

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
Mr Jones : rjones.312@lgflmail.org
Mrs Martin : jmartin127.312@lgflmail.org

Useful Numbers:

Hillingdon Children's Services: 01895 556633
Harrow Children & Family Services:
020 8901 2690
Hertfordshire Children's: Services:
0300 123 4043
Ealing Children & Families Social Care:
020 8825 8000
Brent Children's Services: 020 8937 4300

KEEPING CHILDREN SAFE IN EDUCATION: SUMMER 2020

Dear Parents, Carers and Students,

On behalf of Haydon I would firstly like to say thank you all those Parents and Carers who are doing a remarkable job working on the front line in our NHS and Health Care service. Also, thanks must 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 protect the NHS.

As I sit here writing this newsletter, at the end of the 20th day of home learning I still cannot believe it has only been nineteen school days. As a school and as a community we have all had to overcome many challenges during this time and adjust to a completely new way of working.

As parents and carers not only are you having to juggle working from home, but you are now also having to oversee your son/daughter's education. As a parent myself I know that this is no mean feat and that there will be good days and bad! Tomorrow will be a good day to quote Captain Tom!

Thank you to all those who contributed to the parental survey about our transition to online learning. We have acted upon the comments made and I am hoping that over this past week you have noticed an improvement. A reminder; each lesson should now be of 45 minutes duration (with no homework being set), and all work will be set at the start of the week in order to allow you and your son/daughter to plan your week accordingly depending upon what works best for you.

Certainly the parents and carers that I have spoken to this past week have noticed a beneficial impact upon their child's emotional wellbeing. Just a reminder that any questions or queries in regard to the work being set - students should be contacting their teacher through the medium of Show My Homework. Students can leave a question / comment for their teacher and the staff member will respond.

Continued...



HAYDON
SCHOOL



As a school we are very mindful about how the lack of socialisation from both peers and staff will be having a detrimental impact to the emotional wellbeing of your child/ren. In order to support your child/ren at this time, Form tutors and the pastoral teams are currently in the process of contacting home to check in with students and parents to see how they are getting on during this period of school closure. Should you have a concern at any time about the emotional wellbeing of your child please contact your son/daughter's form tutor in the first instance.

We cannot underestimate the impact that COVID -19 will have upon all of us. Children who have been used to coming into school every day and socialising with their friends have literally had all of this inter-action taken away from them overnight. In order for students to still feel part of the Haydon community at this time, please remind your son/daughter that they can take part in the weekly Haydon Challenge which is being set by Year Leaders. We also need to look at the positives that home schooling and spending additional time with your children can bring. So alongside the weekly Haydon Challenge we will now be including a 'Dish of the Week' that has been nominated by our Head of Food Technology, to encourage students to get into the kitchen and cook a meal for the family! This week's recipe can be found on the link below. Good luck and I hope you all enjoy making and eating it!

<https://www.foodafactoflife.org.uk/recipes/5-11-years/pizza-wheels/>

If your child has currently signed up to complete the Duke of Edinburgh Award (be it Bronze, Silver or Gold) students should be taking this opportunity to work on completing the volunteering, physical and skills units of the award The DofE have given updated information on how the Volunteering, Physical and Skills sections can be completed at home.

<https://www.dofe.org/dofewithadifference/activities>

<https://www.dofe.org/dofewithadifference/programme-changes>

Students can volunteer at home to support family members e.g. a younger sibling with homework or an elderly relative with day-to-day care. Whilst for the physical unit, students can certainly do fitness at home and for the Skills unit students can look to practise and improve their cooking, arts, music, computer programming, or even try earning a new language (try Duolingo app). If your child is in Year 8 and considering signing up for the Duke of Edinburgh Award next year - please feel free to contact Mr Harding should you have any further questions on the DofE: rharding3.312@lgflmail.org



HAYDON
SCHOOL

Careers Guidance:

I am also pleased to write that as a school, our Careers Officer is still able to continue to support our students at this time via phone. She is currently prioritising students in Year 11 and Year 13. Should you have any questions or would like to book an appointment with Mrs Nizar then please contact her on the following email: inizzar.312@lgflmail.org

Counselling and Mental Health:

I am also pleased to announce that our school counsellors will continue to be operating remotely offering phone counselling to those students that were previously receiving counselling before the school closure.

