



ST MARY'S CATHOLIC HIGH SCHOOL

SAFE@ST MARY'S

Spring Safeguarding Newsletter

Online safety & Safer Internet Day- 9th February

Your child is spending much more time online than usual as it is necessary for them to engage with their education, as well as maintaining their social interactions. Safeguarding our children online is more important than ever, but it can feel like a huge undertaking with so many unknowns.

Safer Internet Day is on 9th February with the theme 'An Internet We Trust: Exploring Reliability in the Online World'. The internet has an amazing range of information and opportunities online, but how do we separate fact from fiction?

Follow the links below for the latest advice and guidance from [the UK Safer Internet Centre](#). They include videos, activities, conversation starters and information to help you talk to your children about how to navigate the issue of reliability of information online in a safe, responsible and engaging way.

[Safer Internet Day 2021 Top Tips for Parents and Carers | Safer Internet Centre](#)

[Films for parents and carers | Safer Internet Centre](#)

[I am a parent or carer | Safer Internet Centre](#)

Safe and Sound, a local grassroots charity in Derbyshire that supports children, young people and their families who have been exploited or are at risk of exploitation are hosting an **online interactive live session through Facebook account between 10am and 11am and providing an hour workshop on online safety and awareness through Zoom between 1.30pm and 2.30pm on Tuesday 9th February** to mark Safer Internet Day- **see attached letter for more information.**

I shared some useful links with you before Christmas in the Autumn Safeguarding Newsletter, but here are some additional tips, advice and websites:

[Parents and Carers | Safer Internet Centre](#)- This website is specifically aimed at providing parents and carers with practical advice on how to put checks and controls in place to safeguard your child online. It has a range of excellent resources and easy to follow guides.

[Parents homepage \(thinkuknow.co.uk\)](#)- This website covers all aspects of online safety, with a particular focus on keeping your children safe from online abuse and what you should do if you are worried your child is at risk.

[Pre-teens \(11-13\) online safety advice | Internet Matters](#)- Online safety tips and resources for parents/carers of children aged 11-13 years old.

[Teens 14+ online safety advice | Internet Matters](#)- Online safety tips and resources for parents/carers of children aged 11-13 years old.

[Online safety | NSPCC](#)- This website contains a wide range of excellent resources on talking to your child about online safety, appropriate content and sexting.

Please remind your child to **ALWAYS** keep their usernames and passwords safe and secure. They should never share them with their friends- especially their school account log in details. It is important that passwords are robust and difficult to guess. Please use the following link for tips on password security:

[8 Tips to Make Your Passwords as Strong as Possible | Mental Floss](#)



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Supporting the emotional wellbeing of your child during lockdown

Children's Mental Health Week- (1st-7th February) & Time to Talk Day 4th February

I know we have been here before, but it doesn't make it any easier! Home-schooling presents a unique set of challenges to both you and your children, but the whole situation of the lockdown can have a significant impact on our mental health and wellbeing.

All pupils received an email on Monday with a PowerPoint presentation to introduce **Children's Mental Health Week** and national **'Time to Talk Day' on Thursday 4th February** [Time to Talk Day 2021 | Time To Change \(time-to-change.org.uk\)](#). We want to encourage everyone to talk about their mental wellbeing as they would about their physical health and help to break down the stigma surrounding mental health. Please encourage your child to take some time to go through the information sent out and perhaps you could go through it with them to start a conversation about their mental health.

Please refer to the Autumn Newsletter for details on local and national support services for yourselves, but see below for specific guidance on how to support the wellbeing of your child under the current circumstances.

[Supporting your child during the coronavirus pandemic \(youngminds.org.uk\)](#)

Young Minds have dedicated an area of their website on this issue for parents and carers. They identify 5 key tips:

- **Talk with them about what's going on, keeping communication as open as you can.**

Let them know that it's okay to feel however they feel – whether that's scared, worried, angry, sad or something else. Try to answer your child's questions and reassure them in an age appropriate manner. While you don't need to know all the answers, talking things through can help them feel calmer.

