

Summer Term Safeguarding Newsletter 2022

Staying safe this summer

We are all looking forward to the summer break and hoping for long sunny days! However, this can also increase a number of safeguarding risks to our pupils due to them having more unstructured/unsupervised time and them experiencing new situations, such as festivals and parties.

We hope that the advice below will enable you to have important conversations with your child about how they can keep themselves safe while they are out in the locality, and hopefully give you some peace of mind too!

All year groups have had an age appropriate safeguarding assembly to raise awareness of some of these issues and advise them on how to make sensible and safe choices.

Safety planning and communication

- 1. Phone Charge-** We all know the anxiety caused by seeing the dreaded 'battery low' notification pop up on our screens. Combine that anxiety with being out of the house for the first time in months, and losing your friends at an event or out in the woods... Suggest to your child they set an alarm at least 2 hours before they are due to leave the house as a reminder to put your phone on charge. Investing in a mobile phone power bank would also add peace of mind- even the cheapest of products can offer a guaranteed 'full charge'. You can purchase the portable chargers online and in most supermarkets. Closing down unused apps, and turning down screen brightness can help to preserve battery life.
- 2. Stay Together –** Try to ensure your child is not going out alone and encourage them to be with a group of friends. It is a good idea for them to agree on a meeting place if the group breaks up or someone gets lost. They can use GPS on mobile phones using the maps function to 'drop a pin' on their designated meeting spot, so that they can all trek back to it easily, especially if they are in an unknown area.
- 3. Location Settings/ GPS -** Generally speaking, not sharing your location with people you don't know is a good idea, but this summer young people sharing it with friends and people they trust could be really helpful. Simply speaking that might be sharing your location with someone you trust to come and pick you up when you've had enough... Or in a more serious scenario it could be someone you trust helping you share your location with an emergency service. Take some time to familiarise yourself with the GPS settings on your child's phone and show them how to use it.
- 4. Plan –** With the measures above in place, you should have some peace of mind while your child is out, but what's the plan later? How are they getting home? Have you organised a lift? Public transport? A taxi? Have they got the money to get home? Do they have a face covering for the ride? Make sure everyone understands the plan for getting home, don't leave anyone behind on their own. If you have younger children, it would be a good idea to liaise with other parents/carers about these plans so that everyone is clear about their responsibilities.
- 5. Alcohol & Drugs –** This is not always an easy conversation, but one worth having. Young people are natural risk takers, and they may decide to experiment with drugs and/or alcohol. Have a factual and open conversation about the dangers of substances and what the physical and mental health consequences could be. Emphasis that they will be more vulnerable to risky situations if they are under the influence of substances. See the links below for some guidance on how to address this issues with your child:

Unsafe places- Derelict buildings and local parks

Derelict buildings can be intriguing to young people and lead them to explore unsafe spaces. They are extremely dangerous due to structural problems, broken glass, weak floors and ceilings, electrics and they are often a target for arsonists. It is very easy for an 'adventure' to turn in to a tragedy, as in September 2017 when Adam Johnson died after falling through the floor of a disused building in Derby. This fatal incident came just six months after a 19-year old man fell through the roof of a building in Ambergate, Derbyshire.

Young people are putting themselves at risk of serious harm if they enter a derelict building, but they are also putting the safety of the emergency services at risk should they need to attend the scene.

There are many derelict buildings in North East Derbyshire which are known to be frequented by teenagers, including Brampton Manor in Chesterfield. We work closely with the Police and the Safer Neighbourhood and Engagement Teams, who have asked us to flag this as a particular issue that they are tackling. The Police are monitoring such buildings as they want to protect the welfare of our young people.

Local parks, such as Queens Park, Somersall Park and Holmebrook Valley Park, are popular locations for our pupils to gather and enjoy themselves. We would advise that pupils do not gather in very large groups that can involve drinking alcohol or using substances. Again, we support the work of our local Safer Neighbourhood and Engagement Teams who have had to respond to instances of violence and vandalism that have occurred as a result of large groups gathering in local parks.

The Police have also reported that there are individuals coming from out of area and either pushing illegal substances or wanting to cause trouble and antagonise reactive teenagers.

