



# Keeping our community safe: Safeguarding at Honywood School



Welcome to the September edition of our monthly safeguarding newsletter - the first of this academic year. 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 - many links we share each month so they are easy to find for you. 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's theme is mental health and wellbeing.

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

### Who can learners talk to at School?

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|--|--|
| <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 Hickford - Deputy Safeguarding Lead</li><li>• Mr Caygill - Deputy Safeguarding Lead</li><li>• Mrs Slaney - Transition and Alternative Provision Coordinator</li><li>• Mr Robertson - Attendance &amp; Welfare Officer</li></ul> |
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Mrs Nichols



Mrs Slaney



Mrs Hickford



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/>

### Child and Adolescent 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 **0800 953 0222**. and ask for the CAMHS Crisis Support Service

Childline 08001111

### Weekly Bullying and Child on Child 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 child on child abuse, they may report it using the following link:

<https://docs.google.com/forms/d/e/1FAIpQLSfs8npY9aDQcY3WsRttFcI5PB0NGPaBgKR4aRdtWdrHlogNWQ/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:

For information about support for children, young people and families please see the [Essex County Council website](#).

If you are a parent or carer, child or young person and you need support, you can phone 0345 603 7627 and ask for the Children's Line.

### Useful General Resources

#### Safeguarding Policy

<https://www.honywoodschool.com/attachments/download.asp?file=265&type=pdf>

#### KCSIE September 2022

<https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

## World Mental Health Day

The [World Health Organisation](#) recognises World Mental Health Day on 10 October every year. The theme of 2022's World Mental Health Day, set by the [World Federation for Mental Health](#), is 'Make mental health and wellbeing for all a global priority'.

For over 70 years, the Mental Health Foundation has been working to make sure that mental health is treated on a par with physical health. Mental health problems exist in our lives, families, workplaces and communities, impacting everyone. We need to do as much as possible to prevent mental ill-health – as individuals and as a society.

World Mental Health Day is a chance to talk about mental health in general, how we need to look after it, and how important it is to talk about things and get help if you are struggling.

### What works: protect your mental health and prevent problems

Protecting our mental health is easier than you might think. We can all do it every day, and with simple activities that help us feel OK, we're better able to cope with life.

It's a bit like brushing your teeth daily – important in preventing problems. It's the same for our mental health. It can also be fun!

Each of the tips in the link below have been created to help us look after our mental health, and, importantly, each is backed up by evidence from research, including the Mental Health Foundation's [ground-breaking study](#).

The tips will be easier for some and harder for others. Why not give them a try and see which ones suit you best?

Trying new things can sometimes feel uncomfortable, but they usually get easier the more we practise them. One thing to remember: none of us is perfect. We all have our limits. What's good enough for you is great.

Link: [Best Mental Health Tips Backed by Research](#)

## Mentoring support for improved family wellbeing



## Does your family need some extra support right now?

The Essex Family Support Service is free and here for families with children and young people aged 8 to 19 to help you build a happier life together. They will listen to you and take the time to work together to find solutions, which could include matching you with one of their Family Mentors, who can help with friendly support for up to 10 weeks.

They can help with:

- Information about the right support or services local to you
- A listening ear to talk through possible solutions to the challenges you face
- A referral to professional services, such as counselling or parenting courses
- Getting more help around your child's special educational needs
- Support for a young person who helps care for someone else or is affected by this
- Finding local groups, activities and organisations to build social or support networks

### Contact details:

If you want to speak to someone to see if they can help, call **01206 505250** or email [families@community360.org.uk](mailto:families@community360.org.uk)

