

SAFEGUARDING NEWSLETTER

Safeguarding is everybody's responsibility

Haydon Safeguarding Team:

- Mrs Wall: mwall1.312@lgflmail.org
- Miss McCarthy: zmccarthy3.312@lgflmail.org
- Mr Kidd: skidd5.312@lgflmail.org
- Ms Wilding: lwilding1.312@lgflmail.org
- Mrs Whitehead: cwhitehead.312@lgflmail.org
- Mr Gosling: dgosling.312@lgflmail.org

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: JANUARY 2021

Dear Parents, Carers and Students

On behalf of Haydon School, I would once again like to say a massive thank you to all those Parents and Carers who are continuing to do an exceptional job working on the front line in our NHS and Health Care service. Recognition must also go to all those key worker parents who are enabling our country to continue to run, allowing the rest of us to stay at home and Save Lives and protect the NHS.

I would like to take this opportunity in these very challenging and uncertain times to remind you that as a school we continue to still be here and are available to support you and your families (albeit remotely or via the phone). Please be assured that all of the Haydon school staff are, (and will be) continuing their commitment to Safeguarding from wherever they are working.

It has been really pleasing to see how quickly both the staff and students have adapted to their new online learning, and the levels of engagement and interaction shown this past week. What is just as important for our students, however, is the level of pastoral support that they are able to access during this lockdown period.

To support our pastoral provision, form times will take place every Monday morning (starting from Monday 11th January 2021 at 8.40am), and alongside this, students will continue to receive fortnightly form time PSHE Sessions on Friday of Week A -8.40am (Friday 15th January 29th January and 12th February 2021). Each week students will be getting sent a weekly wellbeing tip by their form tutor (shown on Satchel), which can be used as a point for discussion both by their form tutor and for use at home.

School Counselling Service:

I am delighted to say that during lockdown we are still able to offer this essential service to our students. Rather than face to face counselling sessions in school, our counsellors will now be working remotely and will continue to hold their sessions over the phone with students.

Should your child feel that they are in need of this service during lockdown - please email me on the email listed below.

Careers Guidance:

Given the government's announcement earlier this week on the changes to exams for students in Year 11 and Year 13 I know that there will be a lot of anxiety specifically for these students. Should you have any questions or would like to book an appointment with Ms Nizar then please contact her on the following email: inizzar.312@lgflmail.org. Ms Nizar is currently prioritising students in Year 11 and Year 13.

Contact during lockdown:

If you need to contact school for a safeguarding concern during lockdown, please continue to do so in the normal way, by contacting Mrs Wall Assistant Head and Designated Safeguarding Lead via email on: mwall1.312@lgflmail.org or via phone on: 0208 429 9579

Alternatively, for any urgent concerns you can contact Mrs Wall on the following school mobile number: 077 7977 4732 - Only serious safeguarding concerns will be dealt with via this channel of communication. School will continue to action any safeguarding concerns just as we would as if we were in school.

Support

As a school, we want to support you as much as we can. For our most vulnerable pupils (as identified by the government) and families a member of the Safeguarding team will be in contact with you on a weekly basis to check that you have everything you need and have the means to access any additional support that may be needed. We will continue to work with and liaise with our external partner agencies to ensure you continue to be supported.

Should you wish to refer on any safeguarding concerns yourself; I have listed below contact numbers for all of our Local Authorities.

Please ensure that you contact the Local Authority for where you / the young person lives.

