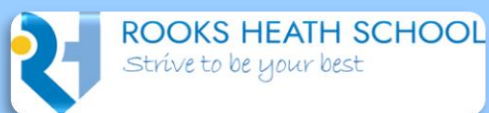


SAFEGUARDING NEWSLETTER



Autumn 2020 - Issue 2

Latest Advice for Parents and Carers

Welcome to the Autumn 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 all.

The start to this new Academic year has been a challenging one to say the least. There has been the mammoth task of new Covid Guidelines and Restrictions for pupils and staff to adhere to, this has been supported in a mature manner from the students. With the darker evenings now upon us, the focus for this edition is **SAFETY**.

PUPIL SAFETY AND DARK NIGHTS

The weekend of 25th October saw us putting the clocks back an hour marking the end of British Summertime. Road traffic collisions increase by 20% in the fortnight after the time change. Sadly, some of those collisions will involve child pedestrians and cyclists. Children under-16 are one of the most vulnerable groups of road users.

The latest available government statistics (2015) * show that 58% of children who die or are seriously injured in a road collision are involved in incidents between 3 and 7pm. From Sunday 25th October, much of those will happen in darkness. Whilst younger children are at risk, the data shows that 11 - 15-year olds are actually more at risk from accidents that kill or result in serious injury.

The resources below will help you to remind your children, especially teenagers, about road safety and safe cycling.

Teaching Road Safety: A Guide for Parents <https://www.rospa.com/media/documents/road-safety/teaching-road-safety-a-guide-for-parents.pdf>

Safety First – Cycling at Night <https://www.cycletraining.co.uk/cycle-training-and-cycle-safety/safety-first-cycling-at-night/>

Keeping children safe during lockdown and beyond - Parents' pack

<https://www.capt.org.uk/Handlers/Download.ashx?IDMF=44e36e43-bd5e-4dd0-acae-e040f37fe2ef>

FIREWORK SAFETY

Firework season is upon us, the availability of fireworks can bring anti-social behaviour as well as extremely dangerous behaviour.

Please speak with your children about the dangers of mis-using fireworks, you could be prosecuted!!

What is firework misuse?

- * Possessing CAT F1 fireworks whilst aged 15 or under
- * Possessing CAT F2 or CAT F3 fireworks whilst aged 17 or under
- * Letting off fireworks between 11pm and 7am (midnight on Bonfire Night)
- * Throwing or setting off fireworks in a public place





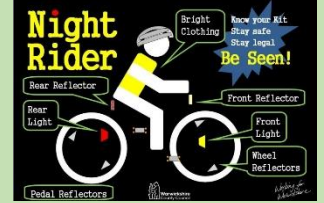
VIRAL SCARES ON-LINE

Stories and warnings often circulate online about online scares or suicide challenges which are alleged to have encouraged children to engage in harmful activities. Most have been found to be hoaxes, fake news or wildly exaggerated stories. Seeing or hearing about this content can be distressing for both children and parents.

What to do if you've heard about a viral scare/suicide challenge?

As a parent, there is a lot you can do to support your child. It is important to help your child feel safe by staying calm.

- If your child has not yet heard about the scare, do not bring it to their attention by naming it or trying to explain it. You don't want to frighten them, and the last thing you want is for your child to feel curious and try to look for the scary content online.
- Instead, remind them that if they ever feel worried about something they see online - or hear about from friends - worries them they can come to you or another adult they trust for help.
- Make sure they know if they do see something upsetting or worrying, they are in control. Tell them that they can **report it to the platform** they are using and close down their app or browser – you can help them with this.
- Use this as an opportunity to check that privacy settings are enabled on the apps they use and **set parental controls** to filter out inappropriate content.
- Continue to have open and honest conversations with your child. Keep up-to-date with what they are doing online, celebrate the positives, and keep talking about how they can stay safe.



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.

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.

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

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](#)

Share the HOPE
Save a life

HOPELINEUK
0800 068 41 41 07660 039 967 pat@papyrus-uk.org

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