

# SAFEGUARDING NEWSLETTER

Safeguarding is everybody's responsibility

## Haydon Safeguarding Team:

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## Useful Numbers:

Hillingdon Children's Services: 01895 556633  
Harrow Children & Family Services:  
0208 9012690  
Hertfordshire Children's Services:  
0300 123 4043  
Ealing Children & Families Social  
Care: 0208 825 8000  
Brent Children's Services: 0208 937 4300

## KEEPING CHILDREN SAFE IN EDUCATION: MARCH 2021

Dear Parents, Carers and Students

Welcome to the third Safeguarding Newsletter of this academic year.

It has been a very busy few weeks with all of the students successfully returning to school. In this edition of our Newsletter there is a wealth of information from outside agencies who are offering support (and some training for parents and carers).

Please do take the opportunity to read through the support available to you and please look to sign up for any support that you feel is of relevance to your own personal situation and circumstance(s).

Should you have any questions on any of the information provided in this newsletter - please do not hesitate to contact the Safeguarding Team at any time.

## Students living in the Borough of Harrow

Please see the attached information, which is for Harrow residents only. Should you feel that you would benefit from the help and services that they can offer - please do not hesitate to contact Shaunte on the details below.

### WHAT IS HELP HARROW

A new way of connecting vulnerable residents to vital local services throughout the current pandemic and beyond.

Help Harrow offers support for food, advice, as well as mental health and emotional wellbeing services for children, young people and adults.

To register your interest or to find out more, email [Shaunte.Harris@Youngharrow.Org](mailto:Shaunte.Harris@Youngharrow.Org)

<https://youngharrowfoundation.org/help-harrow>

## Do you need help?

### HelpHarrow

Are you **struggling** to feed yourself or family?

Are you **unemployed** or facing money hardship?

Have you been identified as  
**Clinically Extremely Vulnerable?**

Do you need **Free Advice** and **Support** on a personal matter?

Do you need **Free** legal advice?

Are you struggling with your **mental health**?

If the answer is **yes** to any of the above and you're a resident in the London borough of Harrow, then HelpHarrow can help you now!



**Advice & Support Services**



**Food Support**



**Mental Health**

Visit [helpharrow.org](https://helpharrow.org) to get **Advice, Support and Help**

## Help is here

### HelpHarrow

- HelpHarrow is a way of connecting vulnerable residents to vital services in the borough during and throughout the current pandemic.
- HelpHarrow currently offers support for food poverty, advice and information in all areas of life, as well as mental health and emotional wellbeing support.

### Help and support is available

- |                                 |                               |
|---------------------------------|-------------------------------|
| • Benefits and Universal Credit | • Legal support               |
| • Employment                    | • Mental Health and Wellbeing |
| • Debt and money                | • Food support and foodbanks  |
| • Housing and homelessness      | • Disabilities                |
| • Family and relationships      | • Older people                |
| • Bereavement                   | • Caring for somebody         |



Visit [helpharrow.org](https://helpharrow.org) to get  
**Advice, Support and Help**



### **Mental health and Well-being**

As a school, we are very aware of the impact that the national lockdowns have had upon many of our students' mental health and wellbeing.

I would just like to take this opportunity to remind all parents and carers of the steps they should take, should they be worried about the mental health of their son and or daughter.

1. Please inform your child's form tutor and year team of any concerns that you may have. (The Safeguarding Team can also be contacted - and should be the first point of contact during the holiday periods). The school will then be able to signpost to you the relevant support we can offer in school (school counsellor) and also the agencies outside of school that are able to offer support.
2. You should also contact your GP and make an appointment with them to let them know of your concerns
3. Any immediate concerns regarding a person's mental health - Our advice would always be to contact 999 or visit A and E.

CNWL Child and Adolescent Mental Health (CAMHS) services: <https://www.cnwl.nhs.uk/camhs>

[Please click here to see a leaflet](#) from CAMHS about managing your child's return to school and any anxiety they may be experiencing.



#### **CNWL Child and Adolescent Mental Health Service (CAMHS)**

##### **Managing Children's Back-to-School Anxiety**

This leaflet is to provide tips for parents on how to help their children manage any fears they have about returning to school after the Covid19 'national lockdown'. It must be hard to know how to help your child feel secure about the return to school. There's no perfect answer to manage the new term and how to help your child settle. It is perfectly normal for them to feel apprehensive and experience some anticipation anxiety.

Please see our [CAMHS website](#) for more help, sign-posting to national and borough-based resources, support groups and services available to you, and how to access the service.

## Looking after Mental Health- Courses for Parents



### TAKE ONE OF OUR BRAND NEW COURSES:

Mental Health Awareness

Children & Young People's  
Mental Health

[www.theaimgroup.co.uk/behind-the-mask](http://www.theaimgroup.co.uk/behind-the-mask)

T - 0203 900 3091 E - [qualifications@theaimgroup.co.uk](mailto:qualifications@theaimgroup.co.uk)



Due to Government Funding in the Adult Education Budget, I am delighted to say that Haydon School have linked with the AIM GROUP. As a result, we have several FREE online Level 2 Accredited (OFSTED, NCFE, CACHE) Courses available to Parents to help better understand some key issues around young people's mental health and wellbeing.

