



# Keeping our community safe: Safeguarding at Honywood School



Welcome the second edition of our monthly safeguarding newsletter. Each month we provide an update containing reminders about how we approach safeguarding at Honywood as well as useful links to support families out of school. If you have a question about safeguarding our hope is that our monthly bulletins will be able to provide the answer or at least some signposting to where you may get the answer. This month we focus on internet safety day (8th February) and keeping safe online as well as our usual signposting of useful links and contacts.

## Need to Talk, share a concern or ask a question?

### Who can learners talk to at School?

- |  |  |
|--|--|
| <ul style="list-style-type: none"><li>• Learning Group Leader</li><li>• Cohort Leaders</li><li>• Pastoral Leaders</li><li>• Class teachers</li><li>• Learner Reception</li><li>• Learning Support Assistants</li><li>• <a href="#">Learner Wellbeing App on iPad</a></li></ul> | <ul style="list-style-type: none"><li>• Senior Leadership Team</li><li>• Mrs Nichols - Safeguarding Lead</li><li>• Mrs Slaney - Safeguarding Lead</li><li>• Mrs Brook - Deputy Safeguarding Lead</li><li>• Mr Caygill - Deputy Safeguarding Lead</li><li>• Mr Robertson - Attendance &amp; Welfare Officer</li></ul> |
|--|--|



Mrs Nichols



Mrs Slaney



Mrs Brook



Mr Caygill

## Learner Information

Please refer to the Honywood Wellbeing app on your school iPad, link below  
<https://sites.google.com/honywoodschool.com/learnerwellbeing/home>

If you need Wellbeing & Mental Health support out of school, please contact:

**YOUNG MINDS** - text YM to 85258, or <https://youngminds.org.uk/find-help>

Kooth - your online mental wellbeing community <https://www.kooth.com/>

### Emotional Wellbeing and Mental Health Service

0300 300 1600 to get in touch directly. For the out of hours crisis support, please call the general NELFT switchboard on 0300 555 1201 and ask for the EWMHS Crisis Support Service

Childline 08001111

### Weekly Bullying and Peer on Peer Abuse reporting form

All learners and parents receive a weekly email link and reminder that if they have any concerns about the behaviour of any learners in school that could be considered bullying and/or peer on peer abuse, they may report it using the following link:

[https://docs.google.com/forms/d/e/1FAIpQLSeqPKQTTxpfBS8arLEYimPdplyfObw\\_7P-yitTKhXXMS1LeBA/viewform](https://docs.google.com/forms/d/e/1FAIpQLSeqPKQTTxpfBS8arLEYimPdplyfObw_7P-yitTKhXXMS1LeBA/viewform)

If you have any questions about the form before completing it please feel free to email me [scaygill@honywoodschool.com](mailto:scaygill@honywoodschool.com). Similarly if you have any feedback regarding the structure/questions of this form please do share this too as the form could evolve over the coming weeks with any feedback shared.

## Parents/Carers

For support and information please contact:

### Essex Children and Families Hub

0345 603 7627

If a child is at immediate risk of harm call the Children & Families Hub and ask for the 'Priority Line', or call the Police - 0345 606 1212 or email: [Emergency.DutyTeamOutOfHours@essex.gov.uk](mailto:Emergency.DutyTeamOutOfHours@essex.gov.uk)

### Useful General Resources

#### Safeguarding Policy

<https://www.honywoodschool.com/attachments/download.asp?file=67&type=pdf>

#### KCSIE September 2021

[https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment\\_data/file/1020050/KCSIE\\_2021\\_September\\_guidance.pdf](https://assets.publishing.service.gov.uk/government/uploads/system/uploads/attachment_data/file/1020050/KCSIE_2021_September_guidance.pdf)

#### Responding to Harmful Sexual Behaviours Policy

<https://www.honywoodschool.com/attachments/download.asp?file=116&type=pdf>

The [Essex Safeguarding Children Board website](#) has resources for parents and carers as well as professionals to enable them to fully support children and parents. People can also follow the campaign on the ESCB Facebook page and Twitter account.

[Essex Brook](#) is part of [Brook](#), a leading Sexual Health and Wellbeing Charity for young people, with over 55 years' experience.

[The 2 Johns](#) specialise in delivering bespoke Child Sexual Exploitation Training to professionals, parents and children, with an aim to totally change the perception that everyone has of 'Stranger Danger'.

The Children's Society, whose [CARE \(Children At Risk of Exploitation\)](#) service works with children and young adults in Essex who are at risk of sexual and criminal exploitation, with partners Barnardo's offering family support.

The [Essex Child and Family Wellbeing Service](#) brings together a range of children's community services. Provided by Virgin Care in partnership with Barnardo's on behalf of Essex County Council and the NHS.

