

SAFEGUARDING NEWSLETTER



Summer 2024 – Issue 5

Latest advice for parents and carers



Welcome to the last edition of this academic year, of our Newsletter from the Rooks Heath Safeguarding Team. The aim, as always, is to bring you all the latest, relevant help and advice on issues we feel are of importance.

With the summer holidays now upon us, this issue will be mainly focussing on ways to help you manage the changing routines and supporting the return to school in September, particularly if starting a new school, as this can be a very anxious time for both you and your children.

We would like to wish you all a lovely, enjoyable break, whether home or abroad!

SUMMER HOLIDAY SURVIVAL TIPS. . .

MOVING SCHOOLS can seem very daunting, but it can also be an exciting new start. There are lots of reasons you may need to move school - starting secondary school or moving to somewhere new. Some reasons why people may have to move schools for instance are after being taken into care or moving foster families, people who are claiming asylum, as well as families needing to be rehoused for.

You might be worried about:

- Being bullied or not fitting in
- Not knowing your way around
- Getting on with teachers or staff



Starting a new school can be scary, but there are things you can do to cope and help you feel positive. There are many resources available, Childline have particularly extensive information to support and advise parents and carers on navigating this testing time.

Click here [Moving schools | Childline](#)

SELF-CARE SUMMER TOOL KIT



Anna Freud
Mentally Healthy Schools

The summer holidays are meant to be a time to relax, reset, and to take a break, so that we are all refreshed for the start back to school in September. For some parents and staff however, the summer can be a difficult few weeks to try and switch off, with some young people struggling to cope with the loss of structure and not seeing their friends on a daily basis.

It's essential for us all to look after our mental wellbeing, as well as that of the children in our care during the summer break. It can be a great opportunity to start something new, see below for top tips and further advice

mentallyhealthyschools.org.uk/self-care-summer-toolkit/

mentallyhealthyschools.org.uk/helping-children-after-long-holidays-and-key-transitions/

SUMMER HOLIDAY SURVIVAL TIPS contd. . .

SUMMERTIME SCREEN TIME



The summer school holidays are now upon us and whilst we can't guarantee time outside in the sun, we can assume that there will be high levels of screen time for young people during the school holiday with all the free time available. Managing screen time can be problematic and may seem easy to not allow it at all, but screen time activities like gaming and social media are a source of fun leisure times for children and young people. It is often a way of communicating with their friends as they will not be seeing them every day at school. So, banning all screen time would not be the best solution and could even be harmful, as it can isolate them from their outside world.

A better approach would be to establish boundaries and develop healthy habits, which will balance their screen time but also ensuring that their needs are recognised. It is also important to lead by example, the average adult in the UK is spending over 6 hours a day on average on digital devices.

Click link for more tips and advice on managing screen time:

<https://ineqe.com/2024/06/20/summertime-screen-time-2024/>

FREE/LOW-COST MEALS



Eating out can be an expensive treat for families, the link below provides a list of supermarkets/restaurants that will be providing free/low-cost meals to children and families this summer.

moneysavingcentral.co.uk/kids-eat-free

MANAGING ANXIETY

With the long summer holidays starting, many children will be moving onto pastures new for various reasons or simply transitioning within the school. Almost all young people will feel anxious at some point to different extents and for some this anxiety can become overwhelming. Young Minds has some really helpful information and advice to help understanding and supporting anxiety including many helpful resources.

<https://www.youngminds.org.uk/professional/resources/supporting-a-young-person-struggling-with-anxiety/>

STAY SAFE IN THE SUN

Sunshine is great mood booster allowing us to get outdoors, catch up with friends and family, exercise and soak up the vitamin D.

However, too much heat can be dangerous, especially for older people, young children, and people with long term conditions. So, please do look after yourself, whether you are holidaying abroad or the UK, the same rules apply, wear sun cream, drink lots of water and stay in the shade where possible.

