

## ICS Safeguarding Newsletter 8

### Keeping safe during the mid-term break

As we approach the mid-term break, we want to take a moment to remind our students and families that safeguarding doesn't stop when school closes. Whether you're staying in Jordan or travelling abroad, the same principles that keep us safe in school continue to apply every day.

#### Staying Safe in the Community

Our students come from many different countries and cultures, and Jordan offers a wonderful mix of hospitality and adventure. Please remind your children to:

- Always let a trusted adult know where they are going and who they are with.
- Stay within familiar areas and avoid going out alone, especially in busy public places.
- Keep personal items — including phones — secure and avoid sharing too much information online about travel plans.

#### Online Awareness

With more free time comes more screen time. Encourage your child to balance online activities with real-world experiences.

- Remind them that not everyone online is who they claim to be.
- Review privacy settings together, and agree on safe time limits for games or social media.
- Encourage them to speak to you or another trusted adult if something online makes them uncomfortable.

#### Looking After Mental Health

A break from routines can be refreshing but can also bring feelings of loneliness or pressure to “keep up” with others on social media.

- Model healthy digital habits as a family — taking time offline together.
- Encourage rest, outdoor play, and meaningful connections.

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- Remind older students that it's okay to take a break from screens and friends to recharge.

Finally, please remember that **safeguarding is everyone's responsibility**. If you ever have a concern about a child's wellbeing, you can still reach the Designated Safeguarding Lead (Kathryn Honey) during the break:

[k.honey@ics.edu.jo](mailto:k.honey@ics.edu.jo)      (+962) 0780888468

Let's all do our part to make this holiday a safe and happy one for every child in our community.

### Digital Detox: Reclaiming family time – for families managing screen use

As half-term begins, families often tell us they want to reconnect — to talk, laugh, and share experiences away from screens. The digital world is powerful, but our children also need quiet, boredom, and imagination.

This week is the perfect time to try a '**digital detox**' — even if just for a day or two. Here are a few ideas that work particularly well in our school community:

- **Family tech-free meals:** Keep devices off the table and share stories instead.
- **Explore Jordan's heritage:** Visit Petra, Jerash, or a local museum — seeing history in real life builds curiosity no screen can match.
- **Screen-free evenings:** Play a board game, bake together, or take a walk under Amman's evening lights.
- **Model balance:** Children learn digital habits by watching adults. Try keeping your own phone out of reach during family time.

A digital detox doesn't mean 'no screens ever' — it means **choosing connection over distraction**. When children experience quality family moments, they develop stronger emotional safety and resilience — two of the best forms of safeguarding there are.

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## When school isn't in session: the importance of trusted adults

During term time, students know they can turn to staff for help. But when school closes, children still need to know **who their trusted adults are**.

A trusted adult is someone who:

- Listens carefully and without judgement.
- Believes the child and takes them seriously.
- Helps them find a safe solution.

As a family, you can talk about this before the break:

- Ask your child, "Who would you speak to if you felt unsafe or upset?"
- Identify more than one option — a parent, relative, neighbour, or family friend.
- Reassure them that no problem is too small to share.

For our older students, remind them that being independent doesn't mean being alone. If they're meeting friends, travelling, or spending time online, it's okay to check in and ask for help when something doesn't feel right.

## Safeguarding in an International Community – A Cultural Awareness Focus

In an international school like ours, we are privileged to live in a multicultural environment where families bring values, beliefs, and traditions from around the world. This diversity is one of our greatest strengths — and it also means that safeguarding must always be culturally sensitive.

During the half-term break, families will observe different customs, travel to different places, and interact with people from many backgrounds. As we enjoy this diversity, let's remember that **every child's right to safety is universal** — regardless of language, nationality, or culture.

Here are a few shared principles that transcend culture:

- Children should always feel **safe, heard, and respected**.
- Discipline should be **educational, not harmful**.
- Adults model the respectful, kind behaviour we expect from young people.

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- A child's voice matters — listening to them is the foundation of safeguarding.

Our safeguarding culture at school extends to the wider community. When we treat children with dignity and empathy — at home, on trips, and in public — we reinforce the message that they are valued and protected, wherever they are.