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King's Academy College Park

A King's Group Academy

Headteacher: Mrs R Carlyle

Tuesday 30th January 2024

Safer Internet Day and Children's Mental Health Week 2024

Dear Parents and Carers,

My name is Laura Phillips, Trustwide Safeguarding Lead for King's Group Academies. As Safer Internet Day (February 6th) and Children's Mental Health Week (February 5th-11th) approach, I want to share King's Group Academies' approach to supporting our students' digital wellbeing and mental health during these vital weeks.

Safer Internet Day: Inspiring Change, Making a Difference

This year's Safer Internet Day theme, "Inspiring change? Making a difference, managing influence and navigating change online," resonates deeply with our commitment to empowering students to be responsible digital citizens. Throughout the week, your child's school will be carrying out activities tailored to their relevant age groups, covering topics like:

- Critical thinking and online misinformation: How to assess information online, spot fake news, and develop their own informed opinions.
- Cyberbullying and online safety: Understanding online risks, how to protect themselves, and where to seek help if needed.
- Positive online relationships and digital citizenship: Promoting respectful communication, empathy, and responsible online behaviour.
- The impact of social media on mental health: Exploring the positive and negative aspects of social media use and strategies for healthy online habits.

We encourage you to discuss these topics at home and use Safer Internet Day as an opportunity to have open conversations with your children about their online lives. There are links to resources to support with this at the end of this letter.

Children's Mental Health Week: My Voice Matters

This year's theme, "My Voice Matters," emphasises the importance of listening to children and young people. Throughout the week, your child's school will be:

- Creating safe spaces for children to express themselves: Through creative activities, and discussions, we aim to empower children to share their thoughts and feelings.
- Promoting positive mental health practices: We will discuss students' practical strategies for coping with stress, anxiety, and other challenges, as well as the importance of healthy routines and self-care.

- Raising awareness of mental health support: We will ensure every child knows who to turn to if they need help, both within the academy and external resources available to them.

We encourage you to use this week as an opportunity to connect with your children, listen to their concerns, and show them that their voice matters.

At King's Group Academies, we recognise the interconnectedness of online safety and mental health. We are committed to providing a safe and supportive environment where all students can thrive, both online and offline. We believe that by empowering students with knowledge, skills, and open communication, we can ensure they navigate the digital world with confidence and maintain good mental health.

We want to work in partnership with you to achieve this goal. Please do not hesitate to reach out to your child's teacher or a member of your school's safeguarding team if you have any questions or concerns.

Key Resources

- UK Safer Internet Centre: <https://saferinternet.org.uk/>
- Childline: <https://www.childline.org.uk/>
- Children's Mental Health Week: <https://www.childrensmentalhealthweek.org.uk/>
- Mind: <https://www.mind.org.uk/>
- YoungMinds: <https://www.youngminds.org.uk/>

Together, we can create a positive and empowering environment for all our students, both online and offline.

Best wishes

Mrs Laura Phillips
Trustwide Safeguarding Lead
King's Group Academies