



Keeping our community safe: Safeguarding at Honywood School



SAVE the DATE

Safer Internet Day

2024 | Tuesday
6 February

www.saferinternetday.org



Welcome to the January 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.

Who can learners talk to at School?

- | | |
|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <ul style="list-style-type: none">• Learning Group Leader• Cohort Leaders• Pastoral Leaders• Class teachers• Learner Reception• Learning Support Assistants• Learner Wellbeing App on iPad | <ul style="list-style-type: none">• 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 |
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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 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 2023

<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>

Safer Internet Day 6th Feb 24 - Together for a better internet

Safer Internet Day takes place in February of each year to raise awareness of a safer and better internet for all, and especially for children and young people. As part of this annual celebration, we encourage everyone - including children and young people, parents and caregivers, teachers and educators, policymakers, industry and others - to join *"Together for a better internet"*. Below is advice about key social media platforms and apps:

Instagram

Instagram is a photo and video sharing app that is popular with teens. People on Instagram can connect with one another through comments, captions, reels, stories and hashtags on photos and videos. Young people use Instagram as a way to engage with their friends, share pictures and videos of their lives or things they like doing, and as a way to share their creativity in stories.

Age requirement

To be eligible to sign up for Instagram, you must be at least 13 years old. Anyone 13 and older can create an Instagram account by registering an email address and selecting a username.

Safety tools and advice

Instagram's Safety Centre has advice about what's okay and not okay on the site, as well as advice about the safety features available. This includes the Safety Tools section which provides more information about the safety and security essentials.

[Instagram Help Centre](#)

[Advice about the help available on Instagram.](#)

[Parents and carers guide](#)

[Instagram also has advice for parents. This advice explains what Instagram is, as well as how it works. It also offers key safety advice.](#)

[How to report](#)

[Instagram has tailored guidance on how to report different types of content, including comments, videos, profiles, post and more.](#)

[Terms and conditions](#)

[Community Guidelines](#)

[Available safety features on ask.fm](#)

[Terms of use](#)

[Information about the safety and security essentials](#)

Further resources and advice

[Threads – A guide for parents and carers](#)

[New Parental Supervision Tools for Instagram and Quest VR](#)

New parental supervision tools are becoming available for Instagram as well as on Quest VR headsets from Meta.

[Instagram Checklist from SWGfL](#)

Facebook

Facebook is a social network that is popular globally with over a billion users. It has a range of safety features and advice, including advice about how to deal with concerns and how to protect your privacy. Young people use Facebook to connect with friends or family, to see and share updates and posts, and to follow brands, celebrities and influencers they like.

Age requirement: To be eligible to sign up for Facebook, you must be at least 13 years old.

[Reporting underage users](#)

[Advice about reporting underage users](#)

[Safety advice and tools](#)

[Facebook's Safety Centre](#)

[A range of advice for young people, parents and teachers](#)

[Facebook's Bullying Prevention Hub](#)

[Advice and resources to support those facing bullying online](#)

[Facebook's Safety tools](#)

[Safety tools such as Blocking and Privacy Settings](#)

[Facebook Reporting Tools](#)

[Information about reporting different types of content on Facebook](#)

Terms and conditions

Facebook's Community Standards explain what type of expression is acceptable, and what type of content may be reported and removed. For example, Facebook does not accept content that is threatening, bullying or pornographic. It is also against the rules to create a fake profile, use a fake name or share copyrighted content.

[Facebook's Community standards](#)

[A range of advice for young people about Facebook's community standards](#)

[Facebook's Terms of use](#)

[This is the legal document of the statement of rights and responsibilities.](#)

Resources and advice

[Updated Facebook Privacy and Safety Checklist for 2024](#)

The Facebook Checklist is an updated and comprehensive guide designed to address common privacy and safety inquiries for users.

[SWGfL welcome new industry partners TikTok and Bumble to StopNCII.org](#)

SWGfL were pleased to announce that TikTok and Bumble Inc. have joined as Industry Partners of StopNCII.org.

[Facebook Checklist from SWGfL](#)

TikTok

TikTok is a social media platform that allows users to express themselves through dancing, lip-synching, comedy sketches, makeup tutorials, and by telling stories about their lives in short videos that can be shared with others in the TikTok community. Videos are between 15 seconds and three minutes long. There are also a range of TikTok Influencers who create videos which get

viewed millions of times. Age requirements: 13 years +. To sign up for TikTok, you must verify that your age is over 13.