The [Essex Violence and Vulnerability Unit](#) supports direct work with young people at risk of violence, provide training and development to those who are on the front line and raise awareness with the general public about the dangers of County Lines.

## Family Wellbeing Bulletin - Online Safety

Every month the Essex family wellbeing service publishes a Healthy Schools Bulletin for Families. This month's issue focuses on online safety. To access the links within the Essex Family Wellbeing monthly newsletter below please use the following link: <https://essexfamilywellbeing.co.uk/>



**Essex Child and Family Wellbeing Service**  
Newsletter

An important Healthy Schools message from Essex  
Child & Family Wellbeing Service

**Subject: Online safety**  
**Date: February 2022**  
**Issue: No. 32**

Each month we create a bulletin promoting local or national health campaigns, featuring resources to promote best practice. This month we are focusing our campaign on online safety as 8<sup>th</sup> February is [Safer Internet Day](#).

## Family Wellbeing

- The UK Safer Internet Centre is packed full of resources for helping you navigate the online world as a family. There is tons of information including [social media guides, information on smart speakers, phones and laptops.](#)
- [Parent Zone](#) have a huge range of guides that are free to download including information on streaming services, games, social media sites and age ratings.
- The NSPCC has some great advice for parents to help you understand the risks and support your child if they've been [sending, sharing or receiving nude images.](#)
- [The Zipit App](#) has been designed to support young people online who may be pressured into sending something they are not comfortable with. It is free to download & full of funny GIF's that are ready to send.
- The [Internet Watch Foundation](#) (IWF) is an organisation in the UK which has the ability to remove child sexual abuse images or videos that are hosted online in the UK. If you are aware of a picture or video that has been shared online, they will review it and if possible take it down. They also work directly with [Childline](#) through their helpline 0800 1111.
- The Children's Society have created an "[Emoji Dictionary](#)" to help understand when emoji's that are being used by young people, might be a cause for concern.

*Don't forget you can always contact your Healthy Family team for support on;*

**Mid Essex Tel: 0300 247 0014**

**North Essex Tel: 0300 247 0015**

**South Essex Tel: 0300 247 0013**

**West Essex Tel: 0300 247 0122**

To find out more information about us and the wide range of services we offer, please visit [www.essexfamilywellbeing.co.uk](http://www.essexfamilywellbeing.co.uk)

We are always looking for ways to improve and provide you with information that is beneficial and relevant to you. We value your opinion and would love to hear your feedback on our briefings.

Please send your reply to [Essex.Communications@virgincare.co.uk](mailto:Essex.Communications@virgincare.co.uk)

## Safer Internet Day 8th Feb 22

Safer Internet Day is celebrated globally in February each year to promote the safe and positive use of digital technology for children and young people, and to inspire a national conversation about using technology responsibly, respectfully, critically, and creatively. The national website for this event contains some useful resources for a range of audiences including:

Parents - <https://saferinternet.org.uk/guide-and-resource/parents-and-carers>

Children - <https://saferinternet.org.uk/guide-and-resource/young-people>

And grandparents - <https://saferinternet.org.uk/guide-and-resource/grandparents>

The internet is wonderful. It has transformed the way we live, work and interact forever. However, for all the good technology does for us there remains many risks. Just last week I had to support a family member who had been the victim of a complex phishing attack. Whilst fraud and financial crime is a big risk out there, more concerning is the risk our young people face when online. Risks out there include the following topics:

[coerced-online-child-sexualabuse](#)  
[gaming](#)  
[misinformation](#)  
[online-bullying](#)  
[pornography](#)  
[sexting](#)  
[social-media](#)

Understanding how to use [parental-controls](#) is one way families can keep their children safe. Another way to protect children is to engage in the conversation. . Some key advice includes the following:

- not using phones and mobile devices at the dinner table - talking as a family is very important for development
- keeping screens out of the bedroom at bedtime
- talking as a family about keeping safe online and about cyberbullying and what children should do if they are worried
- not using phones when crossing a road or doing any other activity that requires a person's full attention
- making sure children take regular breaks from screens by getting up and being active

It is worth reflecting on the impact our use of technology can have - adults as well as children. As a school that embraces technology it has always been our belief that educating about the risks is better than just taking action that can drive the behaviour associated with such risks underground and I would recommend that we all engage in the conversation.

Schools across the country are constantly dealing with situations in school that began outside of school. Situations such as these would not happen if social media had not been misused by children operating out of earshot late at night. Whilst we do our best to educate everyone about how to behave online and through social media it is our collective responsibility to ensure our learners are safe in their use of technology in and out of school. Parents, do you know how your children are using their technology in the evenings? I have had a few conversations recently with parents about the difficulty in finding the right balance between trusting your children with the freedom to grow and monitoring their every move. In truth, there is no perfect solution as it is down to the individual. I have read several articles recently about how the leaders of the world's top tech companies, those who produce the stuff we all use, are placing heavy restrictions on their own children's use of technology - even completely banning access to certain things. It is as if they are well aware of the damaging effects to health that ungoverned use of the technology they have created can have.

