



## HIGHSTED GRAMMAR SCHOOL

### SAFEGUARDING NEWSLETTER

Issue 007: July 2018

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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 2016, 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 Frances 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 Events 2017-2018

- 1-31 Oct 2017: Black History Month
- 14-21 Oct 2017: Hate Crime Awareness Week
- 13-17 Nov 2017: Anti-bullying Week
- 15 Nov-21 Nov 2017: Action against Domestic Violence
- 29 Jan 2018: Safeguarding Fortnight
- 1-28 Feb 2018: LGBT History Month
- 2 Feb 2018: NSPCC Numbers Day
- 6 Feb 2018: Safer Internet Day
- 8 Feb 2018: Online Safeguarding Evening
- 26 Feb – 4 Mar 2018: Eating Disorders Awareness Week
- 18 March 2018: Child Sexual Exploitation Awareness Day
- 14-20 May 2018: Mental Health Week

#### Be Holiday Ready

Doctors in Kent are reminding people to stay safe this summer as the holiday season approaches. A good start to the school holiday is a well-stocked medicine cabinet at home that can meet the majority of day-to-day problems. This should include paracetamol, antihistamine, sun-cream, plasters, tweezers and a thermometer.

#### Top tips for parents

Most scratches and grazes can be dealt with at home, but if parents are worried about twisted ankles, cuts or other problems, [NHS minor injury services](#) will be able to help. They can treat minor injuries in all ages from 12 months up.

People are also reminded to be safe in the hot weather, particularly children and those who are vulnerable:

- drink plenty of water
- spend time in the shade between 11am and 3pm
- make sure you never burn
- cover up with suitable clothing and sunglasses
- take extra care with children
- use at least factor 15 sunscreen.

And remember: Sunburn doesn't just happen on holiday - you can burn in the UK even when it's cloudy, so by taking these precautions, you can enjoy the nice weather and stay safe.

Not everyone knows that treatment can be provided by a pharmacist rather than having to book an appointment to see a GP. Many medications for common health problems are available from as little as £1 from a pharmacy or supermarket.

Pharmacists also provide expert, free, confidential advice on health issues such as cold sores, constipation, coughs, cystitis, diarrhoea, headache, mild eczema, sunburn, sprains and strains. You can simply turn up and ask for advice with no prior appointment.

To find your local pharmacy, use the [Health Help Now website](#) or download the app from Google Play and the App Store.

**If you need medical help urgently and you are not sure what to do, you should ring NHS 111 for advice, unless it is a 999 emergency.**



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#### Staying Safe Online in the Summer Holidays

For many young people this time will be spent using the internet to keep in touch with school friends, catch up with the latest apps and online trends, and play their favourite games.

The UK Safer Internet Centre has the following advice on the ways in which parents and carers can help keep their children safe as they start to spend more time online.

#### **Sit down together**

The summer holidays are a great chance to sit down with your children and find out about the things they like to do online. Together you can visit their favourite sites and join in with their favourite games. This is a great way to stay up to date with their online lives and show them that you're interested in what they are doing.

The holidays are also a good opportunity to have positive conversations about the internet, so if something ever does upset your child online they would feel more confident in confiding in you. Sometimes young people may find it difficult, or may not want to speak to an adult about their online lives. It's important to reassure them that no matter what the issue may be, you are there to listen without judgement, and help them without confiscating their devices or punishing them.

#### **Become an expert**

Although it can sometimes feel like young people are the experts when it comes to different apps and games, it's important to remember that as an adult you are the expert in keeping them safe.

To learn more about the **apps, games and services children are using** you can spend some time on them, familiarise yourself with their **reporting and blocking features** and ensure that you have the knowledge to be able to help them if they face a problem over the summer holidays or in the future.

Childnet's recent blog for parents and carers '**but everyone else is playing it!**' looks at how to decide what games and apps are suitable for children and young people.

Find fun things to do together online

As you and your children will be spending more time together, why not find some fun and engaging ways to use technology and talk about keeping safe:

- Watch the **Childnet Film Competition winning films**, these have been made by young people across the country and look at issues such as digital footprints, positive comments and the ways in which you can connect respect.

- Spend some time on **BBC Own It**: the website for 7-11 year olds has real-life stories, advice from experts, fun quizzes, and videos with CBBC presenters, celebs, and star vloggers
- Get creative: Look up recipes and ways to be creative online together and replicate this offline
- Create your own vlogs or blogs to chronicle the fun things that you did over summer 2018!

#### **Take time to do a privacy check up**

During the summer holidays, young people may want to keep in touch with their friends through social networking sites or games. It's a good time to ask them about what sites they use, and do a privacy check-up.

Encourage them to use the privacy tools on the services they use, so that the content they post is only available to people they know and trust in real life.

To help set these up, the UK Safer Internet Centre has a **guide to the privacy settings of different sites**. You can also download the UK Safer Internet Centre's **safety checklists** for popular sites such as Instagram, Snapchat and Facebook.

#### **Have a conversation about sharing holiday pictures**

Some children may want to share photos and videos online of what they are getting up to in their summer holidays. Talk to them about what types of photos are appropriate to share, and who they are okay to share with. **Photos can hold clues that give away personal information**. For example, when sharing a selfie, are there any landmarks or street signs that give away your location?

This is true for **photos you might share of your children too!** It's always worth asking children if they are happy with an image you want to share online. We have written some guidance for parents looking at 'sharenting' and the impact of sharing online.

Make a family agreement

A **family agreement** is a great way to start a conversation with your whole family about how you all use the internet and discuss together how to behave in a positive way when online at home, at school or at a friend's house.

The agreement involves generating promises, these are positive statements about how your family want to look after each other online and how you should treat others online.

The summer can be one of the best times to sit down as a family and agree these promises together. We have **created some handy guidance** to help you put the family agreement into practice.



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#### Free School Meals

If your child is under 19 and in full-time education, you may be able to get free school meals for them. The quickest and easiest way to apply for school meals is to apply online.

a) Who can get them?

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

Children attending private or independent schools can't get free school meals.

You must receive one of these benefits to qualify:

- Income Support
- Income Based Jobseekers Allowance
- Child Tax Credit (not including Working Tax Credit) - if the household income is below £16,190
- Guaranteed Element of State Pension Credit
- an income-related Employment and Support Allowance
- support under part VI of the Immigration and Asylum Act 1999 if you are an asylum seeker

Evidence of benefit may be requested after you apply.

You can apply online at:

<http://www.kent.gov.uk/education-and-children/schools/free-school-meals#tab-2>

*If you are concerned about your child call the police on 101*

**If you think a child is at immediate risk call 999**

#### **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)

#### **Childline:**

Call: 0800 1111

Online: [www.childline.org.uk/registration](http://www.childline.org.uk/registration)

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

#### **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/>