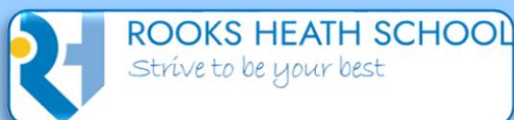


SAFEGUARDING NEWSLETTER



SPRING 2021 – Issue 5

Latest advice for Parents and Carers



Welcome to the latest Spring Term Newsletter from the Rooks Heath Safeguarding Team. We aim to bring you all the latest relevant help and advice on a wide range of issues that we feel will be of importance to you.

We hope that you enjoyed the Half Term break and took a much-needed rest from home-schooling. We are pleased to say that student's will be coming back into school the week beginning March 8th therefore, the focus of this Newsletter is helpful tips and guidance to ensure the smooth return for both yourselves and the students.

ADVICE FOR THE RETURN TO SCHOOL



With the return to school happening next week, you may find that your child/children could be experiencing some worries. After being off for so long this is perfectly normal, Young Minds have developed some excellent tips and advice that can help ease any fears your child may be having. These things can help:

Talk to your child about how they are feeling and try not to make assumptions. Ask them if they are worried or feel scared about anything, but also if they are excited about or looking forward to something. No matter how your child feels, let them know that it is completely normal to feel a mixture of emotions and that everyone will be in the same boat. Have a look at more advice on [starting a conversation with your child](#).

Reassure your child. During the lockdown we have been told to stay at home, remain socially distant from others and wash our hands regularly. This means children may find it difficult to go back to school with the change of routine. Talk with your child about ways they can stay safe at school, such as washing their hands before and after eating, and reassure them that the school are putting measures in place to keep them safe.

Re-establish a routine to help ease into school life. During lockdown it is understandable that your family's routine may have changed. Children are likely to have been waking up later or going to bed later. To help them get ready for school, try to gradually get them back into their usual morning and bedtime routines.

Do not put pressure on yourself. The transition back into school is likely to take some time. Lots of children will experience ups and downs. Try your best to support, reassure and comfort them, without putting pressure on yourself to make sure their homework is done, or they settle into a new routine straightaway.

Think ahead. As well as reflecting on what has happened during the past few weeks, it is important to help children develop hope and a sense of excitement for the future. At a time like this, it can be hard to feel positive, but identifying the things that they can look forward to will help them to realise that the current situation won't last forever and their feelings will change.

Seek support if you need it. Transitioning back to school after being in lockdown is no easy task. You may find that your child struggles to get back into school or experiences difficulties while they are at school. If this is the case, reach out to school as soon as you can so that they are aware of the challenges and work together to support your child. If you are concerned about your child's mental health and you think they need professional support, speak to the school and your GP about the best next step.

Choose health
Know what affects your child, when makes them grumpy, upset, disconnected...
Do they need snacks throughout the day? Do they need lots of sleep? Do they need to get out and about and do exercise? Do they need time alone?
Trust that you know your child and give them the basics that they need to cope with difficult days.

Be calm
Try to stay calm whilst your child is feeling distressed, your child may show:
• Nights and lows • blame
• melodrama • self-centredness
• anger

Get learning
Be involved, find out more and talk about:
• social media • current affairs
• internet benefits and dangers • what it's like to be young in the current world
• new music
• language and slang

Work together
There are ideas about how to:
• create action plans • be forward-looking
• have a problem-solving approach • show them that we can all get things wrong
• enjoy achievements

Communicate
The small things you do make all the difference:
Keep talking, texting, listening, hearing, hugging, sympathising, smiling, reassuring, checking, sharing, suggesting, encouraging, respecting

Move on up
Be flexible:
• Respond to what your child is doing, right now, even if they seem to be acting far more immaturely than usual
• Be aware that your child may be having mood swings and may need a lot more comfort than usual
• Be aware of your child's changing needs. Sometimes it might feel like one step forwards, two steps back.

Be wise
In many difficult new things, try to:
• be interested • listen to their point of view
• be open judgemental • choose your words carefully
• give boundaries • see it from all sides
• act on warning bells

Be the anchor
In times of change you are:
• constant • in-jokers
• family • imitating
• familiar • comforting
• routine • home

Have fun
Provide lots of light relief:
• be silly • do stuff together
• be complimentary • make jokes
• play games • make things
• laugh together • be outside

Look after yourself
Support yourself, in how you support your child:
• eat on habits • relax, de-stress
• offload on other family • keep well, ask well
• find the time • remember
• see the GP • support over is a good daily

You might be finding it harder than ever at the moment to know how to best look after your child's mental health and wellbeing, as well as your own. If you're struggling, Young Minds have great advice and tips that can really help whilst we adjust back to normality. Click on the link below for more information.

<https://youngminds.org.uk/find-help/for-parents/supporting-your-child-during-the-coronavirus-pandemic/#/i'm-looking-for-advice-about-returning-to-school>



School might be very different when your children return, and how your child feels about it might have changed too. Whatever's happening, there are things that you can do to help prepare your child for the daily school routine again. Child Line have some very useful resources and tips for both parents and children, click on the links below for further information and advice.