- Shelter from sun in of [London's Cool Spaces](#)
- Stay hydrated and make sure you're never far from a [drinking fountain](#) to top up your water bottle
- Look out for [signs of heat exhaustion and heatstroke](#)
- Explore more tips on [taking care of your mental health in summer](#)

10 Top Tips for Parents and Educators PROMOTING PHYSICAL WELLBEING

Physical activity isn't only beneficial for our bodies; it also plays a role in promoting mental wellbeing. With both the Euros and the Olympics this summer, it's an opportunity to engage young people in regular exercise which can reduce stress, improve mood and boost self-esteem. Despite these benefits, many children face barriers to participating in physical activity.

1 MAKE IT FUN

Incorporate activities that children enjoy, such as playing games or dancing. Encourage participation in team sports or group activities to foster social connections and a sense of belonging.

2 MIX MOVEMENT WITH LEARNING

Educational settings can incorporate movement breaks and physical activities to enhance focus, concentration and cognitive function. Embedding exercise into the curriculum can also reinforce learning and stimulate creativity. 'Revision walks' with podcasts and flashcards can benefit older learners.

3 CREATE OPPORTUNITIES

Provide clear chances for physical activity throughout the day, both indoors and outdoors. Schools can encourage active play during breaks and at lunchtimes, while limiting screen time at home can help keep children up and about.

4 PROVIDE POSITIVE REINFORCEMENT

Praise and encourage children for their efforts and achievements in physical activity. Recognise their progress and celebrate their successes to reinforce positive behaviours. Educators could do this in several ways, such as applauding their efforts at assemblies or celebrating their accomplishments in newsletters.

5 VARIETY IS KEY

Introduce a selection of physical activities to keep children engaged and prevent boredom. From swimming and cycling to yoga and martial arts, trying different types of exercise can help children to discover what they enjoy most.

6 ENJOYMENT OVER COMPETITION

Encourage children to focus on the enjoyment of physical activity rather than winning or achieving perfection. Emphasise effort, improvement and having fun rather than outcomes, to minimise the amount of stress that children can sometimes associate with sports and other competitions.

7 SET REALISTIC GOALS

Help children set achievable physical activity targets based on their interests, abilities and preferences. Celebrate their progress and successes to maintain motivation and enthusiasm.

8 MAKE IT ACCESSIBLE

Ensure that children have access to safe, suitable spaces for exercise at home, at school and in the community. Advocate for inclusive environments which accommodate diverse needs and abilities. Be a change maker in your community if facilities aren't already available.

9 LEAD BY EXAMPLE

Parents and carers can be positive role models by prioritising their own exercise and involving children in their fitness routines. Gentle walks, bike rides or sports activities can be wonderful opportunities for bonding and staying active together.

10 ENCOURAGE PERSISTENCE

Help children develop resilience and perseverance by encouraging them to overcome challenges and setbacks in physical activity. Teach them the importance of perseverance and the value of effort in achieving their goals.

Meet Our Expert

Adam Gillett is a learning and development specialist who, as well as working for Minds Ahead, is associate vice principal for personal development at a large secondary school in Barnsley. He was asked to be part of an expert research group for the Department for Education, one of only three school leaders to be asked to do so.



#WakeUpWednesday®

The National College®

**THINK
BEFORE
YOU
POST**

**SHARE FEEL-GOOD
CONTENT & LEAVE
POSITIVE COMMENTS**

**MAKE THE
MOST OF THE
OUTDOORS**

USE CAUTION
ON PUBLIC
WIFI

NEWS
DOUBLE CHECK
STORIES—
DON'T FALL FOR
FAKE NEWS!

Stay off devices just before bed

Report bullies & ignore trolls

**KEEP YOUR
PERSONAL
DETAILS
PRIVATE**

**AVOID BINGE
STREAMING AND
ALL-DAY GAMING**

ENABLE PRIVACY SETTINGS

TAKE FREQUENT BREAKS

**ENJOY
SCREEN-FREE
ACTIVITIES**

**BE CAREFUL
WITH IN-APP
SPENDING**



**National
Online
Safety®**

#WakeUpWednesday

YOUR SUMMER GUIDE TO POPULAR GAMES



Rocket League

3

A videogame that bridges the gap between car racing, sport matches, and gladiator fights. Put simply, it's rocket-powered cars playing an intense game of football. Rocket League has a reputation for being a toxic environment for gamers with reports of offensive and inappropriate language filling text chats.



