



# Keeping our community safe: Safeguarding at Honywood School



Welcome to the May 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 - 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 our focus is on keeping safe this summer.

## Who can learners talk to at School?

- Learning Group Leader
- Cohort Leaders
- Pastoral Leaders
- Class teachers
- Learner Reception
- Learning Support Assistants
- [Learner Wellbeing App on iPad](#)

- Senior Leadership Team
- Mrs Nichols - Safeguarding Lead
- Mr Smith - Deputy Safeguarding Lead
- Mrs Hickford - Deputy Safeguarding Lead
- Mr Caygill - Deputy Safeguarding Lead
- Mr Robertson - Attendance & Welfare Officer



Mrs Nichols



Mr Smith



Mrs Hickford



Mr Caygill



Mr Robertson

## 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/1FAIpQLSfs8npY9aDQcY3WsRttFcl5PB0NGPaBgKR4aRdtWdrHlogNWQ/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 Policies

#### Safeguarding Policy

<https://www.honywoodschool.com/page/?title=SAFEGUARDING&pid=146>

#### KCSIE September 2022

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

#### Responding to Harmful Sexual Behaviours Policy

<https://www.honywoodschool.com/attachments/download.asp?file=318&type=pdf>

## Summer Safeguarding

Every couple of months, commuters notice that the roads are quieter, as parents spend the school holidays with their children. While the majority of families enjoy a well-deserved break, it can be particularly distressing for children coming out of a structured, safe and secure school environment. The school holidays often put a lot of stress on families – especially those experiencing food poverty, childcare problems or financial issues. Statistics show:

- 3 million children will experience food insecurity, hunger and malnourishment during the summer holidays.
- The NSPCC receives thousands of calls and emails over the year about children being home alone.
- Children witness three-quarters of abusive incidents when their parents/carers are in relationships where there's domestic abuse and violence.
- FGM (Female Genital Mutilation) is hugely under-reported but the number of girls identified as victims or being at risk has more than doubled in the last year.
- During summer, 65,000 British girls under the age of 15 are 'cut' as part of a tradition.
- There were more than 1,000 cases of forced marriage in the UK in 2017.

Every responsible guardian has an ethical and moral obligation to keep children, young people and vulnerable adults safe..

We all want children and young people to enjoy playing out over the summer holidays. As they get older they will be increasingly likely to be out on their own and further away from home, so you may not always be able to see what they are doing. However, there are a number of ways you can help keep them safe.

Be aware of the risks in your local area like derelict buildings, reservoirs and railway lines, as children may be tempted to explore and be unaware of the dangers of these places.

### Reservoirs/ Lakes/ Rivers/ Canals and other open waters

In hot weather increasing numbers of children put themselves at risk of drowning from swimming in rivers, lakes, canals or reservoirs. It can be tempting to cool off in open waters, but there are many dangers, even for a strong swimmer.



- The water can be extremely cold, even on a hot day. Cold water affects your muscles making it very difficult to swim if you get into a dangerous situation.

- It is difficult to estimate the depth of the water and there maybe hidden rubbish like shopping trolleys or glass.
- Open waters are not meant for swimming and so have steep banks which are very difficult to get in and out of.
- The water might be polluted and therefore can make you ill.
- If you do get into danger there are no lifeguards to help.

## Abandoned buildings and building sites

These can look fun to explore but there are many dangers that can seriously harm children. Derelict and abandoned buildings are often unsafe with rotten timbers that can't support weight with large holes that drop down through floors covered in rusty objects and broken glass, as well as being home to vermin.

Building sites are working areas and are extremely hazardous. They can contain dangerous machinery as well as toxic waste, and chemicals. It is illegal to enter these properties, so children may be breaking the law by playing there.

## Railway lines

Research shows that young people are more likely to take a risk on the tracks especially over the summer holidays. Young people have been caught playing on the tracks or crossing them to take a short cut, but this can result in serious life changing injuries.

It is illegal to trespass on railway lines and also very dangerous. Trains travel at great speed and cannot stop quickly Only appropriate crossings such as bridges or level crossings should be used to cross railway lines. Make sure you talk to your child about railway safety and the dangers.

Talking to your child about these dangers can help them stay safe when they are out on their own this summer.