Safety advice

TikTok's safety centre has advice and guides on the content that is and isn't allowed on the app. They also provide information on the tools and controls that users can utilise to manage their experience within the app.

[Safety centre](#)

[Available safety features on TikTok](#)

[Guardians Guide](#)

[Information for parents and carers about Family Pairing and other available settings](#)

[Safety & privacy controls](#)

[Advice on account setting and controls available](#)

[Terms and conditions](#)

[Community guidelines](#)

[Information about the safety and security essentials](#)

[Terms of use](#)

[This is the legal document of the statement of rights and responsibilities.](#)

Resources and advice

[New TikTok checklist highlights privacy and security settings](#)

The 2023 TikTok Checklist is a comprehensive resource designed to address some of the most pressing queries about privacy and...

[New Digital Wellbeing Features Announced for TikTok](#)

TikTok has announced new updates aimed at improving digital wellbeing, screentime management and parental controls.

[TikTok checklist](#)

Snapchat

Snapchat is a messaging app that is popular with teenagers which allows them to share user-generated photos, texts and videos which only last on screen for a matter of seconds, these are called 'snaps'. Once a snap is sent to someone else, it can last on the screen of the receiver for between 1 and 30 seconds before disappearing. Users can also add images or videos to their story for their followers to see for 24 hours. Age requirements. 13 years +. To be eligible to sign up for Snapchat, you must be at least 13 years old.

Safety advice

Snapchat's safety centre has advice and guides on the content that is and isn't allowed on the app. They also provide information on the tools and controls that users can utilise to manage their experience within the app.

[Safety centre](#)

[Available safety features on Snapchat](#)

[Advice for parents and educators](#)

[Information for parents and carers about available settings](#)

[Information about reporting](#)
[Advice on reporting harassment, bullying or any other safety concerns](#)
[Terms and conditions](#)
[Community guidelines](#)
[Information about the safety and security essentials](#)
[Terms of use](#)
[This is the legal document of the statement of rights and responsibilities.](#)

Resources and advice

[Snapchat Checklist from SWGfL](#)

YouTube

YouTube is a video-sharing website that is owned by Google. There are a range of safety features such as reporting tools and restricting access to inappropriate content in Safety Mode. Age requirements: 13 years +

In order to create a YouTube account, you must be at least 13 years old. It is possible to watch videos without registering an account, but you would not be able to post your own videos.

Safety advice

TikTok's safety centre has advice and guides on the content that is and isn't allowed on the app. They also provide information on the tools and controls that users can utilise to manage their experience within the app.

[Privacy and safety centre](#)
[Available safety features on YouTube](#)
[Parental controls](#)
[Information for parents and carers about available settings](#)
[Information on reporting](#)
[Advice on reporting inappropriate content, search predictions and other content](#)
[Terms and conditions](#)
[Community guidelines](#)
[Information about the safety and security essentials](#)
[Terms of use](#)
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Resources and advice

[YouTube announce new parental controls for YouTube Kids](#)

Google have announced that it will add more parental controls to its YouTube Kids app.

[A parent's guide to YouTube Restricted Mode](#)

In this blog we explore the safety feature 'Restricted Mode' on YouTube; looking at how it works

WhatsApp

WhatsApp is a free mobile messaging app which allows users to send and receive messages, images and videos to their existing phone contacts, using an internet connection. WhatsApp users

can create groups and send messages to lots of their friends at the same time. WhatsApp is end-to-end encrypted meaning that only the sender and recipient can see the contents of a message. Age requirements: 16 years +. To be eligible to sign up for this service, you must be at least 16 years of age.

Safety advice

[Help Centre](#)

[Search for advice around certain topics or needs.](#)

[Information on reporting and blocking](#)

[Advice on reporting and blocking contacts](#)

[Terms and conditions](#)

[Community guidelines](#)

[Information about the safety and security essentials](#)

Resources and advice

[WhatsApp reinvent their Status feature](#)

The messaging service WhatsApp has recently launched a new update that sees a move towards photo and video sharing

Twitter

Twitter is a social media platform that allows users to communicate in short messages called tweets. Many people use Twitter for news, as well as to follow their friends, favourite celebrities or brands. Age requirements: 13 years +. To sign up for Twitter, you must verify that your age is over 13.