Hillingdon Children's Services: 01895 556633

Harrow Children & Family services: 0208 9012690

Hertfordshire Children's Services: 0300 123 4043

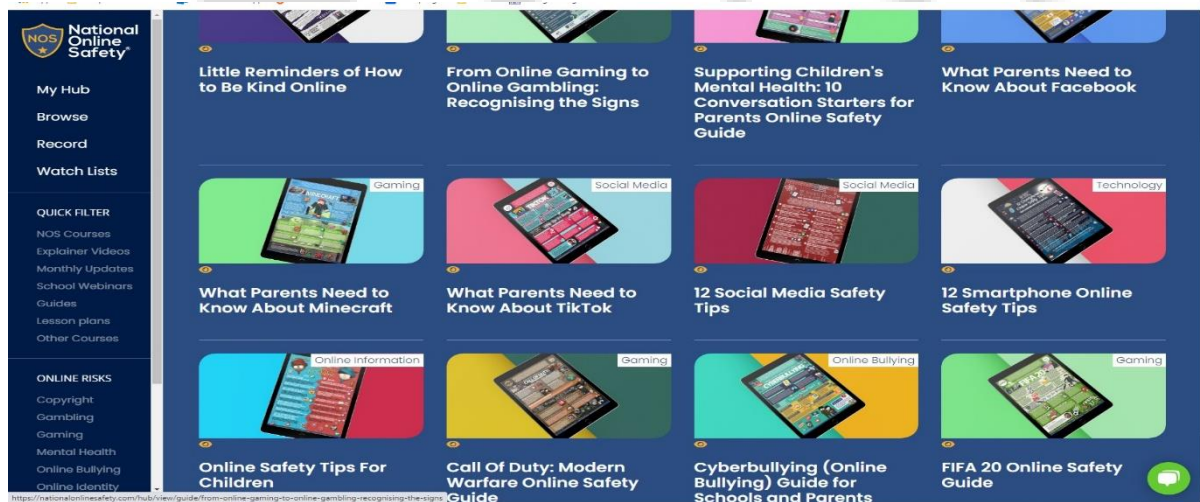
Ealing Children & families social care: 0208 825 8000

Brent Children's Services: 0208 937 4300



Can I please take this opportunity to inform all new parents in Year 7 and Year 12, but also remind parents in other year groups of the school's subscription to the National Online Safety Program. As such, you are eligible to access the free educational and informative resources which I would strongly encourage you to do.

(Please see image below for a snapshot of some of the resources available for you access)



If you do not have a National Online Safety account yet- you can sign up with the below link:

<http://nationalonlinesafety.com/enrol/haydon-school>

Please ensure that you select the correct account type from the drop-down menu ('Parent') - to allocate the correct courses.

If you have any trouble using the platform, or do not receive your account activation link- please contact support@nationalonlinesafety.com or 0800 368 8061.

National Online Safety have now also introduced a free app for you to download to make access to their resources and updates even easier for you to access:

<https://info.nationalonlinesafety.com/mobile-app>



NSPCC

Reporting concerns about Online Safety:

The NSPCC (Childline) have a reporting facility available so that under 18's can report if an image or video of them has been shared online in order for it to be removed from the Internet. The report goes to the IWF (Internet Watch Foundation) so this is a brilliant new resource that parents and young people should be made aware.

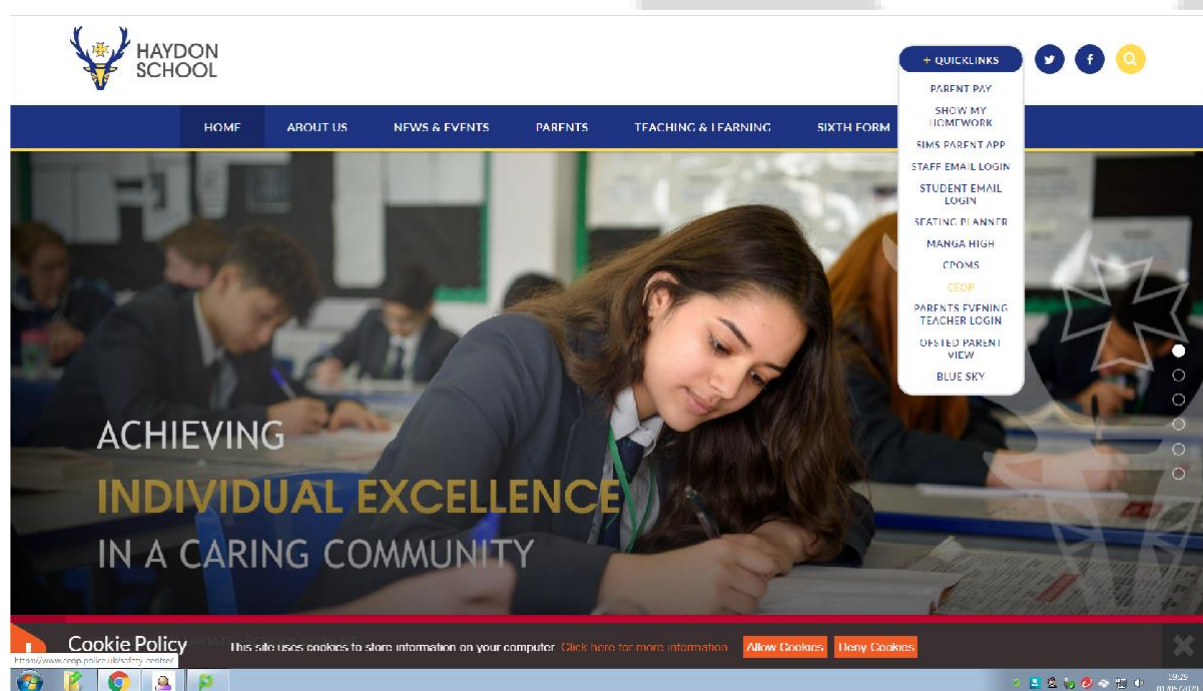
Click [HERE](#) for more information.