[Write down your worries and hopes](#)

[Ask questions](#)

[Talk about what's happened during the lockdown](#)

[Prepare yourself before going back](#)

[Use the mood journal](#)

[Follow instructions about social distancing](#)

[Take your time](#)

<https://www.childline.org.uk/info-advice/school-college-and-work/school-college/school/>

NSPCC also have a lot of advice to help with supporting the return to school. Below are some more links:

[Returning to school and coronavirus \(COVID-19\)](#)

[What the law says](#)

[Advice for parents](#)

[What rights do schools have?](#)

[Coming home alone](#)

[Keeping safe at school](#)

Links below are for Support specific for parents:

[Preparing older children for going back to school](#)

[How to talk to a child worried about going back to school](#)

[Who you can speak to if you're worried or concerned](#)

EAL RESOURCES FOR ONLINE SAFETY

Please see below for useful websites to support your children, together with a link for leaflets in other languages that will assist you in keeping your children safe on-line.

Parents: Supporting Young People Online (Childnet)

<https://www.childnet.com/ufiles/Supporting-Young-People-Online.pdf>

Leaflets available in other languages here

<https://www.childnet.com/resources/supporting-young-people-online>

- Arabic
- Bengali
- English
- Farsi
- French
- Hindi
- Polish
- Punjabi
- Somali
- Spanish
- Turkish
- Urdu
- Vietnamese
- Welsh

USEFUL ON-LINE SAFETY WEBSITES

National Online Safety – safety guides on ALL aspects of internet use

<https://nationalonlinesafety.com/>

Internet Matters – wide range of online safety advice for parents to keep their children safe on-line.

<https://www.internetmatters.org/>

SCHOOL SOCIAL WORKER

Parents, are you worried about: Your child's behaviour, finances and putting food on the table, employment, housing, your own mental health or relationship difficulties and want to talk about these?

Students, are you worried about: Your mental health, food, arguments or fights at home, covid-19, or do you have worries about your brother or sister or friend?

I will be holding drop-ins over the Telephone on the days and times listed below:

Mondays 2-4pm

Thursdays 10am-12noon



Please email: Evangeline.phillips@harrow.gov.uk to arrange a call back. If these times don't work for you we can find another time.

Look out for my presentation in virtual assemblies soon!

HelpHarrow

Help Harrow Digital Product

Help Harrow is being delivered in partnership with Harrow Council. It is a self-referral system for all ages, targeting acute needs in specific social areas in Harrow.

Help Harrow Key Points:

- A portal as a way of connecting vulnerable residents to vital services in the borough during and throughout the current pandemic.
- Currently offers support for food poverty, advice/information in all areas of life, as well as mental health and emotional wellbeing support.
- A 'Single Point of Contact' referral system.
- Referrals can be made directly by the person in need or via an Access Point.

Key Benefits to HelpHarrow.org Users:

- A virtual One stop shop" to organisations and services in the Harrow.
- A choice of relevant organisations listed to support the user's needs.
- Process to start engagement with a person in need within 2 working days of referral received.
- Key organisations in the system including but not limited to Citizen Advice Bureau, MiND, Age Concern and Harrow Carers.

Who is Help Harrow for?

- Local Harrow residents for self-referral
- Households affected by Covid-19
- All ages
- Organisations

Please click on link for more details

<https://helpharrow.org/>



HELPING LOCAL PEOPLE IN CRISIS

Do you need help from the foodbank?
**THE MOST IMPORTANT STEP IS TO GET A
FOODBANK VOUCHER.**

In order to provide the most appropriate help for your circumstances, Harrow foodbank works with local agencies. If they feel you are struggling to put food on the table, they will issue you with a foodbank voucher. The local agency can also provide long term support if needed to help address some of the issues behind the reasons for your crisis.

Agencies that they work closely with include: Citizens Advice, housing support officers, children's centres, health visitors, social services and some local charities.

To Get In Touch

If you [call or email](#) the foodbank they can talk through your situation and put you in touch with the relevant local agency.

[Harrow Foodbank | Helping Local People in Crisis](#)



If you are struggling with Home Learning and supporting your children during this current Lockdown, Learn Harrow, promoted by Harrow Council, provides a wide choice of learning opportunities for all ages and abilities across the borough in partnership with various providers.

They have created a google form for parents to tell them what they are interested in:

<https://docs.google.com/forms/d/1pfXbm0GNJh1Xq3bQqjs8oSfBo3z3v23gZdfVSPk8whg/edit>

They are running various different courses for secondary school parents to attend such as:

- How to use learning platforms such as Google, Zoom and Teams
- Awareness of teenage mental health and how to approach this with your own child
- How to monitor children on the internet
- How to motivate their children to do work
- ESOL
- Functional Skills Maths/English/ICT



*Online Counselling Service
for 11-25 year olds in Harrow*

As part of Mental Health services for young people in Harrow, the service complements their existing early intervention, Harrow Horizons.

It is a free online counselling and emotional well-being support service providing young people in Harrow, aged 11-25 years (up to 25th birthday), with a free, safe and secure means of accessing support with their emotional health and wellbeing from a professional team of qualified counsellors.

SAFEGUARDING TEAM

The Rooks Heath College Safeguarding Team have been trained to an advanced level on all aspects of safeguarding. The team is available to any student, parent or school staff member to discuss and report any safeguarding concerns.

The team Members are as follows:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads –

Ms V Cobblah-West, Miss L Dale and Mrs L Geoghegan

School Social Worker

Ms Evie Philips

Are all your contact details up to date?

If you change your home phone/email/mobile number, please let the school know, so that we have the most up-to-date contact details.

**Useful contacts to report a concern
If you are worried and need help, then please**

contact one of the following:

For children click here



Online here



Harrow Children's Services [click here](#)

020 8901 2690

Share the HOPE
Save a life

HOPELINEUK
0800 068 41 41 07860 039 967 pat@papyrus-uk.org

EMERGENCY
APPEAL