Please ensure that you know where your child is going and discuss the above risks with them to ensure their safety.

Water Safety

There are over 400 accidental drownings in the UK each year. It can be very tempting in hot weather to cool off in a reservoir, lake or canal, but the dangers are very real. We do not want a repeat of the incident in Wakefield with the tragic death of Alfie McCraw who got into difficulty while swimming in a canal last week.

The dangers of open water include:

- **Very cold temperatures** - the water can be colder than expected, even in warm weather. You can go in to shock within 4 minutes.
- **Hidden currents** - there can be strong underwater currents, which can trouble even the most confident of swimmers.
- **Reservoirs are often very deep** - it is difficult to estimate depth and they can be deeper than people expect

- **There may be hidden debris or underwater hazards** which can cause injury, including weeds and plants which can entangle people under the water
- If it's **polluted** it could make you ill
- **It can be** very difficult to get out (**especially steep slimy banks**)
- There are **no lifeguards** on duty
- The remoteness of some of these places can also make it **difficult for emergency services to get to you.**

Staying safe around open water

- The easiest way to stay safe is not to go in to open water at all! **Stick to local swimming pools and beaches with life guards.**
- **Do not enter the water if you are alone-** if you get in to difficulty there will be no one to raise the alarm and get help.
- If you find yourself struggling in the water, or if you fall in unexpectedly, you should **Float to Live.**
- **Just lean back and use your arms and legs to help you float. Wait until you can control your breathing, then call for help or swim to safety.**
- [How to Float: would you know what to do if you were in trouble in the water? – YouTube](#)

WE HAVE EMPHASISED THIS SAFETY MESSAGE WITH ALL PUPILS- PLEASE WATCH THE CLIP AND DO THE SAME, IT MIGHT JUST SAVE THEIR LIFE

Do's and don'ts for staying safe on nights out and at festivals- for our older pupils

Do	Don't
<ul style="list-style-type: none"> • Plan your journey to and from home and only use licensed taxi firms. • Make sure somebody knows where you are going and what time you will be home. • Walk facing the traffic. • When dancing, take short breaks, drink water- sip rather than gulp. • At really busy festivals it can be easy for the mobile networks to get jammed – even texting can be difficult. Do make clear arrangements with people about when and where you'll meet up. 	<ul style="list-style-type: none"> • Don't travel with a driver who may be drunk or on drugs- even if they are your friend. • Don't take shortcuts through dark alleys, parks or across waste ground. • Don't leave your drink unattended or take drinks from large containers (like punch bowls)- you have no idea what is in them or how strong they are. • Don't accept drinks from anyone you don't know or trust. • Don't buy so-called 'legal highs' or 'herbal highs'. You could end up taking something very dangerous- <u>they are not safe.</u> For instance, Salvia (or Mexican Sage) can temporarily make you lose your sight and memory – and can be very scary.

Drink Spiking

Drink spiking is the act of **adding another substance to a drink to make someone change the way they behave and, potentially, be more vulnerable to a variety of offences**. It can happen to any drink and the method may include:

- **Adding alcohol** to an alcohol-free drink.
- **Adding additional volumes of alcohol** to an alcoholic drink.
- Slipping **'date rape', illegal or prescription drugs** into any drink.

If a drink has been spiked with a date rape drug **it's unlikely to look, smell or taste any different** so people often don't report incidents because they don't think they have any evidence, don't remember details, or they feel embarrassed.

1 in 9 women and 1 in 17 men have said they have been the victim of drink spiking- this is a real problem.