### Information for Referrers

<https://www.community360.org.uk/efss/>

## Mental Health Support Resources for Parents

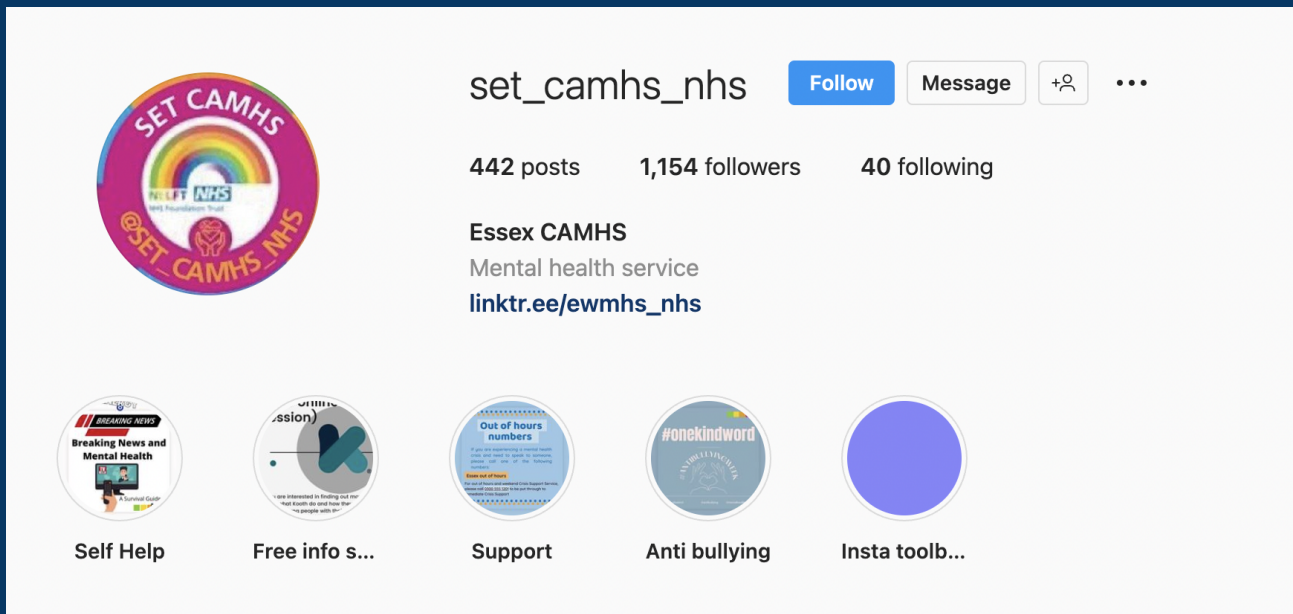
**Exam Stress.** The following link covers a wide-range of tips to keep students mentally healthy.

### Supporting Your Child during Exam Time (Young Minds)

[Exam Time & Exam Stress | Parents Guide To Support](#)

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

**CAMHS.** 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/set\\_camhs\\_nhs/](https://www.instagram.com/set_camhs_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>

**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)

## Online Safety Advice & Information for Parents

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](#)

**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/>

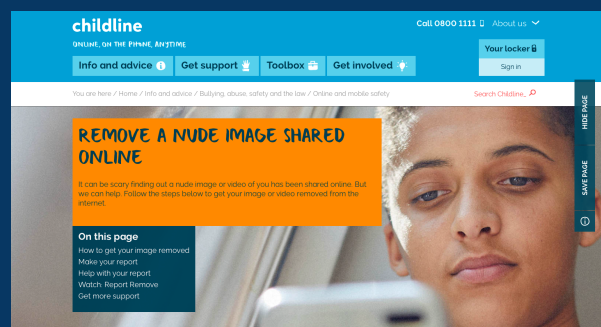
**Net-aware** provides support for parents and carers from the NSPCC and O2, including a guide to social networks, apps and games - <https://www.net-aware.org.uk/ Apps, games and social media sites reviews for parents>