## eSafety Training

The eSafety Training website by the group known as [The 2 Johns](#) is a great resource for parents and children. They offer bespoke Child Sexual Exploitation Training to professionals, parents and children, with an aim to totally change the perception that everyone has of 'Stranger Danger'. The website includes guidance on reporting or removing images online as well as highlighting concerns with Netflix's Squid Game

### Report & remove a nude images online

Young people can remove nude images shared online.



### Netflix's Squid Game

What are the concerns around Netflix's Squid Game?



### The Online Together Project

An interactive tool to help develop critical thinking skills and encourage a positive and inclusive culture online.



### My Family's Digital Toolkit

Get your personalised online safety toolkit in a few easy steps.



## Online Gaming and messaging

# What Parents & Carers Need to Know about HORROR GAMES

Horror video games come in a such a variety that the genre can hard to define. The overlapping element is that these games are designed to scare or unsettle the player through gameplay, atmosphere, story, music, setting and 'jump scares'. The most common sub-genres are survival horror, action horror, psychological horror, jump-scare horror and reverse horror. These games originate from a range of developers, including smaller indie studios which release download-only titles (that is, they aren't physically sold in shops) and therefore aren't subject to age ratings.

## WHAT ARE THE RISKS?

### ADULT THEMES

Horror games are typically made with adults in mind, which means by definition that they often feature adult themes. *Outlast*, for instance, is a popular horror game series including material such as nudity and extreme sadistic violence. Other games, like *Five Nights at Freddy's* and its sequels, have a back-story that doesn't actually appear on screen but still hints at explicit adult themes.

### VIOLENT CONTENT

Not all horror games contain graphic violence (titles like *Five Nights at Freddy's* and *Phasmophobia* prefer a spookier, suspenseful aesthetic) but many do portray extreme brutality very realistically. Until *Down and Outlast* franchises, for instance, feature incredibly graphic violence. The safest course of action is to thoroughly research a game in advance.

### ONLINE INTERACTION

Some horror games are played cooperatively with others online. *Phasmophobia* is one of the most popular titles in this category, and while it doesn't feature an excessive amount of gore, it does place a strong emphasis on online interaction – often with strangers. *Dead by Daylight* is another game which frequent and prolonged online communication with other players is an advantage.

### PSYCHOLOGICAL HORROR

Rather than simply lading on the blood and gore, psychological horror games try to scare the player through subtler mental and emotional means. For this reason, this type of game (notable examples include *Alien: Isolation*, *The Medium* and the *Amnesia* series) can have a longer-lasting effect on players; some occasionally 'break the fourth wall' – interacting directly with the player as if they were real.

### LONG-TERM FEAR FACTOR

Horror games are designed to be scary; most players accept this fact in advance. They can, however, include content which leaves an unwanted lasting impression. By focusing on our fears and concerns to elicit an emotional reaction, horror games can be triggering in unexpected ways for some players. It's difficult to predict when – and how – a game might have long-term effects on an individual's mental wellbeing.

## Advice for Parents & Carers

### BEWARE OF JUMP SCARES

Jump scares in video games are often no worse than they are in movies. If a young person doesn't cope well with being suddenly startled by something in a film or on TV, they probably won't be able to handle horror games featuring jump scares. Some games (such as *Five Nights at Freddy's*) are built entirely around this technique and aren't suitable for younger children or those who are easily frightened.

### RESEARCH THE GAME

It's best to look into a horror game thoroughly if your child expresses an interest in playing it. Many indie horror titles are download only and therefore aren't required to come with an age rating – so you'll need to do some background reading and judge the game's content for yourself. Check out the game's web pages, read any wikis about it (including fan ones) and watch videos of the gameplay.

### ENCOURAGE BREAKS

It's easy to lose track of time when gaming, and horror games are no exception. A short break every hour or so is important to rest the eyes and relieve the posture – especially if traumatic situations in the game have built up tension and stress. For horror gamers, breaks also give the added benefit of feeling more relaxed afterwards, which can mean a scarier gaming session when they resume!

### IF IN DOUBT, SWAP IT OUT

If your child finds a horror game to play, but after doing some research you decide it doesn't look like the right one for them, swap it out! There are a lot of horror titles to choose from, and some will be more appropriate than others. Work together with your child to find a suitable game for them. Remember, horror games don't have to be gore-spattered and graphic to be enjoyably scary!

### STAY RECEPTIVE

Maintaining good communication with your child is vital for safe gaming. If they see something in a horror game that disturbs them in ways they didn't expect, then they should feel comfortable opening up to you about it. Try not to simply laugh it off or make light of it, and always make time to listen. It's a useful reminder that they can talk to you about any type of problem they have in the future.