CEOP is the National Child Exploitation and Online Protection Command

<https://www.ceop.police.uk/ceop-reportingkit>

This organisation allows you to report concerns that you may have about online sexual abuse and exploitation. (Please note that we also have a direct link to CEOPS under the Quick Links section on the Haydon school home page for your ease of reference).





Mental health and Well-being:

Looking after our mental health and emotional wellbeing is arguably the biggest challenge for each and every one during this lockdown. Remember that it is ok not to feel ok!

Please see below for a list of organisations that you and your child are able to refer to at this, (and any time) should you need to:

CAMHS (Child and Adolescent Mental Health Services). You will need to contact the relevant CAMHS in your Local Authority)

Brent CAMHS- 020 3317 5050

Harrow CAMHS- 020 8869 4500

Hillingdon CAMHS - 01895 256521



<https://www.kooth.com>

Kooth can help young people in these worrying times. Kooth is a confidential online service and can provide young people with support and advice. Given the restrictions on face-to-face engagement, our digital platform for young people to engage and seek emotional wellbeing support can be a fantastic alternative.

Students can sign up and receive help from trained counsellors. They are asked to fill in a questionnaire which assesses risk - this decides where they go in the queue. They can wait anything from two minutes to an hour to be assigned a counsellor where they then get support in the form of an online text-based conversation. This helps eradicate any phone call anxiety. Opening hours have been extended into the evenings and weekends also.

Students can also use the website without speaking to a counsellor. They can set their own smart goals and track habits and feelings etc. as well as contribute to forums and a magazine.



Mental health and Well-being:

Papyrus <https://papyrus-uk.org> or phone 0800 068 4141

Samaritans www.samaritans.org/ or phone 116 123

Childline www.childline.org.uk/ or phone 0800 1111

Young Minds <http://www.youngminds.org.uk> or phone 020 7089 5050

Anna Freud Centre https://www.mentallyhealthyschools.org.uk/media/1960/coronavirus-mental-health-and-wellbeing-resources.pdf?utm_source=twitter&utm_medium=social&utm_campaign=coronavirus&utm_term=AFC&utm_content=toolkit

Barnardos <https://www.barnardos.org.uk/contact-us>

NSPCC <https://www.nspcc.org.uk/what-we-do/about-us/contact-us>

Police 999 / 911

Emergency services 999 / 911

Please do not sit at home and worry if you have a problem. There are plenty of people to help in a time of need and school will still be there to support as much as we can. In the first instance please do contact your form tutor to raise any concerns that you may have.

Domestic Abuse:

There has been a national concern about the increase in Domestic Abuse incidents during this lockdown period. If you or anyone you know are experiencing any form of Domestic abuse, please see below agencies that are able to help and support you at this time:

<https://www.womensaid.org.uk/>

<https://www.victimsupport.org.uk/>

<https://www.galop.org.uk/>

<http://www.mensadviceline.org.uk/>

<https://www.gov.uk/guidance/forced-marriage>

<https://www.hestia.org/hillingdon>

<https://rapecrisis.org.uk/>

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

Hillingdon Independent DV Advocates - Telephone: 020 8246 1745

Remember that it is OK not to feel OK.

Well-being charity, **Action for Happiness** have published their Happier January 2021 calendar full of ideas and top tips to help us respond to the current pandemic with a sense of purpose and meaning. Set yourself and your family a challenge of trying to complete each of the daily actions - see how many you can complete!



The image shows a calendar for January 2021 titled "ACTION CALENDAR: HAPPIER JANUARY 2021". It features a grid of daily actions from Monday to Sunday. The calendar is decorated with various icons representing different themes like gratitude, mindfulness, and social connection. At the bottom, there is a banner for "ACTION FOR HAPPINESS" with the website "www.actionforhappiness.org" and the slogan "Happier · Kinder · Together".

