



## HIGHSTED GRAMMAR SCHOOL

### SAFEGUARDING NEWSLETTER

Issue 0015 July 2021

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#### 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 2020, 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](mailto:safeguarding@highsted.kent.sch.uk)  
Website: [www.highsted.kent.sch.uk/safeguarding](http://www.highsted.kent.sch.uk/safeguarding)  
Twitter: @SafeguardingHGS

#### Safeguarding Calendar

Oct 2020: Black History Month  
Nov 2020: Anti-bullying Week  
Jan 2021: Safeguarding Fortnight  
Feb 2021: NSPCC Numbers Day  
Feb 2021: Safer Internet Day  
Feb 2021: Online Safeguarding Evening  
Mar 2021: Eating Disorders Awareness Week  
Mar 2021: Child Sexual Exploitation Awareness Day  
May 2021: Mental Health Week  
June 2021: LGBTQ History Month

#### Maidstone Mind

Do you know a young person who would benefit from a little bit of extra support during the summer break? Perhaps they would benefit from learning and developing coping strategies which will enhance their resilience, and enable them to better manage the challenges which they face – especially during the current climate?

If so, Bounce Back may be the course to help support them!

Bounce Back is a 6 week, youth emotional resilience course for ages 9-18.

The course teaches young people how they can combat stress, deal with emotions and reduce anxiety so they can 'bounce back' from the challenges they face in life.

The course includes:

An introduction to emotional resilience, get to know you games and activities

- Identifying support networks and understanding the importance of having a support network
- Understanding anxiety and how it can impact on you
- Understanding stress and how to tackle it
- The impact of relaxation on wellbeing & de-stress techniques
- Understanding decision making and how to make emotionally intelligent decisions

Maidstone Mind offer a range of services and courses to support Young people and their families navigate through difficult circumstances. We would encourage you to review the services on offer at [www.maidstonemind.org/youth-services](http://www.maidstonemind.org/youth-services)

#### Digital Parenting

[A digital parenting magazine](#) to enable families to review online risks and ensure the correct strategies are in place over the summer holidays.

#### Pride Month -June 2021

Please read the attached article to hear more about our school's approach to Pride Month 2021 and National School Diversity Week 2021.

#### Sport this Summer

Like you, we want all children to get the best out of sport. Parents can help in a number of different ways to make clubs a safer and more enjoyable place for children to be.

As a great sports parent, you should know that you have the right and responsibility to make sure your child is attending



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a safe club and that the environment they're in is enjoyable, enabling them to develop to the best of their ability. Please visit the [NSPCC website](#) to find out how to best safeguard your child at Summer Sports' Activities.

#### **Out Alone**

[A guide](#) to help parents and carers decide whether their child is ready to either stay at home or go out alone. This guide provides practical tips and advice to help parents and carers decide what is best for their child when it comes to staying home alone or going out alone.

It covers some of the risks parents should consider before making a decision, such as how their child feels about the idea and who they should contact in an emergency.

There is also a checklist for parents and children to work through together to help them prepare for different types of scenarios. This includes questions about what to do if there is an accident at home or they are approached by a stranger outside.

#### **Free School Meals**

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

- 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
- 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)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals. Your child may also get free school meals if you get any of these benefits and your child is both:

- younger than the [compulsory age for starting school](#)
- in full-time education

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2022.

To apply, please visit <https://www.gov.uk/apply-free-school-meals>

#### **Kent Community Foundation Grants**

Please find a link for the Kent Community Foundation grants which are available to disadvantaged individuals and families in Kent that meet the criteria, along with details of how they can be nominated. The individual or family being nominated must be a resident of Kent or Medway and there must be a demonstrable financial disadvantage underlying the request (e.g. the family are reliant on benefits or out of work for whatever reason). <https://kentcf.org.uk/>

#### **Useful Links**

NSPCC:

Call: 0808 800 5000 (24-hour free helpline)

Text: 88858

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Web: [www.nspcc.org.uk](http://www.nspcc.org.uk)

Samaritans:

Call: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [www.samaritans.org](http://www.samaritans.org)

National Self-harm Network:

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

Web: [www.selfharm.co.uk](http://www.selfharm.co.uk)

Stop Hate Crime:

Call: 0800 138 1625 (24-hour helpline)

Web: [www.stophateuk.org](http://www.stophateuk.org)

Stop LGBTQ Hate Crime:

Call: 0808 801 0661 (24-hour helpline)

Web: [www.stophateuk.org](http://www.stophateuk.org)

National Domestic Violence Helpline/ Women's Aid:

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

Email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

Web: [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

Web: [www.womensaid.org.uk](http://www.womensaid.org.uk)

NWG Network (Stop CSE):

Call: 01332 585371

Email: [jointhefight@stop-cse.org](mailto:jointhefight@stop-cse.org)

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

FGM/HBV Helpline:

Call: 0800 028 3550 (24-hour free helpline)

Email: [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)

Web: [www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/female-genital-mutilation-fgm](http://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/>