We currently have the following subjects available:

- **Caring for Children & Young People** - Introduction to adverse childhood experiences. Exploring childhood and family structure. Developing strategies to improve outcomes for children affected by adverse childhood experiences.
- **Understanding Autism** (Learn how individuals process sensory information, understand characteristics, understand conditions, learn how speech, language and communication differ in people with Autism)
- **Understanding Behaviour That Challenges** (Supporting positive behaviour, effective communication & how to manage challenging behaviour)
- **Understanding Specific Learning Difficulties** (Understand characteristics of ADHD, ADD, Dyslexia & Dyscalculia, the importance of early diagnosis, assessment methods available to diagnose learning difficulties)
- **Children & Young People's Mental Health** - Exploring mental health and understanding how to support individuals with mental ill health. Experiences and eating disorders, which lead to poor mental conditions. Developing skills to form a mentally safe environment.

The only criteria the learner must meet to be eligible is the following:

- Aged 19 or over on or before 31 August 2020
- Have lived in the UK/EU for 3+ years
- Not already on a Government-funded course (Apprenticeship for example)

The course is completely free, but the learning provider reserves the right to charge a dropout fee if there has been no attempt made in completing the course. **That said, the college will grant extensions if the learner has attempted the course and has a reason as to why they won't be able to complete it within the 6 weeks.**

If you are interested in undertaking one of these Free Online courses, then please complete the following link below as soon as possible. This will then allow the Aim Group to contact you and send over the relevant enrolment details and of course, answer any questions you may have!

[https://formstack.io/TyZSZiXRWndR4L6rW7HXEppqL8\\_drGsA9XWS0F15Xgj56D1utKVODIduJM61p1nhNIPivsZVWdMj3WXXm1VYng](https://formstack.io/TyZSZiXRWndR4L6rW7HXEppqL8_drGsA9XWS0F15Xgj56D1utKVODIduJM61p1nhNIPivsZVWdMj3WXXm1VYng)





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# YOUNG MINDS

fighting for young people's mental health

Young Minds know it can be difficult to know how to respond when someone opens up to you about their mental health. Here is some advice from Young Minds with what you can say and how you can support your friend, while looking after your own mental health too.

<https://youngminds.org.uk/find-help/looking-after-yourself/supporting-a-friend-with-their-mental-health/>

## Domestic Abuse

Did you know?

In response to the increase of Domestic Abuse cases across the country, the government has teamed up with independent pharmacies and Boots to launch a domestic abuse-

**Ask for ANI code word scheme.**

From 14 January this year, victims of domestic abuse will now be able to access much needed support from thousands of pharmacies across the UK, backed by the government.

The Ask for ANI scheme allows those at risk or suffering from abuse to discreetly signal that they need help and access support.

By asking for ANI, a trained pharmacy worker will offer a private space where they can understand if the victim needs to speak to the police or would like help to access support services such as a national or local domestic abuse helplines.

As an essential retailer based on high streets across the country, and with specifically trained staff, pharmacies can provide a safe space for victims to sound an alarm if they are isolated at home with their abuser and unable to get help in another way.



**ARE YOU  
EXPERIENCING  
DOMESTIC ABUSE  
& NEED IMMEDIATE HELP?  
ASK FOR ANI** 

**STEP 1** Our pharmacy has the **ASK FOR ANI** symbol on display, this means we are ready to help.

**STEP 2** Approach a member of staff and **ASK FOR ANI.**

**STEP 3** They will offer you a private space, provide a phone and ask if you want a 999 police response or to speak to a domestic abuse support helpline.

For further information  
VISIT: [GOV.UK/DOMESTIC-ABUSE](https://gov.uk/domestic-abuse)

**Action Needed Immediately**

**#YOUARENOTALONE** 

<https://www.gov.uk/guidance/domestic-abuse-how-to-get-help>

### Raising drugs awareness

Please also see the information that I shared with you last week in regards to the latest information we have had shared with us from the police on the use of edible drugs laced with THC or CBD being dressed up and targeted at young people. Any concerns that you have on this - please do not hesitate to contact and report your concerns to the school's Safeguarding Team and local police.

RE: Safeguarding Earlier this academic year we shared with you information that we had received from the police about edible sweets that were in circulation that were laced with cannabis, and the severe reactions children who consumed them had had (including hospitalisation).

We have once again been made aware from the police that these sweets are in circulation. Please read the letter on the next page that we have been sent from our local policing team in regards to the dangers of these edibles and the packaging that these 'edible sweets' come in, so you are aware of what to look for.

Regretfully, I also need to inform you that we have had two incidents of students vaping THC oil. This is now becoming an increasing concern amongst young people in the local area. As a school we have spoken with the Drug Advisory team at the organisation 'Talk to Frank' <https://www.talktofrank.com>

The vaping of THC oil, appears to be a trend that has started over the last couple of months. A synthetic oil is believed to be used as it is cheaper & easier to purchase.