## Ask your child how they can keep themselves safe.

- Help them learn about their local environment and acquire the skills to help keep themselves safe, e.g. learning to swim, cycle training, road safety.
- Talk to them about the dangers of being distracted when out and about by music, phones, gadgets etc. and not being able to hear traffic.
- Ask them about the places they might go, where to avoid and why, and what to do if they're worried whilst they're out on their own.
- Remind them not to climb on barriers and fences as they are there to protect them from serious injury and accidents and obey "Danger" signs.
- Agree a time they should be home.

## Safeguarding in Sports Clubs

It's important for parents/ carers to check that any sports club or activity that your child attends has your child's safety as its priority. Even if the club seems professional, there are questions that you should ask to make sure that they have all the necessary safeguarding measures in place.

## **Can I see your safeguarding policy?**

A good organisation will have robust and up-to-date policies & procedures in place. They will be able to provide you with information on what to do if your child has any concerns. Established codes of conducts will be in place for coaches, volunteers and young people.

## **Who is your Welfare Officer?**

The club will have a designated Welfare Officer, who may also be present to answer any questions you may have. This is the person responsible for putting into place procedures and dealing with any concerns.

## **Do you follow Safer Recruitment procedures?**

Every organisation providing sporting activities to young people must ensure they have the correct recruitment processes in place which includes interviews, references and have undertaken the appropriate police checks for their volunteers and staff.

## **How do you promote the welfare of children and young people?**

Enquire about how the organisation promotes the welfare of children and young people. This will include: first aid provision; taking registers at beginning and end of sessions; ratios of staff/volunteers to young people; appropriate transport arrangements if required; and how they listen and respond to the views of young people.

## **Do you have guidance on texting/ social media etc?**

A good club will have open communication with children & young people and their parents or carers. They should have in place guidelines on the use of text messaging and social media and the appropriate language that all their staff and volunteers should adhere to. Parents and carers should be kept well informed of club activities.

Even though safeguarding principles are the same across all sports; each sport has their own policies and procedures which cover matters such as staffing ratios and physical contact guidelines. These are specific for their clubs and coaches to help them provide a safe environment for their sport. You should seek this specific information from the governing body.

## **What else should you look out for?**

- Activities where parents or carers are discouraged from watching the sessions or becoming involved.
- Behaviour or activities that encourage rough play, sexual innuendo or humiliating punishments.
- Individuals who take charge and operate independently to organisational guidelines.
- Individuals who show favouritism or personally reward specific young people.
- Encouragement of inappropriate physical contact.
- Poor communication and negative responses to questions about safeguards for your child.

- A 'win at all costs' attitude towards the sport or activity.
- Children who drop out or stop going for no apparent reason.
- Invitations for children to spend time alone with staff or volunteers (or even visit their home).
- Text messages or internet communication direct to young people and does not include parents or carers.

## Don't be afraid to question

A good and professional organisation will already have procedures in place and will welcome the chance to demonstrate that they are providing a safe environment for your child.

## What should you do if you are concerned?

You may feel reluctant to raise a concern and worried about the impact it may have on your child and other people attending the club, but if you are concerned you must take action:

- Listen to your child and ask them questions about the activities they are involved in.
- Speak to other parents and carers.
- Speak to the Welfare Officer or lead person in charge of the sessions.
- If you are not confident that they are the most appropriate person, speak to someone in a higher position in the organisation.

## My magic sports kit

This video shows several children involved in different sports describing how the behaviour of parents/spectators deteriorates when they wear their 'magic sports kit' – i.e. when they compete. They talk about a range of bad adult behaviours and how these negatively impact on them. They then describe and promote positive behaviour.

### My Magic Sports Kit

## Martial arts clubs

The [Safeguarding Code in Martial Arts](#) has been created to give parents and carers peace of mind when searching for martial arts clubs suitable for children or adults in their care.

Any martial arts club/organisation or individual in England who has achieved the Safeguarding Code in Martial Arts, has successfully demonstrated that they have a good working knowledge of quality safeguarding practices will be able to reassure you that they have the necessary policies and procedures in place.

## Cannabis Edibles

We're urging parents to be alert to the dangers of cannabis edibles, with county lines gangs using the illegal sweets to entice children and then exploiting them.