**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.

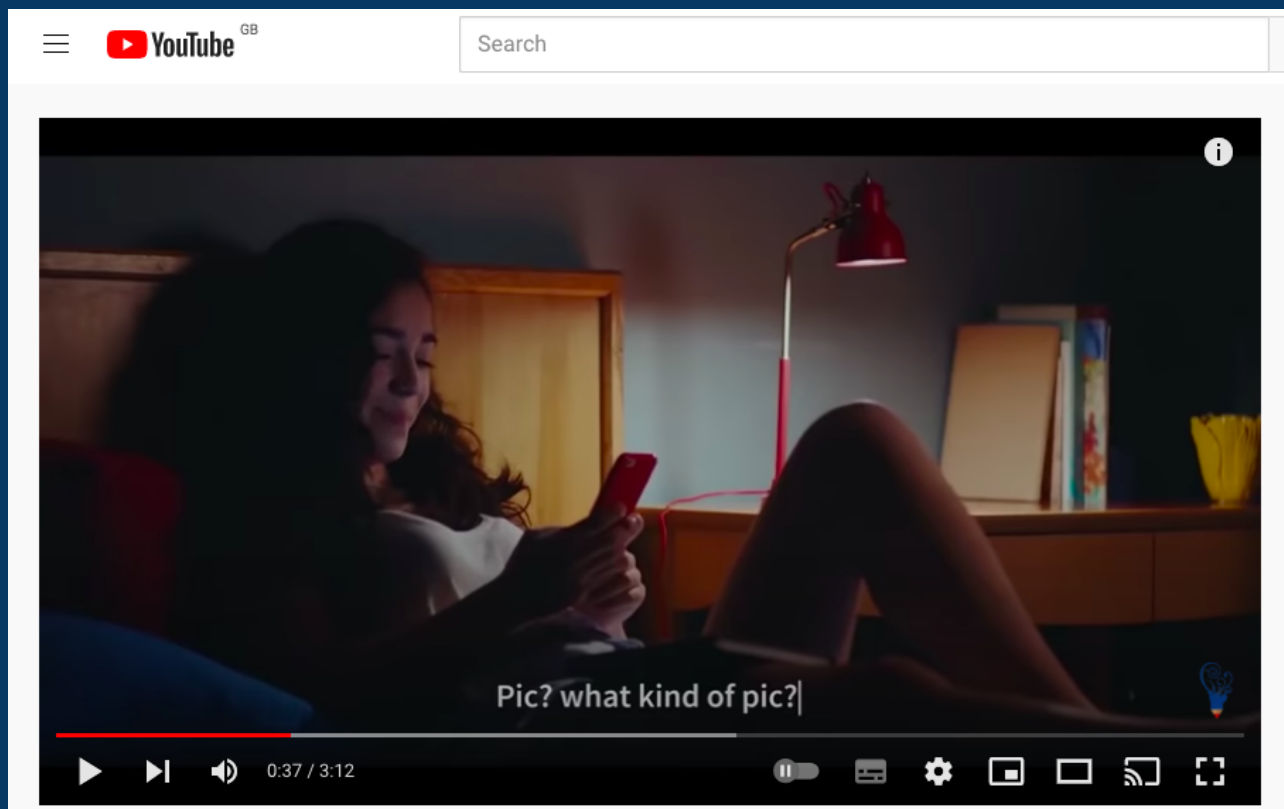


**Does WhatsApp have any age restrictions?** As of May 2018, WhatsApp's minimum age of use is **16 years old** if you live in the European Union, or a country that has adopted the GDPR, as the UK has. It was previously 13 and WhatsApp has not yet said what will happen to users between 13 and 16 who already 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)

## 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>
Mr Munro	Deputy Headteacher	<a href="mailto:jmunro@honywoodschoo.com">jmunro@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	Mrs Slaney - Transition & Alternative Ed Coordinator	<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	Mrs Reece	<a href="mailto:ereece@honywoodschoo.com">ereece@honywoodschoo.com</a>
Cohort 8	Mr Hall	<a href="mailto:shall@honywoodschoo.com">shall@honywoodschoo.com</a>
Cohort 9	Ms Ward	<a href="mailto:tward@honywoodschoo.com">tward@honywoodschoo.com</a>
Cohort 10	Ms Martin	<a href="mailto:amartin@honywoodschoo.com">amartin@honywoodschoo.com</a>
Cohort 11	Mr Scott	<a href="mailto:dscott@honywoodschoo.com">dscott@honywoodschoo.com</a>

### SEND team

Mrs Vaughan	SENCO	<a href="mailto:cvaughan@honywoodschoo.com">cvaughan@honywoodschoo.com</a>
Mr Wood	Deputy SENCO (Autism Hub)	<a href="mailto:mwood@honywoodschoo.com">mwood@honywoodschoo.com</a>