## Meet Our Expert

Clare Godwin (a.k.a. Lunawolf) has worked as an editor and journalist in the gaming industry since 2015, providing websites with event coverage, reviews and gaming guides. She is the owner of Lunawolf Gaming and is currently working on various gaming-related projects including game development and writing non-fiction books.



# What Parents & Carers Need to Know about

# WINK

AGE RATING

13+

## WHAT ARE THE RISKS?

Wink is a messaging app which allows children to connect and communicate with other users. In a similar style to Tinder, Wink uses the swipe method for browsing profiles and accepting or declining them. Once two users have accepted each other by swiping on one another's profile, they can then communicate and play games online together. The fact that Wink allows children to share photos, personal information and their location with other users has caused significant concern.

## POTENTIAL FOR GROOMING

Wink accounts can't be made private – so when a young person uploads images and shares their social media usernames, it's easier for potential groomers to stalk and locate them online. The fact that children prioritise having an abundance of friends is also a concern: they're more likely to accept someone just to build their friend count – possibly including users with sinister intentions.

## ACCIDENTAL OVER-SHARING

Many young people don't consider privacy when they choose to share their social media usernames on their Wink profile. This allows other people to connect with them on multiple platforms, strengthening their online presence and reputation. Some children post photos which reveal aspects of their personal life to other users – showing their house, school, friends and family, for instance.

## INAPPROPRIATE CONTENT

Many popular messaging apps contain profiles featuring profanity, nude or semi-nude photos and users openly looking for a "wifey" or "hook ups". Users can send messages anonymously, which engenders a sense of power and freedom. Children often engage in inappropriate behaviour more willingly when it's anonymous, even if it's not the sort of thing they would take part in normally.

18  
CENSORED

## CYBERBULLYING

Being anonymous online provides some users with an incentive to bully others through toxic private conversations. Anonymous bullies can send hurtful messages or pressure young people into sending inappropriate content. Being a victim of cyberbullying can result in children becoming depressed and showing low self-esteem. If your child is exhibiting these signs, it's time to step in.

## EXCESSIVE SCREEN TIME

Wink encourages repeated engagement through signing in daily, making connections, building up a message 'streak' and publicly sharing stories. The reward is 'gems', which allow users to connect with more people, play games and edit their profile background. This can lead to children spending an excessive amount of screen time on the app, which of course can be detrimental to their health.

## Advice for Parents & Carers

### DO YOUR RESEARCH

If you do decide to allow your child to have a Wink account – or you find that they already have one – it's vital to talk to them about how to use the app responsibly and keep themselves safe. You could also consider exploring Wink yourself and becoming familiar with the app before letting your child download it, as there are no security settings or parental controls that can be put into place.

### OFFER YOUR SUPPORT

While it's not always easy to talk about inappropriate content with your child, it's crucial that they understand the impact of sending or receiving it. They also need to feel that they can speak to you about it without worrying about consequences. Emphasise that, if your child receives any messages that make them feel uncomfortable, they can block the sender and report them to the app.

### BE WARY OF SHARING

It's important that your child stays aware of what they're sharing online. Remind them about the importance of not posting personal information like their full name or which school they go to. Many users share their other social media account details on Wink to build their friend count, but we would recommend advising your child not to give strangers multiple avenues to contact them.

### DISCUSS LOSS OF OWNERSHIP

It's essential that young people understand that once content goes online, the sender no longer has any control over where it will end up. While your child may feel like they can trust their online 'friend', that person is still a stranger. Even sharing one inappropriate image, for example, could then be used as leverage – as their 'friend' threatens to release it publicly unless the child sends more.

### BALANCE SCREEN TIME

Before having a chat with your child about screen time, ask yourself if you're being a positive role model. Get your child thinking about how much time they spend on the app: is it healthy? Is it affecting their offline relationships with people? Is it impacting their mood? If so, you could suggest some activities you can do together which aren't so reliant on digital technology.

### BE CAUTIOUS OF NEW CONTACTS

Remind your child that not everyone online is who they say they are, and some users have harmful intentions. If someone on Wink is asking them lots of personal questions or suggests meeting up in real life, these are definite red flags. Encourage your child to ask for help if they're unsure about a particular profile. Remember, the app has a block button: your child shouldn't be afraid to use it!

## Meet Our Expert

Dr Claire Sutherland is an online safety consultant, educator and researcher who has developed and implemented anti-bullying and cyber safety policies for schools. She has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviour of young people in the UK, USA and Australia.



NOS  
National  
Online  
Safety  
#WakeUpWednesday

The following links are intended as a useful resource to find out about a number of issues that exist in the online world.