Fifa

3

A football simulation video game where gamers can choose to play as their favourite real-life footballers in their favourite real-life teams. FIFA is readily played by adults of all ages, meaning it would not be uncommon for a young person to interact with someone older.



Minecraft

7

An adventure game which allows players to explore and create worlds using building blocks to customise their worlds. Children and young people may experience addiction to the game due to its engaging nature.



Roblox

7

An online gaming and game creation platform. Users can play and create games for others to play. It also includes social features such as friend requests and chats where players can design an avatar and speak to others while they play. Roblox has previously faced criticism following harmful sexualised content being prevalent on the platform.



Among Us

7

An online multiplayer game which revolves around players attempting to figure out who is a friend and who is an enemy. Crewmates try to complete tasks while the Imposter aims to sabotage the mission and kill them without being found out. Risk of talking to strangers through the chat feature however there is a chat-censor feature which can be turned on to prevent this.



Poppy Playtime

12

A horror game that involves an investigation of a mystery in an abandoned toy factory. You solve puzzles to survive the "vengeful toys" left behind including 'Huggy Wuggy'. Horror games containing frightening content can cause added anxiety and stress to young people, intrusive thoughts and new fears.



Fortnite

12

An online multiplayer "shooter style" game meaning players battle it out against opponents with multiple weapon styles. It allows players to create and personalise their own game components. Persuasive design features of the game can keep children hooked, encouraging them to spend in-game currency and add to their screen time.



Overwatch

12

A team-based game starring a cast of powerful heroes. Players can travel the world and build teams together. Overwatch has been included in eSports competitions and has scenes of blood, tobacco use and violence.



League of Legends

12

A team-based strategy game where two teams of five champions face off to destroy the other's base. Children may be exposed to bad language, hate speech, insults, and sexual language.



Apex Legends

16

A free-to-play shooter type game with the objective of being the last team standing by collecting loot and fighting enemy squads. It includes some violence and players may talk to others through voice and text chat.



Elden Ring

16

An action role-playing game in a world of different characters. You can explore the world, grow in strength and fight or ally those you meet. It features strong violence involving both human and fantasy characters, which can be deemed age-inappropriate for younger players



Grand Theft Auto

18

An action-adventure game in which players complete missions to progress through the story. Children will be subjected to profanity, violence, sex, crime and other mature themes.



Call of Duty

18

A series of first person shooter games including 'Modern Warfare', 'Black Ops', 'Vanguard' and 'Warzone'. Involves live user interaction – squads can be made up of friends or players from all over the world.



Horizon Worlds

18+

A virtual social space which consists of a catalogue of virtual experiences through the Metaverse. There have been several reported incidents of users experiencing sexual harassment while using the platform.



Avakin Life

18+

A virtual 3D gaming world where users create their own character by choosing outfits and interacting with others at different in-game locations. Users can easily access children and young people online via private and public chats.

YOUR SUMMER GUIDE TO POPULAR PLATFORMS


AN ONLINE SAFETY SHAREABLE



Messenger

An instant messaging app developed by Meta, popular for group chats, sharing images and videos. This app is also popular for playing games with friends. Can allow young people to connect with strangers, receive message requests from strangers and video call.

16+



Yubo

A live-streaming platform designed to help users "meet new people" from all around the world. There have been multiple reports of young people being harassed into sending sexualised or nude images and videos.

17+



WhatsApp

A popular messaging platform which allows group chats, video and audio calls. WhatsApp users have been subject to scams and malware spreading through the platform.


16+



Reddit

A platform which allows interactions through communities and discussion forums based on particular interests. There are no age verification systems for NSFW channels and can be easily bypassed to view inappropriate content. (NSFW forums are 18+)

13+



Kik

A mobile messaging app which allows one-to-one chatting, group chats and anonymous chats. Since Kik allows chatting with random strangers, it leaves children open to exploitation and grooming. Once messages are deleted, they cannot be retrieved.

