



# ST MARY'S CATHOLIC HIGH SCHOOL

# SAFE@ST MARY'S

## Autumn Safeguarding Newsletter

### Online safety

Our school recognises our moral and statutory responsibility to safeguard and promote the welfare of all our pupils, both in reality and the virtual world. 2020 has been a year like no other, and it has posed significant challenges to our young people as well as presenting them with opportunities to reflect, re-evaluate and reset. The closure of educational settings in March meant that our pupils had to spend even more time online in order to learn as well as maintain contact with friends and family on social media. There is no doubt that the internet is an essential part of all of our lives and it can be an incredible force for good. However, we must remain vigilant and do all that we can to ensure our young people are safe online.

We work hard in school to inform and advise our pupils on a range of online safety issues, but we understand that most of their online engagement takes place when they are at home. It can be a daunting prospect as a parent or carer when trying to navigate through the rapid changing world of online safety advice, appropriate apps, gaming and social media platforms, so we hope the information below is useful to you. As we approach Christmas and many new devices may appear under the tree, it is the perfect opportunity for you to have a conversation with your child about how to stay safe online.

**SWGfL** are a not for profit charity ensuring everyone can benefit from technology free from harm. They have a fantastic website full of useful resources, but the links below are an excellent starting point covering topics such as parental controls, social media, screen time and gaming.

- [10 Internet Safety Tips - Staying Safe Online | SWGfL](#)
- [E Safety Facts - Staying Safe Online | SWGfL](#)
- [Parental Controls and Security Settings on the Playstation 5 \(swgfl.org.uk\)](#)
- [TikTok Update Parental Controls with Family Pairing Feature \(swgfl.org.uk\)](#)

### Mental health & wellbeing

The safety and welfare of our pupils is our number one priority. We always look for opportunities to raise awareness and understanding of emotional wellbeing and to equip our young people with strategies to help them manage the challenges of daily life in a positive way. Christmas can be a difficult time for many of us, especially if there have been bereavements of loved ones and financial pressures on families which can exacerbate our mental health. Sadly, this year has increased the occurrence of such difficult circumstances. We would like to take this opportunity to signpost you to some useful resources which may be useful during the festive period:

[Mental health and wellbeing - Derbyshire County Council](#)- This website covers a range of issues including: who to contact if you, or someone you care about, is experiencing mental ill health and is in a crisis or emergency situation, young people's mental health and suicide prevention.

[Mental health support line :: Derbyshire Healthcare NHS Foundation Trust \(derbyshirehealthcareft.nhs.uk\)](#)- Mental health support is now available to Derbyshire residents of all ages through a new mental health support line. **Call 0800 028 0077** - this is a free phone number and calls from landlines or mobiles should be free. The support line is open 24 hours a day, seven days a week.



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[Home](#) | [Papyrus UK](#) | [Suicide Prevention Charity \(papyrus-uk.org\)](#)- Papyrus is the only national charity dedicated to the prevention of young suicide. They provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person through our helpline.

**HOPELINEUK**- Call: 0800 068 4141 Text: 07860039967 Email: [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org)

[Home - Kooth](#)- Kooth.com is commissioned by the NHS, Local Authorities, charities and businesses to provide anonymous and personalised mental health support for Children and Young People. With over 4000 logins per day, they provide end to end support whatever the need.

[Home - Qwell](#)- Qwell is a free online Mental Health and Wellbeing resource for parents and carers of young people who are under the age of 18. Available 365 days of the year via mobile, tablet and desktop devices from 12 noon to 10pm Monday-Friday and 6pm-10pm at weekends, the service provides access to accredited counselling support, peer support via online forums and relevant articles detailing a variety of topics.

## Domestic Abuse

Domestic abuse is any type of controlling, bullying, threatening or violent behaviour between people in a relationship. It can seriously harm children and young people and witnessing domestic abuse is child abuse. It's important to remember domestic abuse:

- Can happen inside and outside the home
- Can happen over the phone, on the internet and on social networking
- Can happen in any relationship and can continue even after the relationship has ended
- Both men and women can be abused

The unprecedented periods of national and regional lockdowns this year undoubtedly compounded the prevalence and impact of domestic abuse. There was a huge increase in reports of domestic abuse to the police and national charities, and this continue to be the case. **Do not suffer in silence- help is out there.**

[Domestic abuse - Derbyshire County Council](#)- Children, young people and families who are affected by domestic abuse or violence can get support, including refuge accommodation, by contacting Derbyshire Domestic Abuse Support Line. It's available 24 hours per day, 7 days per week and is a single point of contact to get the help you need.

**If you believe there is an immediate risk of harm to someone**, or it is an emergency, you should always call 999. Live chat facility is available between 9am and 9pm on the Police website, <https://www.derbyshire.police.uk/>. Call 999 from a mobile, if prompted, press 55 to **Make Yourself Heard** and this will transfer your call to the police.

**Make Yourself Heard Silent Solution** is a police system used to filter out large numbers of accidental or hoax 999 calls. It also exists to **help people who are unable to speak, but who genuinely need police assistance**. You will hear an automated police message, which lasts for 20 seconds and begins with 'you are through to the police'. It will ask you to press 55 to be put through to police call management.

The BT operator will remain on the line and listen. **If you press 55, they will be notified and transfer the call to the police.** If you don't press 55, the call will be terminated.



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When transferred to your local police force, the police call handler will attempt to communicate with you by asking **simple yes or no questions**. If you are not able to speak, listen carefully to the questions and instructions from the call handler so they can assess your call and arrange help if needed. Follow the link below for more details:

[https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent\\_solution\\_guide.pdf](https://www.policeconduct.gov.uk/sites/default/files/Documents/research-learning/Silent_solution_guide.pdf)

The links below also provide useful links to local and national support:

- [Support helplines for victims of domestic violence | Derbyshire Constabulary](#)
- [Domestic abuse | NSPCC](#)
- <https://www.saferderbyshire.gov.uk/what-we-do/domestic-abuse/domestic-abuse.aspx>
- [Male Victims of Domestic Abuse – Please call 01823 334244 to speak to us confidentially - \(mankind.org.uk\)](#)

Please remember we have a wide selection of resources and useful links on our school website to support mental health and emotional wellbeing. Covering issues including stress, anxiety, coping strategies and an A-Z directory of charities and organisations: <https://www.st-maryshigh.derbyshire.sch.uk/information/mental-health-emotional-wellbeing/>

I would like to take this opportunity to thank Mrs Cain for being a truly outstanding Safeguarding Lead for over the last ten years. She has tirelessly promoted the safety and wellbeing of our entire school community ensuring that all our pupils have been able to thrive in a secure environment, enabling them to live, love and learn in the light of Christ. We wish her a long, happy and healthy retirement following her incredible 36 and a half years of service to St. Mary's.

Thank you as ever for all your support and if you have any concerns regarding your child's safety please do contact the key safeguarding staff in school as below.

Wishing you a happy and holy Christmas.

## Key Safeguarding Staff

Designated Senior Person for Safeguarding & Child Protection – Miss H McKay [hmckay@stmaryscheesterfield.org.uk](mailto:hmckay@stmaryscheesterfield.org.uk)

Designated Deputy Person for Safeguarding & Child Protection – Mr A Breedon [abreedon@stmaryscheesterfield.org.uk](mailto:abreedon@stmaryscheesterfield.org.uk)

**IMPORTANT: If you think a child is at immediate risk of significant harm, please contact:**

**Call Derbyshire: 01629 533190**

**Sheffield Safeguarding Hub: 0114 273 4855**