## What are cannabis edibles?

Cannabis edibles are cannabis-based confectioneries that can often contain potent levels of mood-altering substances such as delta-9-tetrahydrocannabinol (THC). They are often found in packaging designed to look like real sweets or chocolate, so it can be difficult to tell them apart at first glance. They are illegal and anyone in possession of them risks arrest and prosecution under the Misuse of Drugs Act. They are also dangerous and can be stronger than many other cannabis products.

## **What are the side effects of cannabis edibles?**

Cannabis edibles are strong, and it can be easy to overdose on them, making them particularly dangerous. Side effects include:

- Loss of consciousness
- Disorientation and confusion
- Hallucinations
- Nausea/vomiting
- Lethargy
- Heart problems
- Anxiety and paranoia
- Changes in perception

## **What should I do if I think my child has taken cannabis edibles?**

Find out as much information as you can: what packaging was the edible in, how many have they taken, when did they take them, and had they taken any other substances such as alcohol? If the child is conscious and responsive but unwell, ring 111 for advice. If the child is unconscious or very unwell, for example if their speech is slurred or they are unresponsive, call 999 immediately. If the child is conscious and well in themselves, monitor them and then talk to them about the edibles once they are fully recovered.

## **What's the link between county drugs lines and cannabis edibles?**

County lines is a term used to describe gangs and organised criminal networks involved in exporting illegal drugs into one or more importing areas (within the UK), using dedicated mobile phone lines or other form of "deal line". They are likely to exploit children and vulnerable adults to move (and store) the drugs and money and they will often use coercion, intimidation, violence (including sexual violence) and weapons. There is a growing link between county drugs lines and cannabis edibles. Children are not only being targeted as a new market but are also being enticed with seemingly legal confectionery as a means of recruiting them into their ranks as couriers and dealers, who have no previous record and due to their age are more likely to go under the radar. While the edibles may appear safe or fun, children may soon find themselves being exploited by the group, with the gangs using a range of grooming techniques to control the children and get them to carry out a wide range of criminal activity on their behalf.

## **What are the signs of exploitation?**

Signs of criminal exploitation include:

- Changes in mood or demeanour (i.e. acting secretive and withdrawn)
- Changes in the way they dress

- Unexplained or unaffordable new items such as clothes, jewellery, or trainers
- Regularly going missing for long periods of time or staying out late with no explanation
- Unexplained absences from school
- Carrying lots of cash
- A new phone or being in possession of more than one phone

## **What should I do if I think my child is being exploited?**

If you think your child is being exploited, it's important to speak out and get help as soon as possible. Contact your local police force on 101 (or if you believe your child is in immediate danger, on 999). Officers will take as much information from you as possible and look to speak to your child. Exploitation is a crime and anyone who has been exploited will be treated as a victim.

The School can also put you in touch with other organisations who can offer further advice and support to help reduce the risk of your child becoming involved in drug and gang related activity in the future.

## **What should I do if I think someone is dealing cannabis edibles in my area?**

Anyone with information about any type of drug dealing in their area is asked to submit the information via their local police force website. You can also call 101. All reports are vital in helping us to build up an intelligence picture of drug dealing related activity in the area. You can also call Crimestoppers, anonymously, on 0800 555 111 or visit the Crimestoppers website.

### **Further information and support**

[Advice for parents leaflet](#)

