



ST MARY'S CATHOLIC HIGH SCHOOL

# SAFE@ST MARY'S

## Safeguarding Newsletter Spring 2022

### Mental Health & wellbeing

The safety and wellbeing 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. For Year 11 and Year 13 in particular, anxiety and stress around exams is going to be exacerbated in the run up to the summer exam series this year.

We would like to take this opportunity to sign post you to the following useful websites and services available to you:

[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 Page - ChatHealth](#) – Chat Health is commissioned by the NHS and run by health professionals. It is personalised and anonymous help with a wide variety of mental health concerns.

[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.

[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.

In addition to the resources above, you can find a wide range of resources to help your child with their mental health on our school website.

### Peer on Peer Abuse – Bullying

*'Have a word with yourself; then have a word with you mates'* has been our slogan across all Key Stages during this terms safeguarding assembly focus on bullying. We talk about peer on peer abuse and bullying often, as it is important to us here at St Mary's.

The questionnaire conducted in January show that staff, pupils and parents is that bullying is dealt with well at St Mary's; which is really pleased. However, we cannot be complacent and we want our young people to advocate for one another.

#### **We understand that young people can be abused by their peers, in a variety of different ways.**

Peer on peer abuse happens when a young person is bullied, exploited, or harmed by an individual or group of peers at a similar age, under the age of 18. The abuse could include:

Physical and sexual abuse

Sexual exploitation or harassment

Emotional abuse

Cyberbullying or bullying

Coercive control, also known as teenage relationship abuse



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It can be motivated by perceived differences such as race, gender, religion, sexual orientation, disability or any other protected characteristics (Equality Act, 2010). It can have a significant effect on the victim, including isolation from their peers, intimidation, or violence.

As part of our safeguarding assemblies this half term – we have revisited the use of the term ‘banter,’ when addressing bullying. The use of this term in school is unacceptable. It is banned in all work places and we will not tolerate this as an excuse for poor behaviour towards others.

[Peer on Peer Abuse | The Education People](#) – this website is useful in detailing the different types of peer on peer abuse, and provides information and websites you can access to support your young person.

We take any instance of peer on peer abuse very seriously, and we have stringent processes in place to deal with this.

**If you have concerns regarding your child, please do not hesitate to contact the designated staff below.**

## Online Safety

It is important to us that our pupils understand how to keep themselves 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. Having a conversation with your child regarding being safe online is so important – the links below can help you with these starting these conversations at home.

**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.

[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](#)

## County Lines

County lines is a form of criminal exploitation where gangs persuade, coerce or force children and young people to store drugs and money and/or transport them to suburban areas, market towns and coastal towns. It can happen in any part of the UK and is against the law and a form of child abuse. Children and young people may be criminally exploited in multiple ways. Other forms of criminal exploitation include child sexual exploitation, trafficking, gang and knife crime.

Perpetrators use children and young people to maximise profits and distance themselves from the criminal act of physically dealing drugs. Young people do the majority of the work and take the most risk.

Dedicated mobile phone lines or “deal lines” are used to help facilitate county lines drug deals. Phones are usually cheap, disposable and old fashioned, because they are changed frequently to avoid detection by the police.

Gangs use the phones to receive orders and contact young people to instruct them where to deliver drugs. This may be to a local dealer or drug user, or a dealer or drug user in another county.

[Protecting children from county lines | NSPCC Learning](#) – The NSPCC website has useful information in relation to recognising a child who is at risk or is suffering from exploitation.



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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, detailed below.

Wishing you all a happy and holy Easter.

**Miss L Hood**

**Designated Safeguarding and Uniform Lead**

## Key Safeguarding Staff

As safeguarding is our number one priority, we ensure that all staff undertake training annually on how to keep pupils safe.

There are members of staff listed below who have received additional training in safeguarding. If you cannot reach Miss Hood or Mr Breedon, you can contact any of the other members of staff listed below should you have any concerns.

**Designated Senior Person for Safeguarding & Child Protection – Miss L Hood** [lhood@stmaryscheesterfield.org.uk](mailto:lhood@stmaryscheesterfield.org.uk)

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

### **Other staff with additional safeguarding training:**

Mrs Michelle Bowerman – Early Help Coordinator & Family Resource Worker

Mrs E Smith- Head of Sixth Form

Miss E Drury - Head of Key Stage 4

Miss A Pimblett- Head of Key Stage 3

Mrs A Rosling- SENCO Key Stage 4 & 5

Miss H Pendlebury- SENCO Key Stage 3

Mrs J Peace- VENCO

Mrs S Smith- Health and Safety Manager

**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**