



ST MARY'S CATHOLIC HIGH SCHOOL

SAFE@ST MARY'S

Safeguarding Newsletter Autumn 2021

Christmas online safety advice

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. Reminding them about keeping their settings on social media private, not sharing usernames and passwords with others, not sharing inappropriate images or material and not being dependent on a device are crucial areas of discussion. It is also a great opportunity for you as parents and carers to set up parental controls on new devices and make your expectations on use explicit from the outset.

I have attached an advice poster from National Online Safety to give you top tips on how to keep your child safe online this Christmas and beyond. The links below may also be useful to you, covering areas such as mobile phones and games consoles:

[Online Safety Guidance for Parents | SWGfl](#)

[10 Internet Safety Tips - Staying Safe Online | SWGfl](#)

[Playstation 5 Parental Controls and Security Settings \(swgfl.org.uk\)](#)

[Phones - UK Safer Internet Centre](#)

Covid testing & vaccinations

The guidance from the Department of Education and Public Health England advises that all pupils should test biweekly using a lateral flow test. We offer home testing kits to pupils every three weeks so that those wishing to test at home can continue to do so. All pupils have been given the opportunity to take enough tests home to see them through the Christmas Holiday and the first week back in January.

If your child is participating in the home testing programme, I strongly encourage that a test is completed on the **morning of Monday 10th January** before the school reopens. This will help to identify any positive cases before mixing with the school community. See below for a reminder of key information and guidance:

- **This is a completely voluntary programme**- no child will be refused access to their education if you choose not to participate in home testing.
- **You do not need to complete any consent forms**- carrying out the test and recording the information on the NHS Test and Trace site is considered as consent.
- **You should carry out the tests 3-5 days apart**. We recommend that you do it each **Monday and Thursday Morning**, but it is up to you.
- **Negative test**- your child attends school as normal.
- **Void result**- do another lateral flow test. If negative, your child attends school, if it is void again, you must book a PCR test. Your child must self-isolate until you get the result of the PCR test.
- **Positive result**- If you receive a positive LFD result you should book a confirmatory PCR test. It is important that your child self-isolates until the result of your PCR test. [Get a free PCR test to check if you have coronavirus \(COVID-19\) - GOV.UK \(www.gov.uk\)](#)

YOU MUST REPORT A POSITIVE RESULT attendance@stmaryschesterfield.org.uk

YOU DO NOT NEED TO REPORT NEGATIVE RESULTS

- **You should report the results to NHS Test and Trace - Even if it is negative or void** [Report a COVID-19 rapid lateral flow test result - GOV.UK \(www.gov.uk\)](#)



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Vaccinations for 12-15 year olds

We facilitated the delivery of the first dose of the Pfizer vaccination for eligible 12-15 year olds on 22nd October 2021 by the School Age Immunisation Team. We have been informed that we will be providing the second dose in school before February half-term. I will write to you again in the new year when I have specific dates and details.

If your child has not yet had their first dose of the vaccination and you would like them to receive it out of school, please contact [Coronavirus \(COVID-19\) vaccine for children aged 12 to 15 - NHS \(www.nhs.uk\)](https://www.nhs.uk) or call 119.

I would like to take this opportunity to remind you that we simply facilitate the vaccination programme, so any queries need to be directed to **School Age Immunisation Team** below.

Repton Health Centre: 01283 707178

Clay Cross Hospital: 01246 252953

Email: DCHST.immunisationteam@nhs.net

Vaccinations for 16 years and over

You can get a 1st and 2nd dose of the COVID-19 vaccine if you're aged 16 or over. You can book appointments at a larger vaccination centre or pharmacy now. A booster dose of the COVID-19 vaccine is available for everyone aged 18 and over, and some people aged 16 and over, who have had 2 doses of the vaccine at least 3 months ago. Click on the link below for more information:

[Book or manage a coronavirus \(COVID-19\) vaccination - NHS \(www.nhs.uk\)](https://www.nhs.uk)

Vaccinations for 16 years + will not be facilitated in school.

Derbyshire Young Carers

St. Mary's Catholic High School has a longstanding relationship with Derbyshire Young Carers. It was a pleasure to welcome DYC School Liaison Officers, Helen and Matt, back into school this term to raise awareness of Young Carers via assemblies to each year group. It is estimated that 1 in 5 youngsters will be a Young Carer at some stage before they are 18- so who is a Young Carer?

Young Carers are children or young people who provide care for one or more family members who have disabilities, long-term physical illnesses, mental health difficulties or who misuse drugs or alcohol. They may be taking on physical, personal, financial and/or emotional care. (Derbyshire Young Carers)

With an estimated 800,000 Young Carers in the UK today, we recognise that this is a very important issue nationally and within our school community. We are keen to identify and support as many Young Carers as possible, as we understand the impact of taking on a caring role at home. We celebrate the time and commitment several of our pupils dedicate to looking after a loved one, so we are keen to work in partnership with Derbyshire Young Carers to ensure that they get the emotional and practical support they need.

It is often the case that families naturally rally around to support each other in times of need, and so a young person may not identify themselves as a Young Carer, and therefore entitled to a range of support. Our awareness assemblies have made the criteria of a Young Carer explicit, and we hope that we have encouraged our pupils to talk openly about this if it relates to them. However, I am also appealing to you as parents and carers to consider whether your child could indeed be a Young Carer. Types of caring that could meet the threshold for support include:

- **Providing domestic care** (over and above that which would be considered usual)- housework, food shopping, cooking, heavy lifting etc.
- **Providing general care**- dressing, helping with mobility, interpreting, giving medication, paying bills, escorting, alerting emergency support, keeping an eye on the person, keep them company etc.



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- **Providing intimate care**- washing, bathing, toileting, etc.
- **Providing childcare**/ helping to care for siblings.
- Providing “significant” **emotional support**.

Derbyshire Young Carers provide a range of support, including 1-1 emotional support, groups and workshops to enable Young Carers to connect with each other, social activities, family support, signposting and referrals to other services and support in school.

They also support Young Adult Carers. ***A Young Adult Carer is someone aged between 18 and 25 who is responsible for the care of another person (usually a relative) who has an ongoing serious health condition or mental health problem, sensory impairment, alcohol or drug addiction, a physical or learning disability, HIV or AIDs or is elderly or frail (Derbyshire Young Carers).***

They can support the transition of pupils to higher education and employment and help them access the pastoral and financial support they are entitled to. Several of our 6th Form pupils have already benefited from this service.

If you think your child could be a Young Carer, I urge you to contact myself at school or Derbyshire Young Carers directly via the links or phone number below. You can self-refer to the service or just seek advice.

[Young Carers Service Derbyshire \(derbyshirecarers.co.uk\)](http://derbyshirecarers.co.uk)

[Young Adult Carers Derbyshire \(derbyshirecarers.co.uk\)](http://derbyshirecarers.co.uk)

Phone: 01773 833833

General email: info@derbyshirecarers.co.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 \(derbyshirehealthcareft.nhs.uk\)](http://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.

[Home | Papyrus UK | Suicide Prevention Charity \(papyrus-uk.org\)](http://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**

[Home - Kooth](http://kooth.com)- 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.



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[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.

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 all a happy and holy Christmas.

Miss H McKay
Senior Assistant Head

Key Safeguarding Staff

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