



HIGHSTED GRAMMAR SCHOOL

SAFEGUARDING NEWSLETTER

Issue 0012 March 2020

Contents

1. Safeguarding Mission Statement
2. Highsted Grammar School's Safeguarding Responsibilities and Contacts 2019-2020
3. Safeguarding Calendar
4. Corona Virus-Information for young people
5. Supporting children and young people's mental health
6. Online safety during school closure
7. Links for further information and guidance

Safeguarding Mission Statement

In accordance with the Children's Acts of 1989 and 2004 and the Education Act 2002, and Working Together to Safeguard Children 2015 and Keeping Children Safe in Education 2019, Highsted Grammar School has a duty to assist local authority specialist children's services departments acting on behalf of children in need or enquiring into allegations of child abuse. Highsted Grammar School follows a child centred and coordinated approach to safeguarding. A 'Culture of Vigilance' has been fostered, where it is agreed by all that safeguarding is everyone's responsibility.

Highsted Grammar School firmly believes that it has a strong pastoral responsibility to promote the welfare of children and that children have a right to be protected from harm; this is consistent with our overall aims to educate the whole pupil and foster personal as well as academic development.

Safeguarding Responsibilities and Contacts

Designated Safeguarding Lead: Mrs Tiernan-Powell
Deputy Safeguarding Lead: Miss Anne Kelly
Telephone: 01795 424223
Email: safeguarding@highsted.kent.sch.uk
Website: www.highsted.kent.sch.uk/safeguarding

Safeguarding Calendar

Oct 2019: Black History Month
Oct 2019: Hate Crime Awareness Week
Nov 2019: Anti-bullying Week
Jan 2020: Safeguarding Fortnight
Feb 2020: NSPCC Numbers Day
Feb 2020: Safer Internet Day
Feb 2020: Online Safeguarding Evening
Mar 2020: Eating Disorders Awareness Week
Mar 2020: Child Sexual Exploitation Awareness Day
May 2020: Mental Health Week
June 2020: LGBTQ History Month

Coronavirus- Information for young people

Childline has created a new webpage with information for children and young people about coronavirus. The page includes information about: what coronavirus is; where children and young people can find help if they are worried; coping if they are staying at home; and what to do if they are feeling unwell.

Visit the webpage: <https://www.childline.org.uk/info-advice/your-feelings/anxiety-stress-panic/worries-about-the-world/coronavirus/>

Supporting children and young people's mental health

The Anna Freud National Centre for Children and Families has published advice and guidance for schools on how to help children and young people in primary, secondary and post-16 settings manage their mental health and wellbeing during times of disruption to their learning.

Read the news story: [Supporting young people's mental health during times of disruption](#)

Additionally, the Association for Child Mental Health has released a podcast discussing the coronavirus and children and young people's mental health. In the podcast Dr Jon Goldin, Consultant Child and Adolescent Psychiatrist, discusses how parents can be better informed in relation to their child's mental health and what the situation means for mental health professionals and their ways of working.

Read the news story and listen to the podcast: [Dr Jon Goldin on the coronavirus and child mental health](#)

Online Safety during School Closure

Thinkuknow is the national online safety education programme from CEOP, the online child protection command of the National Crime Agency. **Thinkuknow** helps parents, carers, teachers and others keep children safe from sexual abuse, offering learning activities, advice and support for children and young people aged 4-18 and their families.

While school is closed, here's what you can do to keep your child stay safe while they are learning, staying in touch with family and friends, and having fun online:

8 steps to keep your child safe online this month

1. Explore together: Ask your child to show you their favourite websites and apps and what they do on them. Listen, show interest and encourage them to teach you the basics of the site or app.



HIGHSTED GRAMMAR SCHOOL

SAFEGUARDING NEWSLETTER

2. Chat about online safety little and often: Young people are likely to want to explore new apps and websites this month, whether that's for learning or for fun. Take this opportunity to talk to them about how to stay safe on these new services, and in general. Ask if anything ever worries them while they're online. Make sure they know that if they ever feel worried, they can get help by talking to you or another adult they trust.