**Childnet** - online safety [Childnet - Childnet](#)



**Educateagainsthate** provides practical advice and support on protecting children from extremism and radicalisation [Educate Against Hate - Prevent Radicalisation & Extremism](#)



**NSPCC** [Online Safety for Children - Tips & Guides](#)

**Dedicated NSPCC helpline 0800 136 663.**

The helpline will provide both children and adults who are potential victims of sexual abuse in schools with the appropriate support and advice. This includes how to contact the police and report crimes if they wish. The helpline will also provide support to parents and professionals too.

[Dedicated helpline for victims of abuse in schools](#)

**Use of social media for online radicalisation** - How social media is used to encourage travel to Syria and Iraq. [The use of social media for online radicalisation](#)

**UK Council for Internet Safety** [UK Council for Internet Safety](#)

**UK Safer Internet Centre** [UK Safer Internet Centre - Online Safety Tips, Advice and Resources](#)

**Commonsensemedia** provide independent reviews, age ratings, & other information about all types of media for children and their parents. [Common Sense Media: Age-Based Media Reviews for Families](#)

**Government advice about protecting children from specific online harms** such as child sexual abuse, sexting, and cyberbullying. [Coronavirus \(COVID-19\): support for parents and carers to keep children safe online](#)

**Internet Matters** provide age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world. [Information, Advice and Support to Keep Children Safe Online](#)

**Let's Talk About It** provides advice for parents and carers to keep children safe from online radicalisation. [Staying Safe Online](#)

**London Grid for Learning** provides support for parents and carers to keep their children safe online. [Home Page - London Grid for Learning](#)

**Stopitnow** resource from **The Lucy Faithfull Foundation** can be used by parents and carers who are concerned about someone's behaviour, including children who may be displaying concerning sexual behaviour (not just about online). [Stop It Now! UK and Ireland | Preventing child sexual abuse](#)

**National Crime Agency/CEOP Thinkuknow** provides support for parents and carers to keep their children safe online - <https://www.thinkuknow.co.uk/>

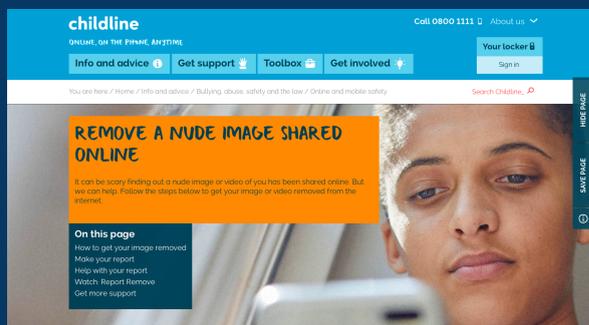
**Net-aware** provides support for parents and carers from the NSPCC and O2, including a guide to social networks, apps and games - <https://www.net-aware.org.uk/ Apps, games and social media sites reviews for parents>

**Internet Watch Foundation** The IWF is a not-for-profit organisation that works towards the global elimination of child sexual abuse images and videos online. We help to make the internet a safer place for children and adults across the world. <https://talk.iwf.org.uk/>

**Parentzone** provides help for parents and carers on how to keep their children safe online <https://parentzone.org.uk/home>

**Parent info from Parentzone and the National Crime Agency** provides support and guidance for parents from leading experts and organisations - <https://parentinfo.org/>

**Breck Foundation** The Breck Foundation is a charity founded by Lorin LaFave after the tragic loss of her 14-year old son, Breck Bednar, in 2014, through online grooming. Breck was groomed while enjoying his passions of computing and gaming. We want to ensure that no child is harmed through grooming and exploitation while enjoying their time on the internet. Prevention through education is essential. [About Us | Breck Foundation](#) [Internet browsing history checks](#) [Only Fans Explained](#)



Under-18s who want nude pictures or videos of themselves removed from the internet can now report the images through an [online tool](#). The service - from the Internet Watch Foundation and Childline - aims to help children who have been groomed, or whose partners have posted photos of them online. To access the Report Remove facility on the childline website please use the link below: [Report Remove: Remove a nude image shared online](#)



