediate danger, you should dial 999 now.

If you would prefer to tell us online you can complete a secure reporting form at:

[www.avonandsomerset.police.uk](http://www.avonandsomerset.police.uk)





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