3. Help your child identify trusted adults who can help them if they are worried: This includes you and other adults at home, as well as adults from wider family, school or other support services who they are able to contact at this time. Encourage them to draw a picture or write a list of their trusted adults.

4. Be non-judgemental: Explain that you would never blame them for anything that might happen online, and you will always give them calm, loving support.

5. Talk about how their online actions can affect others: If your child is engaging with others online, remind them to consider how someone else might feel before they post or share something. If they are considering sharing a photo/video of somebody else, they should always ask permission first.

6. Parental controls: Make use of the parental controls available on your home broadband and any internet enabled device in your home. You can find out more about how to use parental controls by visiting your broadband provider's website.

7. Direct your child to age appropriate information about relationships and sex: It's natural for young people to start exploring their sexual feelings online and adolescents are more inclined to take risks. It's important to understand this and to talk to your child in a positive way. Thinkuknow, Brook, The Mix and Childline all provide age appropriate information about relationships and sex that you can signpost your child to.

8. Make sure they know about CEOP: Young people can report a concern about grooming or sexual abuse to CEOP at www.ceop.police.uk/safety-centre/ and get support from a specialist Child Protection Advisor.

As a school, we will be emailing online safety resources to parents to enable them to best support their child's safety on line during school closure.

Free School Meals

Your child must attend a maintained school (most schools in Kent are maintained schools) or receive alternative education approved by Kent County Council.

Your child might be able to get free school meals if you get any of the following:

- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than

£7,400 a year (after tax and not including any benefits you get)

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit.

If your child is eligible for free school meals with an active application on the 31 March 2018, they will remain eligible until 31 March 2022.

You can apply online at:

<https://www.kent.gov.uk/education-and-children/schools/free-school-meals#tab-1>

Useful Links

NSPCC:

Call: 0800 800 5000 (24-hour free helpline)

Text: 88858

Email: help@nspcc.org.uk

Web: www.nspcc.org.uk

Childline:

Call: 0800 1111

Online: www.childline.org.uk/registration

Web: www.childline.org

Samaritans:

Call: 116 123

Email: jo@samaritans.org

Web: www.samaritans.org

National Self-harm Network:

Call: 0800 622 600 (7pm-11pm)

Web: www.selfharm.co.uk

Stop Hate Crime:

Call: 0800 138 1625 (24-hour helpline)

Web: www.stophateuk.org

Stop LGBTQ Hate Crime:

Call: 0808 801 0661 (24-hour helpline)

Web: www.stophateuk.org

National Domestic Violence Helpline/ Women's Aid:

Call: 0808 2000 247 (24-hour free helpline)

Email: helpline@womensaid.org.uk

Web: www.nationaldomesticviolencehelpline.org.uk

Web: www.womensaid.org.uk



HIGHSTED GRAMMAR SCHOOL

SAFEGUARDING NEWSLETTER

NWG Network (Stop CSE):
Call: 01332 585371
Email: jointhefight@stop-cse.org
Web: www.nwgnetwork.org

FGM/HBV Helpline:
Call: 0800 028 3550 (24-hour free helpline)
Email: fgmhelp@nspcc.org.uk
Web: www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/female-genital-mutilation-fgm

EACH:
EACH has a freephone Actionline for children experiencing homophobic bullying
Call: 0808 1000 143 (Monday to Friday 10am-5.00pm)
Web: <http://www.eachaction.org.uk/>

Online Safety Advice

Parent Info – Expert information for parents about building their child’s resilience both online and off. Produced by NCA-CEOP and Parent Zone. This free service can be embedded on to your child’s school website.
www.parentinfo.org

Brook – Information and advice for young people on sexual health and wellbeing, including staying safe online.
<https://www.brook.org.uk>

The Mix – Support service for young people with information and advice on sex and relationships.
<https://www.themix.org.uk>

Internet Matters – A useful tool showing how to set parental controls across a range of devices and websites.
<http://www.internetmatters.org/parental-controls/interactive-guide/>

NSPCC Net Aware – Provides reviews and guidance on the most popular social networks, apps and games that children use. <https://www.net-aware.org.uk/>

Childnet – Information and advice for parents and carers on supporting people online.
<https://www.childnet.com/resources/supporting-young-people-online>