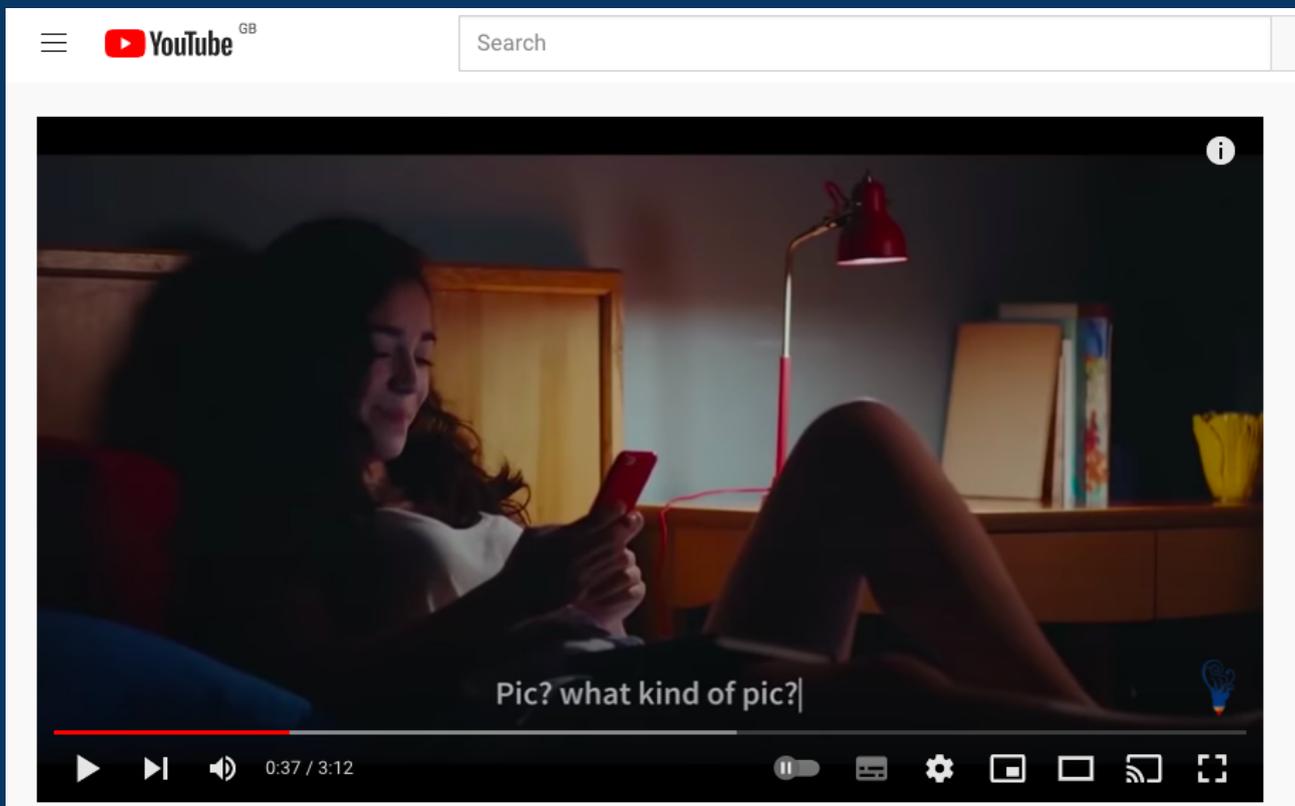
**WhatsApp.** WhatsApp is popular with many learners and many of them are members of different WhatsApp groups. It is important to remember that the freedom to use electronic devices such as phones, laptops and tablets comes with greater responsibilities for both children and parents. Please use the links below to make sure that you are aware of the age limits for different applications and how they are set to minimise the opportunity for inappropriate use.

**Does WhatsApp have any age restrictions?** As of May 2018, WhatsApp's minimum age of use is **16 years old** if you live in the European Union, or a country that has adopted the GDPR, as the UK has. It was previously 13 and WhatsApp has not yet said what will happen to users between 13 and 16 who already held accounts under the old terms and conditions. By using WhatsApp, a user agrees to provide certain personal information such as their mobile phone number, billing and mobile device information.

If WhatsApp learns that identifiable information of a child under 16 has been collected on the WhatsApp Site or WhatsApp Service, then WhatsApp may deactivate the account.

Read the full article here: <https://parentinfo.org/article/whatsapp-a-guide-for-parents-and-carers>

### Fake Profiles



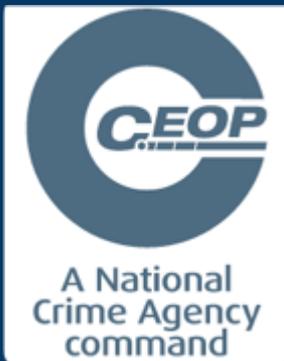
A very good video resource to watch with your children about the risks of sharing images and fake profiles on line - Fake profile, real love story: <https://www.youtube.com>



**Twitch** is a streaming service which is extremely popular among young people - link- [Twitch - a guide for parents and carers](#)

Parents need to be aware of an increasingly popular application called **Discord**. Discord is a chat service specifically designed for gamers to connect with each other using either text, voice or video chat. Even if chat features are disabled within online games, Discord can be downloaded separately allowing conversation to take place outside the game being played. Most major games have a Discord channel associated with them. According to Essex police, private 'channels' are being created within Discord to target and groom some young people. Please talk to your children about the use of this app and how they may be vulnerable. Ensure that they understand that the people they may be talking to and forming friendships with, may not be who they claim to be. Parents guide to Discord:

<https://parentzone.org.uk/article/discord-everything-you-need-know-about-chat-service>



**CEOP**. There is a button to CEOP on the school website: <https://www.honywoodschool.com> as well as a link under the Quick Links section. Wherever you see this logo you are able to directly report any concern.