Can I also take this opportunity to remind you and signpost to you the online services that can help support young people with their emotional and mental health and wellbeing at this time:

Kooth <https://www.kooth.com>

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

Samaritans <https://www.samaritans.org/> or phone **116 123**

Childline <https://www.childline.org.uk/> or phone **0800 1111**

Young Minds <https://youngminds.org.uk> or phone **020 7089 5050**

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

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

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=too

With regards to Kooth all students in Years 8-13 should be familiar with Kooth and how it works as Kooth came in and presented to each of our Year groups last year.

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.



Online Safety:

Can I once again take this opportunity to remind all parents and carers of the school's subscription to the National Online Safety Program. As such you are eligible to access the following free resources which I would strongly encourage you to do.

Please see a letter for parents/carers below:

Dear Parents & Carers,

We are delighted to announce that National Online Safety have just released their brand-new platform, and as a Certified School – our whole school community has now received a complimentary upgrade to their new website.

If you already have a National Online Safety account, you'll shortly receive an email inviting you to activate your new account - providing access to the new platform. The new platform will include your Online Safety Course for Parents and Carers and National Online Safety's Resources (which includes a huge range of online platform guides on the latest social media channels and games).

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

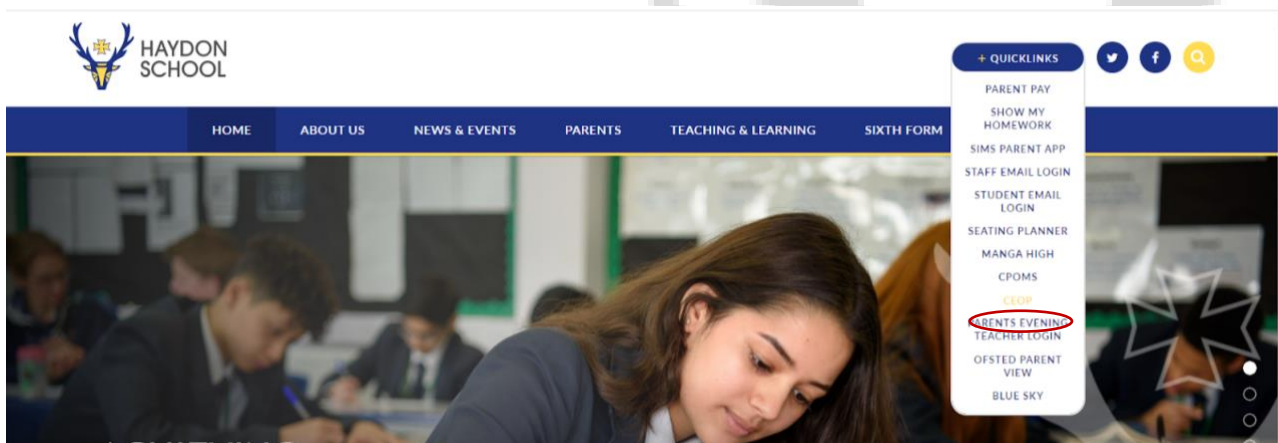
<http://nationalonlinesafety.com/enrol/haydon-school>

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

By signing up to the NOS you will also receive a weekly #wakeupwednesday email about various different online safety advice and guidance which is particular pertinent at this time of increased online activity.

If at any time you become aware or are concerned with online material that your child may have accessed, you are able to report this to CEOPS via an alert button on the school website.

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



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://rapecrisis.org.uk/>

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

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

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

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

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

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

Hillingdon Independent DV Advocates

Telephone: 020 8246 1745

If you need to contact school for a safeguarding concern, 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. Alternatively, for any urgent concerns you can contact Mrs Wall on the following school mobile number: 07976514227

Contact:

Hillingdon Children's Services: 01895 556633

Harrow Children & Family Services: 020 8901 2690

Hertfordshire Children's Services: 0300 123 4043

Ealing Children & Families Social Care: 020 8825 8000

Brent Children's Services: 020 8937 4300

Remember it is OK not to feel OK.

Well-being charity, Action for Happiness have published their Meaningful May calendar full of ideas and top tips to help us respond to the global crisis with a sense of purpose and meaning.

https://www.actionforhappiness.org/media/875760/may_2020.jpg

Take the time to speak to each other and look after yourselves, your family and those around you. Tomorrow will be a good day!

Morag Wall

Assistant Headteacher

Designated Safeguarding Lead