- **Encourage your child to do the things that help them when they're finding things difficult.**

This will be different for everyone – it could include things like doing exercise or going for a walk, watching a favourite film, reading a favourite book, cooking or baking, talking to friends, or drawing or writing.

- **Reassure them this will pass, you're there for them, and you will get through this together.**

Having returned to some of their normal activities over the summer, going back into stricter measures might feel frustrating for your child. They may even be worried that things will never get better. Recognise how difficult this is, while also letting them know that the pandemic will not last forever.

- **Spend time doing a positive activity together.**

This can help them to feel calmer by giving them a short break from everything that's going on. It's also a great way of providing a space for them to talk through their concerns, without having a 'big chat'. You can have a look at our activity ideas for younger children, and for teenagers, to help you.

- **Keep as many regular routines going as possible to help your child feel safe and secure.**

This can include things like having regular times for going to bed, waking up, eating meals and doing

The link above will also direct you to information about supporting children at university, accessing financial support and how to look after yourself.

[Coronavirus \(COVID-19\) advice and support for parents and carers | NSPCC](#)

The NSPCC offer advice and guidance on a wide range of issues from home schooling to resolving conflict and supporting SEND children.



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MindEd For Families

MindEd are endorsed by the government and NHS. They offer information and guidance on parenting, building confidence and resilience and how to tackle difficult conversations with your child or teenager.

[Guidance for parents and carers on supporting children and young people's mental health and wellbeing during the coronavirus \(COVID-19\) pandemic - GOV.UK \(www.gov.uk\)](#)

This is the main information page for parents and carers provided by the government, and it contains a number of links to other organisations.

[Home \(derbyshireschoolnurses.org.uk\)](#)

Derbyshire School Nursing Service have also launched a free and confidential text messaging service for 11-19 year olds that you can direct your child to if they would like some professional health advice- see attached poster.

Domestic Abuse

Tragically, we know from the first period of lockdown last year that the incidents of domestic abuse increased sharply.

Domestic abuse is never acceptable, whatever form it takes. Domestic abuse can be emotional, physical, sexual, financial or psychological, such as:

- kicking, hitting, punching or cutting.
- rape (including in a relationship).
- controlling someone's finances by withholding money or stopping someone earning.
- controlling behaviour, like telling someone where they can go and what they can wear.
- not letting someone leave the house.
- reading emails, text messages or letters.
- threatening to kill someone or harm them.
- threatening to another family member or pet.

The lockdown restrictions allow domestic abuse to continue literally behind closed doors, but help is still out there. Professional organisations are still working as normal and the Police are still responding to calls. **DO NOT SUFFER IN SILENCE.**

Remember- the lockdown restrictions do not mean that you have to remain in an abusive household. If you are the victim of domestic abuse, you are allowed to leave and go to a safe place.

Domestic abuse has a detrimental impact on children living in the household too. It is estimated that 950,000 children are affected by domestic abuse each year in the UK. Living in fear and worrying about the safety of themselves and others in the household affects their emotional wellbeing, physical health and behaviour. Research shows that the impact of living in an abusive household continue in to adulthood.

If you are suffering from any of the examples of domestic abuse above, or any other behaviour that makes you feel unsafe or afraid, reach out for some help. You do not have to put up with it.

Safe Spaces

UK SAYS NO MORE is working with Boots UK, Superdrug pharmacies, Morrisons pharmacies and independent pharmacies across the UK to provide Safe Spaces in their consultation rooms for people experiencing domestic abuse.



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How to access a Safe Space:

- Walk into any participating pharmacy in the UK.
- Ask at the healthcare counter to use their Safe Space.
- A pharmacist will show you to the Safe Space. Which will be the consultancy room.
- Once inside, you will find displayed specialist domestic abuse support information for you to access.
- To find your nearest safe spaces, click on this link and enter your postcode [Safe Spaces Locations - UK SAYS NO MORE](#)

Emergency SOS- How to make a discrete call to emergency services on an iPhone

If you are in a situation where you cannot openly access help because you are with someone you are afraid of, your iPhone will alert an emergency service with a text message showing your exact location with real-time updates that track your movements.