CEOP helps young people who are being sexually abused or are worried that someone they've met is trying to abuse them. If you've met someone online, or face to face, and they are putting you under pressure to have sex, asking to share images or making you feel uncomfortable you should report to CEOP.

This might be someone:

- Making you have sex when you don't want to
- Chatting about sex online
- Asking you to meet up face to face if you've only met them online
- Asking you to do sexual things on camera
- Asking for sexual pictures of you
- Making you feel worried, anxious or unsafe

If this is happening to you, or you're worried that it might be, you can report this to CEOP [www.ceop.police.uk/safety-centre](http://www.ceop.police.uk/safety-centre)

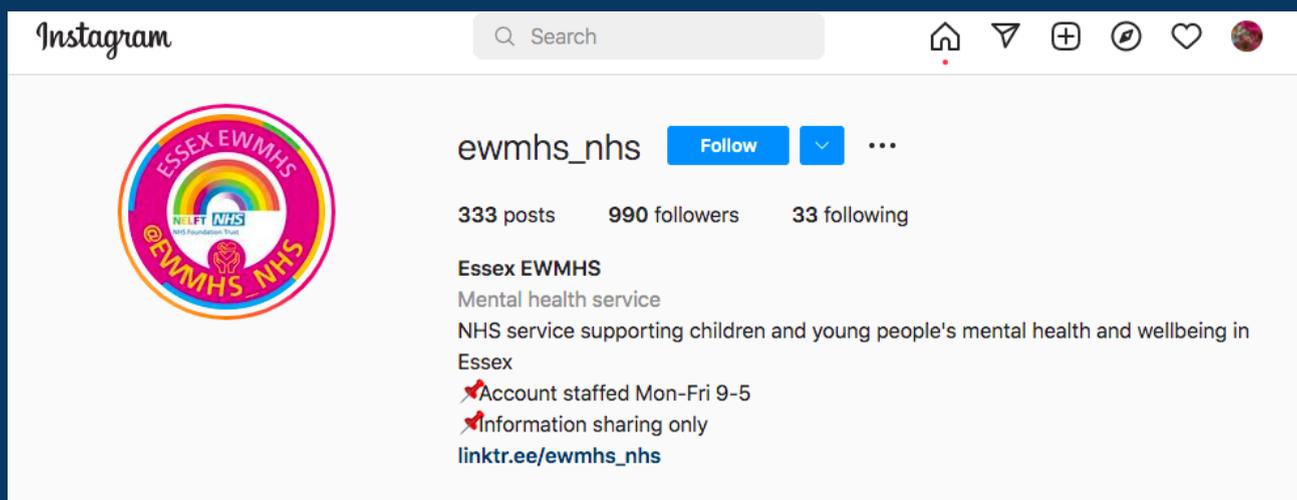
## Mental Health Support Resources for Parents

**Exam Stress.** The following link covers a wide-range of tips to keep students mentally healthy. **Supporting Your Child during Exam Time (Young Minds)**

[Exam Time & Exam Stress | Parents Guide To Support](https://www.youngminds.org.uk/exam-time-exam-stress-parents-guide-to-support)

**Young Minds** <https://youngminds.org.uk/>

**EWMHS.** Emotional well being and mental health service have recently launched a new Instagram account to provide advice and support to young people experiencing mental health issues. Please encourage your children to follow the account where they will be able to access early intervention advice and support. [https://www.instagram.com/ewmhs\\_nhs/](https://www.instagram.com/ewmhs_nhs/)



**MindEd** is a free educational resource on children and young people's mental health for all adults: <https://www.minded.org.uk/>

Safe and reliable advice about young people's mental health, created by experts and parents together: <https://www.mindedforfamilies.org.uk/young-people>

**NHS** Mental Health Charities directory: [Mental health charities and organisations](#)

**Parent zone** - 10 mental wellbeing apps for all the family:

<https://parentzone.org.uk/article/10-mental-wellbeing-apps-all-family>

**Gov.uk** [COVID-19: guidance on supporting children and young people's mental health and wellbeing](#)

**Headstogether** - Changing the conversation on mental health:

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

**The Mix** - Essential support for under 25s: <https://www.themix.org.uk/>

## Safeguarding Support Resources for Parents

**Safeguarding when learning to drive.**

We are aware that from time to time, concerns are raised by post-16 learners and their parents in Essex about inappropriate conduct of driving instructors. We have been given the following information to help to safeguard those accessing driving lessons:

<https://www.gov.uk/learn-to-drive-a-car>

<https://www.gov.uk/find-driving-schools-and-lessons> (all instructors on the list will have had a DBS check and passed all the qualification tests to become an instructor)