ACTION CALENDAR: HAPPIER JANUARY 2021

MONDAY **TUESDAY** **WEDNESDAY** **THURSDAY** **FRIDAY** **SATURDAY** **SUNDAY**

"Happiness is when what you think, what you say, and what you do are in harmony" - Gandhi

- 1** Find three good things to look forward to this year
- 2** Make time today to do something kind for yourself
- 3** Do a kind act for someone else to help to brighten their day
- 4** Write a list of things you feel grateful for in life and why
- 5** Look for the good in others and notice their strengths
- 6** Take five minutes to sit still and just breathe
- 7** Learn something new and share it with others
- 8** Say positive things to the people you meet today
- 9** Get moving. Do something physically active (ideally outdoors)
- 10** Thank someone you're grateful to and tell them why
- 11** Switch off all your tech 2 hours before bedtime
- 12** Connect with someone near you - share a smile or chat
- 13** Be gentle with yourself when you make mistakes
- 14** Take a different route today and see what you notice
- 15** Eat healthy food which really nourishes you today
- 16** Get outside and notice five things that are beautiful
- 17** Contribute positively to a good cause or your community
- 18** Focus on what's good, even if today feels tough
- 19** Get back in contact with an old friend you miss
- 20** Go to bed in good time and give yourself time to recharge
- 21** Take a small step towards an important goal
- 22** Try out something new to get out of your comfort zone
- 23** Plan something fun and invite others to join you
- 24** Put away digital devices and focus on being in the moment
- 25** Decide to lift people up rather than put them down
- 26** Say hello to a neighbour and get to know them better
- 27** Challenge your negative thoughts and look for the upside
- 28** Ask other people about things they've enjoyed recently
- 29** Use one of your personal strengths in a new way
- 30** Count how many people you can smile at today
- 31** Write down your hopes or plans for the future

ACTION FOR HAPPINESS

www.actionforhappiness.org

Learn more about this month's theme at www.actionforhappiness.org/happier-january

Happier · Kinder · Together

https://www.actionforhappiness.org/media/954757/january_2021.jpg

Take the time to speak to each other and look after yourselves, your family and those around you. Better times are ahead for all of us, we just need to pull together now in order to get through this period.

In order to best support your child(ren) at this difficult time it is really important that we as parents make sure that we are best equipped to deal with whatever situation arises.

I have attached a resource from Young Minds on 10 ways that parents can help their children cope with change (see below).

I hope you find this to be of use.

Choose health

Know what affects your child, what makes them grumpy, hyper, disconnected...

- Do they need snacks throughout the day?
- Do they need lots of sleep?
- Do they need to get out and about and do exercise?
- Do they need time alone?

Trust that you know your child and give them the basics that they need to cope with difficult days

Be calm

Try to stay calm whilst your child is feeling distressed. Your child may show:

- highs and lows
- melodrama
- anger
- blame
- self-centredness

Get learning

Be involved, find out more and talk about:

- social media
- internet benefits and dangers
- new music
- language and slang
- current affairs
- what it's like to be young in the current world

Move on up

Be flexible:

- Respond to what your child is doing right now, even if they seem to be acting far more immaturely than usual
- Be aware that your child may be having mood swings and may need a lot more comfort than usual
- Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Work together

Share ideas about how to:

- create action plans
- have a problem-solving approach
- enjoy achievements
- be forward-looking
- show them that we can all get things wrong

Communicate

The small things you do make all the difference:

Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Be wise

As they discover new things, try to:

- be interested
- be non-judgemental
- guide
- give boundaries
- see it from all sides
- listen to their point of view
- choose your words carefully
- act on warning bells

Be the anchor

In times of change you are:

- constant
- family
- familiar
- routine
- in-jokers
- irritating
- comforting
- home

Have fun

Provide lots of light relief:

- be silly
- be embarrassing
- play games
- laugh together
- do stuff together
- make jokes
- make things
- be outside

Look after yourself

Support yourself, to best support your child:

- lean on friends
- offload on other family
- find 'me time'
- see the GP
- relax, exercise, sleep well, eat well
- remember tomorrow is a new day

YM Parents Helpline
0808 802 5544

Ten Ways for parents to help children cope with change

Remember: Safeguarding is everybody's responsibility.

Mrs Morag Wall
Assistant Headteacher
Designated Safeguarding Lead