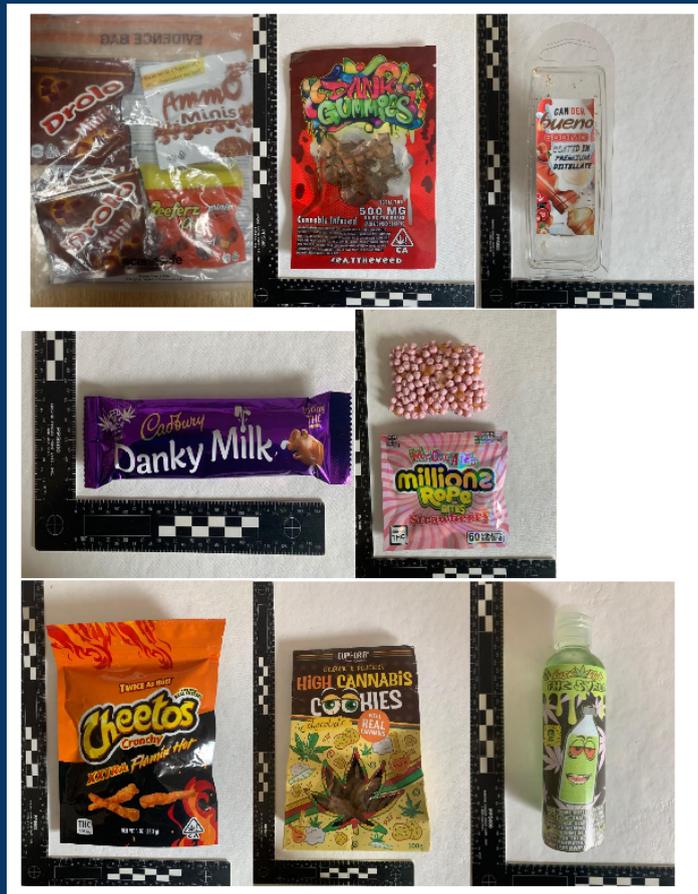
[Violence and Exploitation Reduction Unit \(VERU\)](#)

[Talk to Frank](#)

Information from:

<https://ersou.police.uk/cannabis-edibles.html>

### **Examples of seized Cannabis 'edibles'**



## ASD and ADHD Advice for Parents

### You Tube series by Oxford Health:

<https://www.youtube.com/playlist?list=PLKw7kjGJdcXCiene7r3m8qYSN2T8Vxb1K>

This animated series is for parents of neurodiverse children and young people. The experiences portrayed in the animations reflect the real-life experiences of children, young people and families who use the service. Real-life practical strategies are mentioned in an animated story format to help parents of children with ADHD or autism manage common experiences they face at home.

### Autism Anglia:

<https://www.autism-anglia.org.uk>

An independent charity that provides support to autistic children, adults and families in east Anglia.

### SNAP

[www.snapcharity.org](http://www.snapcharity.org)

A voluntary organisation based in Brentwood offering support to parents and carers of children with any special need or disability

### The Maze Group

[www.themazegroup.co.uk](http://www.themazegroup.co.uk)

Based in Ipswich this support group offers courses to help parents understand their child's diagnosis and their additional needs

## Bereavement Advice for Parents

### Childhood bereavement network

<https://childhoodbereavementnetwork.org.uk/if-you-need-help-around-death/bereaved-children-and-families/resources-families>

Resources that may help you or your family with a bereavement

### Winstons Wish

<https://www.winstonswish.org/supporting-you/supporting-a-bereaved-child/>

Winston's Wish offer a bereavement service by way of advice, guidance and bereavement support to children, young people, and families before and after the death of a parent, sibling or other important person. On their website you will find guidance on topics including, support for grief and loss.

## Recommended Reading

Helping Your Anxious Child – Ronald Rapee

Breaking Free from OCD: A CBT Guide for Young People and Their Families – Jo Derisley

Parenting a Child with Emotional Behavioural Difficulties – Daniel Hughes

Depression: A Teen's Guide to Survive and Thrive – Jacqueline Toner Claire Freeland

<https://www.socialworkerstoolbox.com/parents-guide-youth-violence-knife-crime-gangs/>

[https://www.westminster.gov.uk/sites/default/files/advice\\_for\\_parents\\_and\\_guardians\\_about\\_gangs.pdf](https://www.westminster.gov.uk/sites/default/files/advice_for_parents_and_guardians_about_gangs.pdf)

## 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>

## General Mental Health Advice & Support for Parents

### This May Help

<https://thismayhelp.me/>

This May Help is a website that has been created to support parents and carers with concerns about their child's mental health. The subjects covered on this website have been chosen by families and young people who have gone through their own mental health challenges. What helped them may also help you.

### Young Minds

<https://www.youngminds.org.uk/parent/parents-helpline-and-webchat/>

Call our Parents Helpline for detailed advice, emotional support and signposting about a child or young person up to the age of 25.

### **NHS Website**

<https://www.nhs.uk/mental-health/children-and-young-adults/advice-for-parents/>

The NHS website has information on many different challenges faced by young people. Find advice and support for parents who have children or teenagers with mental health Problems.