It is important that I take this opportunity to share with you the medical repercussions that vaping THC has upon an individual and I would ask that you speak with your son/daughter to discuss with them the dangers of this drug and what may happen. (THC is the psychoactive component in marijuana that gives you the feeling of being high).

Smoking or vaping THC can cause hallucinations, hunger, giggling, confusion and sometimes sickness. **Vaping the THC oil is extremely dangerous, what we do know is that THC oil is not meant to be inhaled.** It is not soluble in water and therefore will not move through your body well, due to this, the oil gets caught in your lungs, causing issues such as lipoid pneumonia.

Once a student vapes THC they may not feel the effect immediately and can appear normal however, once they start to feel the effects they become ill at a very quick rate (a few minutes). They may appear panicked, and look pale. Pupils will be fully dilated or students will be unable to keep their eyes open. They may get dizzy and may start reaching out for things and may eventually collapse. The student's heart rate will become very fast and medical attention must be called straightaway, if the student has fainted or is unresponsive please put them into the recovery position until medical assistance arrives.

Finally, if students have any concerns over a friend who they believe may be taking drugs. I would encourage them to speak to their Year Team and/or a member of the Safeguarding Team to share any concerns that they may have, this could be anonymously if they prefer.



Dear Parent/Guardian,

As a Schools Team, we are aware of the concerns raised recently re Edible Drugs and this being promoted on some social media platforms such as Snapchat, Facebook and Instagram.

As you may be aware, cannabis can be mixed into cakes (hash brownies), tea, yoghurt or sweets (gummies/lollipops). The amount of cannabis in these products can vary greatly and sometimes other harmful drugs are added too.

The effects of consuming edibles are unpredictable and it can be very easy to accidentally take a larger dose. Edibles take between 1-3 hours to have an effect because food is absorbed into the bloodstream through the liver. Because it takes longer, the user may end up consuming larger amounts of the drug while thinking the drug isn't working. Overdosing with Edibles can be a greater risk because of this!

We ask that you monitor food packaging/ wrappers at home looking for wording such as CBD or THC suggesting the items are cannabis oil infused. Please be mindful of the medical needs should your child present with such symptoms, or if it becomes apparent they have consumed a drug laced substance.

If you are made aware of any social media accounts advertising these items, we ask you report this information to the Police, School or Crime Stoppers so work can be done around these accounts due to the dangers Edibles present.

We have attached some examples of what some of the sweet packages look like on a separate document and also have attached the link to Frank which gives more information and laws surrounding Edibles. [www.talktofrank.com/drug/cannabis](http://www.talktofrank.com/drug/cannabis)

Kind Regards  
Hillingdon Safer Schools

### Edibles Packaging Examples





## and finally ....Action for Happiness Monthly Calendar

This month we are encouraging you to get active, get outdoors and take care of your body! Let us reap the benefits of getting our bodies moving and breathing more deeply as a result of exercising, laughing and even singing!

We don't all need to run marathons - there are simple things we can all do to take care of our bodies - for example unplugging from technology, getting outside and - importantly - making sure we get enough sleep!

**Active April 2021**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1 Commit to being more active this month, starting today	2 Listen to your body and be grateful for what it can do	3 Spend as much time as possible outdoors today	4 Have a day free from TV or screens and get moving instead	5 Eat healthy and natural food today and drink lots of water	6 Turn a regular activity into a playful game today	7 Do a body-scan meditation and really notice how your body feels
8 Get natural light early in the day. Dim the lights in the evening	9 Give your body a boost by laughing or making someone laugh	10 Turn your housework or chores into a fun form of exercise	11 Be active outside. Dig up weeds or plant some seeds	12 Set yourself an exercise goal or sign up to an activity challenge	13 Move as much as possible, even if you're stuck inside	14 Make sleep a priority and go to bed in good time
15 Relax your body & mind with yoga, tai chi or meditation	16 Get active by singing today (even if you think you can't sing!)	17 Go exploring around your local area and notice new things	18 Make time to run, swim, dance, cycle or stretch today	19 Have a 'no screens' night and take time to recharge yourself	20 Spend less time sitting today. Get up and move more often	21 Focus on 'eating a rainbow' of multi-coloured vegetables today
22 Regularly pause to stretch and breathe during the day	23 Enjoy moving to your favourite music. Really go for it	24 Go out and do an errand for a loved one or neighbour	25 Get active in nature. Feed the birds or go wildlife-spotting	26 Try a new online exercise, activity or dance class	27 Take an extra break in your day and walk outside for 15 minutes	28 Find a fun exercise to do while waiting for the kettle to boil
29 Meet a friend outside for a walk and a chat	30 Become an activist for a cause you really believe in					

**ACTION FOR HAPPINESS** **Happier · Kinder · Together**

<https://www.actionforhappiness.org/>





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Remember: Safeguarding is everybody's responsibility

**Mrs Morag Wall**

**Assistant Headteacher**

**Designated Safeguarding Lead**