16+



Telegram

A cross-platform messaging app which allows communication between individuals, small and large groups of up to 200,000 people. The ability to connect with others in the area may lead to young people to disclose locations and personal details that could lead to grooming or harassment in-person.

16+



Discord

An instant messaging social platform, in which people enter 'servers' so they are part of a group – commonly used for gaming communities. Some servers are NSFW (Not safe for work – often meaning inappropriate/adult content) and may have content age-inappropriate for younger users.

13+



Snapchat

A popular image sharing and messaging app that lets users exchange pictures and videos (snaps), with photo effects and filters, which disappear after a period of time. The 'disappearing snap' feature of Snapchat can lure young people into a false sense of security, and they may send images they would not normally send.


13+



Instagram

An image and video sharing app. Users can share content that followers can interact with by viewing, liking and commenting. Instagram may push a narrative of a 'perfect world' to young people, and they may feel pressured to post perfect, polished images of themselves.

13+



YouTube

A popular video sharing and social media platform. Videos can be commented on, liked and shared. Cyberbullying can occur through YouTube comments and age-inappropriate content may slip through moderation strategies deployed.

18+



TikTok

A free video sharing app which allows users to capture short video clips, share them and watch other user's videos or live streams. Age-inappropriate content which can be accessed through public feeds, especially any live streams. This may be unsuitable for young people and can be the origin of bullying trends.


13+



BeReal

A once-a-day photo sharing app – Users are given a 2-minute window to share a photo of themselves and their surroundings to their friends. If young people accept contacts they don't know, it is easy to build up a picture of routines in daily life, for example, school uniforms, bus stops and regular locations.

13+



Twitch

Twitch is a live streaming video platform which allows creators to broadcast and users to watch content, usually about games, including eSports. Twitch streams are often live and are therefore difficult to moderate.


13+



Streaming Services

Streaming services which often involve paid subscriptions which offers a variety of TV shows, movies, gaming streams and more. Netflix shows such as 'Squid Game' and '13 Reasons Why' went viral and attracted the attention of young people, despite not being appropriate for under 18s. Parental controls which restrict access to age-inappropriate content e.g. profile PIN codes.

13+
16+
18+



Vault Apps (Decoys)

Apps which allow users to secretly hide photos, videos and files behind the premise of another app, for example a calculator which can only be accessed through a numeric pin code. Can become dangerous 'stash' of youth produced sexual imagery.

17+

SUPPORT FOR CHILDREN AND FAMILIES

HOLIDAY ACTIVITIES AND FOOD PROGRAMME

The Holiday Activities and Food programme (HAF) provides healthy food and enriching activities to children and young people, with free places available for those who receive free school meals. It's available during the Summer, Easter, and Christmas school holidays.

School holidays can be a particularly difficult time for some families. This free holiday club programme helps children to enjoy active and healthy school holidays, where they can experience new activities, meet friends, and eat healthy meals.

For information, please contact your local council. [Find out more here](#)

CHILDCARE OFFERS FOR PARENTS

The Childcare Choices campaign aims to raise awareness and understanding of the support available from the government with the costs of childcare.

With school holidays upon us, it is more important than ever that parents and carers are able to access the financial support they qualify. You could be entitled to:

- Up to £2,000 a year of Tax-Free Childcare per child
- Help with up to 85% of their childcare costs for children up to 16 with Universal Credit.
- 30 hours of free childcare for 3 and 4 year olds

More information please see below:

childcarechoices.gov.uk

CNWL All Age Single Point of Access (SPA)

The CNWL SPA has expanded its service to include under 18-year olds!

CNWL Single Point of Access is a 24hr telephone service for children, young people and adults who may be experiencing a mental health crisis.

The crisis line provides an opportunity to talk to mental health practitioners who specialise in child, adolescent and adult Mental Health.

The crisis line also provides advice and information for families, carers and professionals concerned about a person who may be experiencing a mental health crisis.

Contact us:

In a mental health emergency, you can contact us via our single number:

Freephone: 0800 023 4650

We are open 24 hours a day, 7 days a week, 365 days a year



Central and North West London
NHS Foundation Trust



Please avoid visiting hospital A&E (Accident and Emergency) departments unless you have a physical health emergency. The number above will connect you to an adult mental health or children and adolescent mental health practitioner depending on your needs.