<https://www.gov.uk/complain-about-a-driving-instructor>

**Parent zone** - County Lines:

<https://parentinfo.org/article/county-lines-what-is-it-and-who-is-at-risk?>

**Parent zone** - Sleep Advice:

<https://parentzone.org.uk/article/how-sleep-easy-during-global-pandemic>

Parent line Family Support: [Parentline family support and bullying helpline](#)

Domestic Abuse support: [#ReachIn](#)

## Welfare Support Resources for Parents

**Essex Welfare Service (EWS).**

The EWS, a service to help vulnerable people in the community in need of support and unable to access it at this time: <https://essexwelfareservice.org/> Parents are able to 'self-refer' if they are experiencing difficulties

**EWS Contact details:**

**Phone:** 0300 303 9988

**Email:** [provide.essexwelfareservice@nhs.net](mailto:provide.essexwelfareservice@nhs.net)

**Website:** <https://essexwelfareservice.org/>

**Opening hours:** Monday to Friday, 8am to 7pm Saturday and Sunday, 10am to 2pm

### **Livewell Essex**

There is a real need to collectively find solutions that contribute towards wellbeing in order to reduce the cost to health and social care. The [Livewell](#) campaign is designed to engage communities, families and individuals and to provide information about all that is on offer in Essex to improve health and wellbeing. All 13 Essex Local Authorities and our partners have come together to collaborate on the health and wellbeing agenda and work towards achieving better health outcomes for people across Essex.

### **Household Support Fund**

ECC has received funding from central government to support vulnerable families and adults this winter. There are a range of initiatives in place to ensure help with household food and utility bills, essential items and emergency situations are provided for. To find out more about how to access this support please follow the link for access points where parents, young adults and adults can be signposted to [www.essex.gov.uk/money-debt-and-benefits/household-support-fund](http://www.essex.gov.uk/money-debt-and-benefits/household-support-fund)

## **Key Contacts in School**

Please see the key contact list below to support you to address any concerns.

### **Leadership Team**

Mr Saunders	Headteacher	<a href="mailto:jsaunders@honywoodschoo.com">jsaunders@honywoodschoo.com</a>
Mrs Brook	Deputy Headteacher	<a href="mailto:jbrook@honywoodschoo.com">jbrook@honywoodschoo.com</a>
Mr Munro	Deputy Headteacher	<a href="mailto:jmunro@honywoodschoo.com">jmunro@honywoodschoo.com</a>
Mr Calver	Assistant Headteacher	<a href="mailto:dcalver@honywoodschoo.com">dcalver@honywoodschoo.com</a>
Mr Caygill	Assistant Headteacher	<a href="mailto:scaygill@honywoodschoo.com">scaygill@honywoodschoo.com</a>
Mrs Downes	Assistant Headteacher	<a href="mailto:pdownes@honywoodschoo.com">pdownes@honywoodschoo.com</a>
Mrs Hickford	Assistant Headteacher	<a href="mailto:jhickford@honywoodschoo.com">jhickford@honywoodschoo.com</a>
Miss McPhail	Associate Assistant Head	<a href="mailto:amcphail@honywoodschoo.com">amcphail@honywoodschoo.com</a>
Mr Smith	Associate Assistant Head	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Williams	Associate Assistant Head	<a href="mailto:jwilliams@honywoodschoo.com">jwilliams@honywoodschoo.com</a>

### **Safeguarding, welfare and support team**

Mrs Nichols	Safeguarding Officer	<a href="mailto:knichols@honywoodschoo.com">knichols@honywoodschoo.com</a>
Mrs Slaney	Safeguarding Officer	<a href="mailto:sslaney@honywoodschoo.com">sslaney@honywoodschoo.com</a>
Mr Robertson	Attendance Concerns	<a href="mailto:crobertson@honywoodschoo.com">crobertson@honywoodschoo.com</a>
Mrs Loydall	Medical concerns	<a href="mailto:medical@honywoodschoo.com">medical@honywoodschoo.com</a>

### **Cohort Leaders**

Cohort 7	Mr Hall	<a href="mailto:shall@honywoodschoo.com">shall@honywoodschoo.com</a>
Cohort 8	Ms Ward	<a href="mailto:tward@honywoodschoo.com">tward@honywoodschoo.com</a>
Cohort 9	Ms Martin	<a href="mailto:amartin@honywoodschoo.com">amartin@honywoodschoo.com</a>
Cohort 10	Mr Scott	<a href="mailto:dscott@honywoodschoo.com">dscott@honywoodschoo.com</a>
Cohort 11	Mrs Reece	<a href="mailto:ereece@honywoodschoo.com">ereece@honywoodschoo.com</a>

### **SEND team**

Mrs Vaughan SENCO [cvaughan@honywoodschoo.com](mailto:cvaughan@honywoodschoo.com)

Mr Wood Deputy SENCO (Autism Hub) [mwood@honywoodschoo.com](mailto:mwood@honywoodschoo.com)