### **Anna Freud**

<https://www.annafreud.org/parents-and-carers/child-in-mind/>

Anna Freud Centre produced a series of expert podcasts to help parents understand and manage child and family mental health problems. The series, Child in Mind, is presented by BBC Radio 4 presenter Claudia Hammond. In each 20-minute episode, she discusses an important issue in child and family mental health with an expert and a young person or parent.

## **Self Harm/Suicide Advice & Support for Parents**

### **Papyrus**

<https://www.papyrus-uk.org/wp-content/uploads/2020/08/Supporting-Your-Child-A-Guide-for-Parents.pdf>

This guide has been created following discussions with parents who have experience of supporting a young person struggling with their mental health. The aim of this guide is to provide information and guidance and to help parents cope with a young person who is struggling with thoughts of suicide. To reassure them that they are not alone.

### **Oxford health**

[https://www.oxfordhealth.nhs.uk/wp-content/uploads/2016/09/copy\\_of\\_coping-with-self-harm-brochure\\_final\\_copyright.pdf](https://www.oxfordhealth.nhs.uk/wp-content/uploads/2016/09/copy_of_coping-with-self-harm-brochure_final_copyright.pdf)

This guide was developed from talking to parents and carers of young people and is aimed at helping parents, carers, other family members and friends cope when a young person is self-harming. It includes information on the nature and causes of self-harm, how to support a young person when facing this problem and what help is available

## **Spending time with your teen - Advice for Parents**

### **Ministry of Parenting**

[https://www.theministryofparenting.com/wp-content/uploads/2019/12/10-Ways-to-Spend-Quality-Time-With-Your-Teen-.pdf?\\_ga=2.80853471.917799071.1676377386-1296894209.1676377386](https://www.theministryofparenting.com/wp-content/uploads/2019/12/10-Ways-to-Spend-Quality-Time-With-Your-Teen-.pdf?_ga=2.80853471.917799071.1676377386-1296894209.1676377386)

It can be difficult to find ways to give teens positive attention. Now that they've outgrown a lot of childhood activities, it may be more difficult to find family activities they are interested in. Here are 10 ways to create quality time to spend with your teen, even if it's just a few minutes each day.

## **Exam Stress Advice for Parents**

### **Family Lives**

<http://www.familylives.org.uk/advice/teenagers/school-learning/exam-stress>

Exam time can be very stressful for everyone in the family as your teen may be feeling anxious and under pressure, this 8-minute read talks you through some ways parents can support.

## LGBTQ+ Advice for Parents

### All Sorts Youth

<https://www.allsortsyouth.org.uk/what-we-do/faq-for-parents-carers>

Allsorts Family Support Service emerged in 2013 in response to the need for parents/carers of children and young people who are Lesbian, Gay, Bisexual, Transgender or exploring their sexual orientation and/or gender identity (LGBT+), to connect and provide each other with support, community and friendship. They also have a FAQs for Parents/Carers to help advice and gain understanding and insight.

<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](#)

## Key Contacts in School

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

### Leadership Team

Mr Munro	Deputy Headteacher	<a href="mailto:jmunro@honywoodschoo.com">jmunro@honywoodschoo.com</a>
Mr Caygill	Deputy Headteacher	<a href="mailto:scaygill@honywoodschoo.com">scaygill@honywoodschoo.com</a>
Mrs Hickford	Deputy Headteacher	<a href="mailto:jhickford@honywoodschoo.com">jhickford@honywoodschoo.com</a>
Mrs Downes	Assistant Headteacher	<a href="mailto:pdownes@honywoodschoo.com">pdownes@honywoodschoo.com</a>
Mirs Bansropun	Assistant Head	<a href="mailto:abansropun@honywoodschoo.com">abansropun@honywoodschoo.com</a>
Mr Smith	Assistant Head	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Williams	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 Smith	Safeguarding Officer	<a href="mailto:dsmith@honywoodschoo.com">dsmith@honywoodschoo.com</a>
Mr Robertson	Attendance Concerns	<a href="mailto:crobertson@honywoodschoo.com">crobertson@honywoodschoo.com</a>

Mrs Loydall    Medical concerns                    [medical@honywoodschoo.com](mailto:medical@honywoodschoo.com)

### **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>