If you are or you are with someone who requires urgent medical attention call 999.

If you or anyone with you is at serious risk of harm, call 999 and ask for the police.

There are also many useful links to local support and resources on our [service](#) and [resources](#) pages. For example [Kooth](#), an on-line, free and confidential counselling and emotional wellbeing support service for children and young people.



Harrow's new mental health partnership for 5–25 year olds

A wide range of FREE new mental health services and resources for young people aged 5–25 is now available in Harrow – from 19 local organisations!

Counselling, workshops, mentoring, art therapy, peer support, training for professionals, and much more!

**Scan the QR code to search or visit:
www.youngharrowfoundation.org/HarrowMHP**



PARENTAL ON-LINE SAFETY TIPS

With the technological advances that had to be made during the lockdown periods, learning from home was forced to be increased. This meant that young people were spending a lot more time online doing their schoolwork, gaming, and socialising. However, it's important we all consider how we can help keep young people safer online. Here's some information about what your child may enjoy online and what you can do to help keep them safer!

Online gaming

Online games are social activities, and most have features that allow young people to chat with others whilst they play.

For information about the positives of gaming, the risks of 'in-game chat' and measures you can take to help protect your child, watch this short video:

[In-game chat: a guide for parents and carers](#)

Sharing images and videos

Young people often share images or 'selfies' and there is potential for some of those to be nude or nearly nude images. Young people share 'nudes' for a number of different reasons, and some situations are riskier than others.

For information about the contexts in which images are shared and how best to respond, take a look at **[nude selfies: a parent's guide](#)**.

More information?

Thinkuknow is the education programme from the National Crime Agency's Child Protection Command CEOP (NCA-CEOP). Their aim is to protect children and young people from sexual abuse online.

For more information, advice and guidance, visit their **[parents website](#)** and download their **[home activity worksheets](#)** for fun, online safety activities to do with your family.

Steps you can take to help keep your child safer online

Have an ongoing conversation: Continue to talk about the apps, games, and sites they like to use, and what they like and don't like and any concerns about being online. Discuss with them when to unfollow, block or report.

For help starting this conversation, read **[having a conversation with your child](#)**.

Make sure they know where to go for support: Remind your child they can always speak to you or an adult they trust if anything happens online that makes them feel worried or upset. Remind them that they won't be in trouble and that you are there to help. For a breakdown of report services, visit:

[Supporting your child with reporting unwanted content online](#)

Make sure they know about NCA CEOP: Young people can report a concern about grooming or sexual abuse to NCA CEOP at **<https://www.ceop.police.uk/safety-centre/>** and get support from a specialist Child Protection Advisor.

DIRECTORY OF AVAILABLE MENTAL HEALTH SUPPORT

Urgent mental health support - 24/7 crisis lines



Area	Boroughs covered	24/7 crisis line number
North West London	Brent, Hillingdon, Harrow, Kensington & Chelsea and Westminster	0800 0234 650
	Ealing, Hounslow and Hammersmith & Fulham	0800 328 4444
North Central London	Barnet, Camden, Enfield, Haringey and Islington	0800 151 0023
North East London	City & Hackney	0800 073 0006
	Newham	0800 073 0066
	Tower Hamlets	0800 073 0003
	Barking & Dagenham, Havering, Redbridge and Waltham Forest	0300 555 1000
South West London	Kingston, Merton, Richmond, Sutton and Wandsworth	0800 028 8000
South East London	Croydon, Lambeth, Lewisham and Southwark	0800 731 2864
	Bexley, Bromley and Greenwich	0800 330 8590

Every mental health trust in London has put in place a **24/7 crisis line** for people of all ages - children, young people and adults. The lines which are free to call can provide advice to those in a crisis. These crisis lines are supported by trained mental health advisors 365 days a year.

You can find the 24/7 crisis line numbers using the NHS Service Finder (link below) but the table provides all of the telephone numbers in London.

