



Keeping our community safe: Safeguarding at Honywood School



Welcome to the October 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 we are drawing your attention to online safety.

Who can learners talk to at School?

- | | |
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| <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 Saunders - Headteacher |
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Mrs Nichols



Mr Smith



Mrs Hickford



Mr Caygill



Mr Saunders

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 2024

<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=587&type=pdf>

Online Safety

How to spot the signs of exploitation, check device security settings and report concerns.

The first half term back at school is complete but the risks of online abuse remain a threat which young people and parents/carers should be aware of.

It's also spooky season and there is the possibility that children may take their Halloween celebrations online. This could result in sharing frightening content and peer pressure to undertake harmful online challenges. The addictive effects of technology could also impact mental health.

Any child is at risk of being exploited - both boys and girls can be groomed online, with contact often starting on social media. It is important to remember that exploitation is not the child's fault, and they are never to blame.

Young people do not differentiate the real world from the virtual world in the way that adults do. Caregivers can create a supportive environment, where online safety is discussed regularly in the same way as road safety or stranger danger, enabling children to speak up about any concerns they may have. By taking an interest in what games they are playing and trying to understand their online world, parents and carers can initiate important conversations. It's also worthwhile double checking that devices have the correct parental controls, especially if they're new.

This can be done by:

- creating good internet habits
- limiting screen time
- avoiding devices at dinnertime/bedtime
- talking and showing an active interest in what children are doing online - let them share what they're playing or looking at with you.

The [ESCB website](#) has resources for parents, carers and professionals including podcasts, videos, how to report concerns, and information about spotting the signs of exploitation. Concerns about child exploitation can be reported anonymously via Crimestoppers 0800 555111. There is also a dedicated Essex Police Child Exploitation hotline - for parents, carers and members of the public to seek advice around concerns they may have about their own or other children with regards to criminal and sexual exploitation: 01245 452058.

The internet

Online challenges being shared among young people on social media can be extremely dangerous. In the following podcast @The2Johns are talking about the importance of being extra vigilant about online exploitation at this time of year

<https://www.podbean.com/ew/pb-2fqm6-105ee81>

Did you know the number of children exploited online doubles between the ages of 11 and 12 years old? If your child is getting their first smartphone make sure you have the correct parental controls set up and are talking to them regularly about their online life.

The internet is 24/7 and available everywhere – think about where else other than at home your child may be accessing the internet and make sure you keep talking to them about safe internet use <https://escb.podbean.com/e/online-safety-parents-of-pre-teens/>

Help your child navigate the online world by showing an interest in what they are doing online:

- What games do they play and who do they play with?
- What YouTubers do they watch?
- Who do they follow on Instagram/Snapchat?
- Be involved and join them in a game or watch YouTube with them, it'll make starting conversations about online safety easier.

Young People - Did you know you can report a nude image or video of yourself? It can be scary and you may feel embarrassed, but there is help out there. Search 'Report Remove Childline' to find out more.

Any young person could send an inappropriate pic. Even your child. If it happens, there are tools to report and remove these images. Also try to understand whether there is peer pressure or grooming involved and talk about how to enjoy the internet safely. There is some great advice from the Essex Child and Family Wellbeing Service on how to have conversations with your child about online activity, setting boundaries and how to manage emotions and reactions to content seen online: <https://youtu.be/JQUfZwKPs5A>

Online gaming

Is your child into online gaming? Did you know strangers can contact your child especially on public or large servers and send inappropriate, mean or sexual content. They could also groom a child by sending game currency and gifts within a game. Find out more about online gaming and these new signs of exploitation.

<https://www.escb.co.uk/safeguarding-topics/online-safety/apps-games-and-social-media/>

Did you know that social media algorithms, which help tailor our newsfeeds, can create 'echo chambers' where people only see information that supports their current beliefs and opinions? Help young people build critical thinking and digital literacy skills by asking:

- Why do they follow a certain influencer/content creator?
- What do they find interesting or entertaining?
- Are there people who might not like what that person is saying? Why might that be?
- What are the opposite views of that person?
- Who else do they follow that 'balances' this creator's point of view?

With around 28% of children aged 12 to 15-years-old using TikTok as a news source (2022, Ofcom) it's important to learn how to be critical online thinkers. Talk regularly about all content your child sees to make critical thinking a regular part of their digital life.

<https://www.escb.co.uk/onlinesafety>

Social media algorithms tailor newsfeeds to only show information that supports an individual's current beliefs and opinions. Help young people build critical thinking skills by encouraging them to look for alternative views or sources of information.

Youth involved sexual images

Did you know people can screenshot and share your child's snaps or record their livestreams? @The2johns discuss why and how young people are drawn into taking and sharing inappropriate images. They discuss how both parents and young people may be feeling as well as practical advice on getting photos removed:

<https://escb.podbean.com/e/online-safety-youth-involved-sexual-images/>

Young People - Would you know what to do if your friend told you about something they had seen online that worried them? Here are a few tips <https://youtu.be/HTJFGSiy8qU>

Young People - Sharing nudes is breaking the law, even of yourself. Keeping nudes on your phone sent by others is also breaking the law. If you're worried you can talk to a teacher, school nurse, doctor, social worker (if you have one), police officer, youth worker or an anonymous helpline <https://www.escb.co.uk/safeguarding-topics/online-safety/im-a-young-person/>

Online bullying/peer pressure

The adolescent brain is fascinating - it is a completely normal part of development for teenagers to want to take risks? Take a look at this video from The Training Effect which explains the teenage brain and how you can support your children to stay safe and make positive choices <https://www.youtube.com/watch?v=IVMHyTBpyKY>

The impact of online bullying and the pressure from social media can be made worse at certain times of the year such as the school holidays - have a listen to @The2Johns talk about how parents and carers can create a relationship with their child that encourages two way conversation. <https://www.podbean.com/ew/pb-e3bxs-1055b15>

Just under half of those being investigated for exploiting others online are children and most are the same age as the victim. If you're worried your child might have been a victim our website has information about who to contact

<https://www.escb.co.uk/safeguarding-topics/online-safety/reporting-concerns/>

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/>

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/>

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

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

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|---------------|--------------------------|--|
| 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 |

Safeguarding, welfare and support team

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|-------------|----------------------|--|
| Mrs Nichols | Safeguarding Officer | knichols@honywoodschoo.com |
| Mr Smith | Safeguarding Officer | dsmith@honywoodschoo.com |
| Mr Scott | Attendance Concerns | dscott@honywoodschoo.com |
| Mrs Loydall | Medical concerns | medical@honywoodschoo.com |

Cohort Leaders

| | | |
|-----------|-------------|--|
| Cohort 7 | Ms Martin | amartin@honywoodschoo.com |
| Cohort 8 | Mrs Borella | lborella@honywoodschoo.com |
| Cohort 9 | Mrs Reece | ereece@honywoodschoo.com |
| Cohort 10 | Mr Briggs | dbriggs@honywoodschoo.com |
| Cohort 11 | Ms Ward | tward@honywoodschoo.com |

SEND team

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