The indications that someone's drink has been spiked vary and can be difficult to spot, but symptoms can include:

- Lowered inhibitions
- Loss of balance
- Feeling sleepy
- Visual problems
- Confusion
- Nausea
- Vomiting
- Unconsciousness

Consider purchasing one of the products below to reduce the risk of drink spiking and give you some peace of mind. **The golden rules of not leaving your drink unattended and not accepting a drink from someone you do not know or trust remain!**

- **DrinkSafe Anti-Spiking Covers**- single use foil covers which are designed to prevent drink spiking. The covers are designed so you can easily insert a straw, yet provide a strong protective cover against spiking. [DrinkSafe Anti-Spiking Covers | DrinkSafe](#)
- **NightCap scrunchie drink cover** is a dual functional scrunchie that can be used to cover over most cups and glasses to prevent pills and powders from being dropped into a drink- wear the scrunchie drink protector on your wrist or hair. When ready, pull the drink cover out of the hidden pocket, place it over the drink and pop in a straw. [Nightcap® | The Drink Spiking Prevention Scrunchie – NightCapIt](#)
- **Spikey** Anti Drug Date Rape Bottle Stopper for Spiking Protection. [SPIKEY - Anti Drug Date Rape Bottle Stopper, Pack of 10 : Amazon.co.uk: Home & Kitchen](#)

There are many other products out there, just Google anti-spiking drink protectors.

Stopping Domestic Abuse Together- SDAT

Domestic Abuse notifications to schools, also known as **Stopping Domestic Abuse Together (SDAT)**, is the local Derby and Derbyshire version of a national initiative called **Operation Encompass**. It follows the same principles as Operation Encompass; however, it is implemented differently.

Derbyshire Constabulary lead on Domestic Abuse Notifications/Stopping Domestic Abuse Together (SDAT) which was rolled out to all schools in Derby and Derbyshire in 2018.

What are Domestic Abuse Notifications (SDAT)?

Domestic abuse notifications are sent from Derbyshire constabulary to schools in Derby and Derbyshire. They are an early notification system to schools to quickly notify them of any incidents of domestic abuse where the Police have attended a household where statutory school aged children live.

The notifications are designed to:

- Provide a link between a statutory school aged child or young person's lived home experience and their experience in school when domestic abuse is a current issue
- Help ensure that schools can effectively support and respond to children and young people's needs in the education setting
- Promote effective communications between Police, Children's Services and Schools where there has been a domestic abuse incident

The school will be told that a domestic abuse incident has occurred – **no detail will be provided about the risk level of the incident**. The information will include:

- The date and time of the incident
- The location of the incident
- The child's name and date of birth
- The alleged perpetrator of the incident
- The alleged victim of the incident
- If a welfare check on the child was made; this means that the child was seen by the police. If a welfare check was not made this means the child wasn't seen by the police.
- The risk level of the incident isn't shared as this is sensitive information which relates to the adults (including 16 and 17 year olds) who were involved.
- **Abuse towards parents/carers by young people under the age of 16 are not notified to schools using the domestic abuse notification system. They are referred directly to Children's Services, who will then liaise with the young person's school as appropriate.**

When a notification is received, the Designated Safeguarding Lead will respond by checking on the attendance and welfare of the pupil concerned. This will be done discretely without directly discussing the notification with the young person. Every effort will be made to support any needs the young person may have through our pastoral and Early Help structures.

We will work in partnership with all agencies. Including the Police and Children's Services where required, to ensure the best outcomes for our pupils.

Parents and carers will not be contacted when a notification is received to ensure the safety of all in the household.

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

Derbyshire Domestic Abuse Support Line: 08000 198668 (use this number to access commissioned services and the non-commissioned services listed below) Text: 07534 617252 Email: derbyshiredahelpline@theelmfoundation.org.uk

[Domestic abuse \(saferderbyshire.gov.uk\)](http://saferderbyshire.gov.uk)

[How to Protect Children From Domestic Abuse | NSPCC](#)

[Male Victims of Domestic Abuse – Please call 01823 334244 to speak to us confidentially - \(mankind.org.uk\)](#)

www.derbyshirelgbt.org.uk

www.womensaid.org.uk

www.galop.org.uk

Police: 101 none urgent & 999 emergency- Silent Solution – 999 (55 when prompted – if you can't speak)

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 IN THE FIRST INSTANCE, OR MISS HOOD (TERM TIME AND DURING HOLIDAYS)

Designated Safeguarding Lead– Miss H McKay hmckay@stmaryschesterfield.org.uk

Deputy Designated Safeguarding Lead– Miss L Hood lhood@stmaryschesterfield.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