<https://www.nhs.uk/service-search/mental-health/find-an-urgent-mental-health-helpline>

Urgent and other support available

shout
85258

Shout offers confidential 24/7 crisis text support for times when immediate assistance is required
Text "SHOUT" to 85258 or [visit Shout Crisis Text Line](#)

SAMARITANS

[Samaritans](#) 24/7 365 days a year - they are here to listen and provide support
Call: 116 123 or email: jo@samaritans.org

Crisis Tools

[Crisis Tools](#) helps professionals support young people in crisis - short accessible video guides and text resources
Sign up for free resources [here](#)

PAPYRUS
MEMBER OF YOURS OUTREACH

[Papyrus](#) provide confidential support and advice to young people struggling with thoughts of suicide, and anyone worried about a young person
Call: 0800 068 41 41 or Text: 07860 039967 (opening hours 9am to midnight - 365 days a year)

childline

ONLINE, ON THE PHONE, ANYTIME

[Childline](#) confidential telephone counselling service for any child with a problem
Call: 0800 1111 anytime or [online chat with a counsellor](#)

Good Thinking

[Good Thinking](#) is London's digital wellbeing service and provides a range of resources for young people to help improve mental wellbeing including free NHS-approved apps

THE MIX
Essential support for under 25s

[The Mix](#) provides free, confidential support for young people under 25
Call: 0808 808 4994 (11am - 11pm every day) or [Email](#)

Beat
Eating disorders

[Beat](#) provide support to help young people who may be struggling with an eating problem or an eating disorder
Call the [Youthline \(under 18's\)](#) 0808 801 0711 or [Studentline](#) 0808 801 0811 (9am - 8pm during the week and 4pm - 8pm on weekends and bank holidays)

kooth

[Kooth](#) is a free, safe and anonymous online mental wellbeing community including live chat with the team, discussion boards, magazine with helpful articles and a daily journal a magazine

SCHOOL COUNSELLOR

Another support service that we have based in school, is our school counsellor, Mrs Geoghegan.

The aim of the service is to provide a confidential Counselling Service for our students with social, emotional, and behavioural concerns to enable them to perform to their potential. This will help to improve attendance and therefore allow students access to the curriculum and improve attainment levels. The service will also provide our students with confidence and resilience which in the long term will improve their life chances.

SUPPORT BEING OFFERED TO OUR STUDENTS

- 1:1 counselling
- Group Therapy
- Multi Systemic

SAFER SCHOOLS WEEKLY DROP-IN SESSIONS



Our Safer Schools officer facilitates Drop-in sessions weekly on Thursdays between 9.30am and 12.30pm. This service provides another vital support link for our students, parents and carers.

The session is a chance for our students to speak to our Safer Schools Officer for any reason including to enquire about Police Cadets or gain information on personal safety.

Students have been made aware of this service via their Year Group assemblies.

Thursdays
9.30am-
12.30pm

WELLBEING SUPPORT



Digital Mental Wellbeing website that has various support for young people, parents and carers, employers, and employees.

You will find help on topics such as sleep, anxiety low mood and stress. There are podcasts, apps, workbooks, and guides together with self-assessments that you can take. Click link below for more information.

[Parents and carers | Good Thinking \(good-thinking.uk\)](https://www.good-thinking.uk)

MIND HARROW

Useful directory of subjects that you may require support for

[Mind in Harrow Mental Health Information Directory - Subjects](#)

CONVERSATION CAFÉ

Welcoming place for residents of Harrow to drop-in for advice and support.

Opening times:

Every Tuesday 12pm-3pm at St Peter's Church, Sumner Road, West Harrow, West Harrow HA1 4BX – For unpaid carers, the people they care for and people with disabilities.

Every Thursday 11am-2pm at Greenhill Library, Perceval Square, College Road, Harrow, HA1 1GX

Every Friday 11am-2pm at Red Brick Café, 38-40 High St, Harrow HA3 7AE

To find out more information about the Conversation Café call for more information Tel: 020 8863 5611.

WARM HUBS IN HARROW

Warm Hubs are warm, safe places where residents can expect a friendly and inclusive welcome.