On iPhone X, iPhone 8, or iPhone 8 Plus:

1. Press and hold the side button and one of the volume buttons until the Emergency SOS slider appears.
2. Drag the Emergency SOS slider to call emergency services. If you continue to hold down the side button and Volume button, instead of dragging the slider, a countdown begins and an alert sounds.
3. If you hold down the buttons until the countdown ends, your iPhone automatically calls emergency services.

On iPhone 7 or earlier:

1. Rapidly press the side button five times. The Emergency SOS slider will appear.
2. Drag the Emergency SOS slider to call emergency services.
3. If you started an emergency call by accident, press the Stop button, then tap Stop Calling.
4. After the call ends, your iPhone will ping the emergency service with your current location, unless you choose to cancel. If Location Services is off, it will temporarily turn on

National Helplines

National Domestic Violence Helpline—0808 2000 247. helpline@womensaid.org.uk Managed by Refuge and Women's Aid for support, help and information for callers in the UK. Translation service for people who's first language is not English.

Samaritans—116 123. jo@samaritans.org 24 hour listening service.

Refuge—0808 2000 247. helpline@refuge.org.uk Support women and children through use of refuges, independent advocacy, community outreach and culturally specific services.

Women's Aid—0808 2000 247. info@womensaid.org.uk Supports abused women, children and young people.

The Survivor's Trust—01758 550554. Provides advice and specialist support to men, women and children who have experienced rape or sexual abuse.

Rape Crisis England and Wales—0808 802 999. Specialist service for women and girls who have been raped or experienced any form of sexual abuse.

National Centre for Domestic Violence—0800 970 2070. Free injunction service for all victims of domestic abuse regardless of financial circumstances, race, gender or sexual orientation.

Karma Nirvana—0800 599 9247. Preventing forced marriage and honour based abuse.



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Local Support

The Elm Foundation—08000 198 668. [Domestic Abuse Charity | The Elm Foundation | Derbyshire](#) Provide counselling, therapies, advice and a safe refuge for women, men and children.

Crossroads Derbyshire—0800 0198 668. admin@crossroadsderbyshire.org Charity helping women, men and children break free from domestic abuse. Offer support and advisory services as well as a refuge for women & children needing a safe place to stay.

Derby Women's Centre—[Derby Women's Centre | Courses and workshops for women in Derby \(derby-womenscentre.org.uk\)](#) Aim to reduce economic inequality, improve mental wellbeing and facilitate personal development by offering support, signposting, counselling, legal advice and social activities.

Women's Work (Derbyshire) - 01332 242525. info@womens-work.org.uk Provide holistic and intensive support, information and advice to women with varied and complex needs.

SV2—01773 746 115 SV2 - [SV2 - Supporting Victims of Sexual Violence - Home](#). Provide support services to victims of sexual violence such as assault, abuse or rape.

The Willow Project—01629 592970 [The Willow Project | Rural Action Derbyshire](#) A counselling service for young people and parents/carers who are affected by emotional and mental health issues.

Key Safeguarding Staff

IF YOU HAVE ANY CONCERNS ABOUT THE WELFARE OF YOUR CHILD OR ANOTHER PUPIL AT ST. MARY'S CATHOLIC HIGH SCHOOL, PLEASE CONTACT MISS MCKAY OR MR BREEDON. WE ARE IN SCHOOL EACH DAY THROUGHOUT LOCKDOWN.

Designated Senior Person for Safeguarding & Child Protection – Miss H McKay hmckay@stmaryscheesterfield.org.uk

Designated Deputy Person for Safeguarding & Child Protection – Mr A Breedon 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