Safety advice

Twitter's safety centre has advice and guides on things such as spam, fake accounts, sensitive content and abuse.

[Safety centre](#)

[Available safety features on Twitter](#)

[Terms and conditions](#)

[Community guidelines](#)

[Information about the safety and security essentials](#)

[Terms of use](#)

[This is the legal document of the statement of rights and responsibilities.](#)

Resources and Guidance

[Twitter Checklist from SWGfL](#)

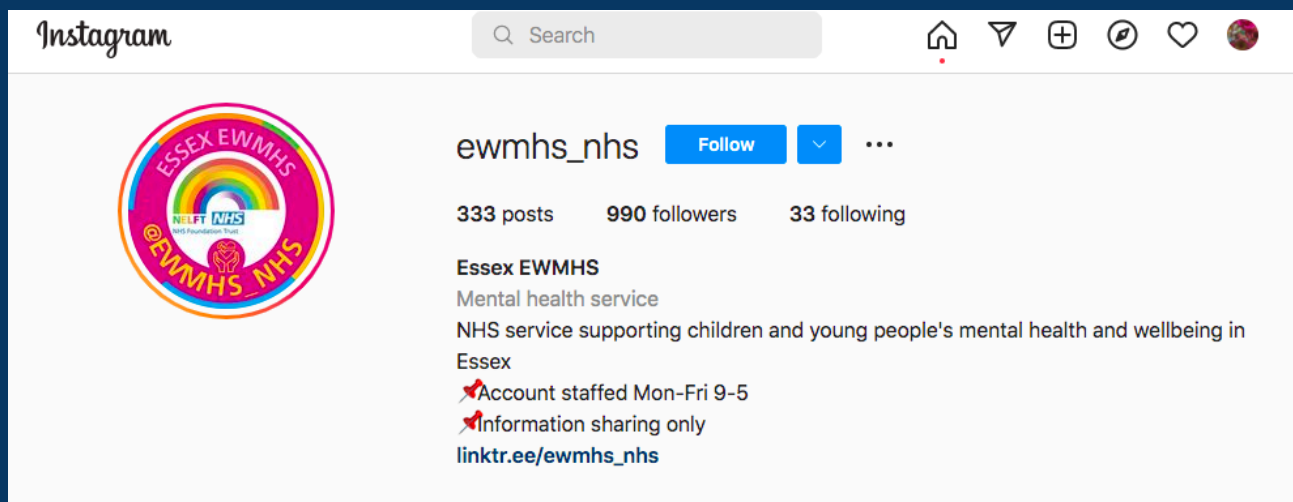
Mental Health Support Resources for Parents

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/>

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/



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/>

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

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

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

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

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

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.

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	jmunro@honywoodschoo.com
Mr Caygill	Deputy Headteacher	scaygill@honywoodschoo.com
Mrs Hickford	Deputy Headteacher	jhickford@honywoodschoo.com
Mrs Downes	Assistant Headteacher	pdownes@honywoodschoo.com
Mrs Bansropun	Assistant Head **	abansropun@honywoodschoo.com
Mr Smith	Assistant Head	dsmith@honywoodschoo.com
Mr Williams	Assistant Head	jwilliams@honywoodschoo.com
Mr Gribben	Associate Assistant Head	tgribben@honywoodschoo.com
Mr Scott	Associate Assistant Head	dscott@honywoodschoo.com

** currently on maternity leave

Safeguarding, welfare and support team

Mrs Nichols	Safeguarding Officer	knichols@honywoodschoo.com
Mr Smith	Safeguarding Officer	dsmith@honywoodschoo.com
Mr Robertson	Attendance Concerns	crobertson@honywoodschoo.com
Mrs Loydall	Medical concerns	medical@honywoodschoo.com

Cohort Leaders

Cohort 7	Mrs Borella	lborella@honywoodschoo.com
Cohort 8	Mrs Reece	ereece@honywoodschoo.com
Cohort 8	Mr Briggs	dbriggs@honywoodschoo.com
Cohort 10	Ms Ward	tward@honywoodschoo.com
Cohort 11	Ms Martin	amartin@honywoodschoo.com

SEND team

Mrs Vaughan	SENCO	cvaughan@honywoodschoo.com
Mr Wood	Deputy SENCO (Autism Hub)	mwood@honywoodschoo.com