There are various locations around the borough.

[Find your nearest Warm Hub](#)



Dedicated Helpline
0800 136 663

This new dedicated helpline provides support to both children and adults who have experienced sexual abuse in educational settings or has concerns about someone or the issues raised. Support and advice include how to contact the police and report crimes if they wish.

The helpline will also provide support to parents too. More information is available at

[Dedicated helpline for victims of abuse in schools NSPCC](#)



[Stop It Now! UK and Ireland](#)

encourages adults to create a society that no longer tolerates the sexual abuse of children. There is a confidential and anonymous helpline and email service – **0808 1000 900** or live chat, secure email if you are not ready to speak to someone on the phone.

Click the following links:

[Live chat - Stop It Now](#)
[Stop It Now! Secure email](#)

Parents/Carers Learning Programme

Sexual Abuse Learning Programme (Parents Protect)

Parents Protect has developed this online child sexual abuse and exploitation awareness learning programme for parents/carers and professionals to help:

- Understand potential risks
- Recognise the signs of possible abuse in children
- Beware of inappropriate behaviour in adults
- Know where to go for help if you have concerns and would like to talk about them

Click here: [Sexual Abuse Learning Programme - Parents Protect](#)

Parents Protect

Together we can prevent
child sexual abuse

On-Line Grooming



IWF safety campaign aims to help parents have conversations with their children about keeping their 'door' closed to child sexual abusers. The campaign includes a booklet for parents, explaining the risks, explaining why children are vulnerable, and suggests practical steps that parents can take.

TALK to your child about online sexual abuse. Start the conversation – and listen to their concerns.

AGREE ground rules about the way you use technology.

LEARN about the platforms and apps your child loves.

KNOW how to use tools, apps and settings that can help to keep your child safe online.

For further details go to: <https://talk.iwf.org.uk/>



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/>

PARENTAL SUPPORT



During these extremely tough times, parents find themselves pulled in many different directions. Concerns about Covid-19, work from home/children at home, along with a possible financial impact make for a stressful household. **Young Minds** have created a useful 'Supporting Parents Help Finder'. By answering six questions, parents can find out how to support their child's mental health during the pandemic (and beyond). Check the help finder here:

<https://youngminds.org.uk/supporting-parents/>

CHILDNET – SEND CHILDREN

There are relatively few resources to help children with Special Educational Needs and Disabilities. Childnet has created a set of free, adaptable resources that cover the important topics of healthy relationships, digital wellbeing and online pornography and are designed to equip and enable parents and carers, to support young people aged 11 and over with Special Educational Needs and Disabilities (SEND).

[Parents and Carers Toolkit](#) | [Childnet](#)

PARENTING SMART (Place2Be)

The children's mental health charity, Place2Be, has launched a new website aimed at helping parents with typical situations they may experience with children.

Advice can be found on over forty topics inc:

Understanding sibling rivalry

My child is lying, what does it mean, what should I do?

My child has trouble going to sleep

My child says, 'I hate you!'

Cultural identity: who am I?



The Parenting Smart website can be found here:

<https://parentingsmart.place2be.org.uk/>

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/emotional 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 <https://helpharrow.org/>

EAL RESOURCES FOR ONLINE SAFETY

Leaflets available in other languages here

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

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



HELPING LOCAL PEOPLE IN CRISIS

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

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](#)

SAFEGUARDING TEAM

The Rooks Heath School Safeguarding Team has 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 consists of the following members:

Designated Safeguarding Lead -

Ms S Rockell

Deputy Designated Safeguarding Leads –

Ms V Cobblah-West

Miss L Dale

Safeguarding Team -

Miss M Mahamud-Akram

Ms H Pugh

School Counsellor

Mrs Lara Geoghegan

If you wish to report a concern to us, please use the link here [Raising a concern](#)



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 YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone/email/mobile number, that you immediately let the school know, so that we have the most up-to-date contact details.

Thank you!

Share the HOPE
Save a life

HOPELINEUK

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

EMERGENCY
APPEAL



For children click here



Online here



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

020 8901 2690