



Brunswick House
Primary School

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Term 4 Safeguarding Leaflet

Here at Brunswick House we have a team of five designated safeguarding leads, who are all trained and provide training for all other staff members within the school.

If you need to contact a member of the team, please use the e mail addresses below:

Miss Fullagar—deputy@brunswick-house.kent.sch.uk

Mrs Skinner—headteacher@Brunswick-house.kent.sch.uk

Miss Steward—inclusion@brunswick-house.kent.sch.uk

Mrs Martin—flo@brunswick-house.kent.sch.uk

Miss Lemon—fsleader@brunswick-house.kent.sch.uk

Designated Safeguarding Leads



Mrs Skinner



Miss Fullagar



Mrs Martin



Miss Steward



Miss Lemon

What are the effects of screen time on children?

Screen time is the amount of time that someone spends using a device or computer, watching television or playing on games console. Although managing this is important, focusing on the type of activities that children are doing online is essential. A recent report suggested using the Goldilocks method—'not too little, not too much but just the right amount'.



Benefits of screen time

- The internet gives children access to a wealth of information to help build their knowledge.
- Interaction with computers improves both visual intelligence and hand eye coordination.
- Online games and activities can enhance teamwork and creativity.
- Communication and literacy can be improved by reading books on line.

Potential risks of too much screen time

- Sleep patterns are affected by the blue light from screens tricking our brain into thinking it is still daylight, making it difficult to sleep.
- Screen based entertainment increases central nervous system arousal which can amplify anxiety.
- We are all creatures of habit so it doesn't take long to get used to glancing at a phone/tablet up to 150 times a day.