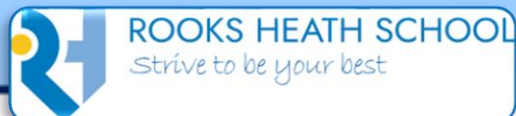


SAFEGUARDING NEWSLETTER

SUMMER 2021 – Issue 10

Latest advice for Parents and Carers



Welcome to the final edition of our summer term Newsletters from the Rooks Heath Safeguarding Team. We have aimed to bring you all the latest, relevant help and advice on issues that we felt would be of importance to you. We hope you have found the newsletters insightful!

As we approach the end of Summer Term and academic year, this edition is focussing on safety for the holiday period. Your children will be and should be out enjoying themselves, without the pressures of school. This can lead to different kinds of worries for parents however, knowledge and having conversations with your children will greatly help in reducing any potential risks they may encounter. We hope that you find the following links useful and informative and would like to wish you a very happy, safe Summer Holiday!!



ENJOY THE SUMMER SAFELY.....



Water Safety

It is perfectly natural to want to cool off when it's hot during the holiday time. Unsuitable rivers and quarries hide dangers below, not taking into account the hazards of freezing cold water and currents. Teenagers especially are drawn in by peers and a keenness for risky behaviours. With limited swimming over the last year, it will be important to remind your children how to stay safe in or alongside water.

National Water Safety Signs – do you know what these means?

http://www.cheshirefire.gov.uk/Assets/watersafety_signs.pdf

Water Safety at the beach

<https://www.rlss.org.uk/water-safety-at-the-beach>

Derbyshire Fire & Rescue

<http://www.derbys-fire.gov.uk/keeping-safe/keeping-safe-outdoors/water-safety-code/>

RNLI – Float to Live

<https://rnli.org/pages/ppc/beach-safety/beach-safe-float>

Canal and River Trust - Summer water safety

<https://canalrivertrust.org.uk/enjoy-the-waterways/safety-on-our-waterways/summer-water-safety>

Reservoir safety (United Utilities)

Don't be the one who watched their mate drown this summer

Particularly good package for use with teenagers

<https://www.unitedutilities.com/help-and-support/about-us/recreation-sites/reservoir-safety/>

Colin the Coastguard

<https://colinthe coastguard.com/>



.....ENJOY THE SUMMER SAFELY!

Sun Safety

The Teenage Cancer Trust found that nearly two-thirds (61%) of young people aged 13-24 have avoided using sunscreen in order to get a better tan. As the weather gets hotter in the UK, we need to be more knowledgeable about keeping safe in the sun than ever before.

The damage done to young skin can lead to skin cancer developing in later life, so it's vital to help young people protect themselves in the sun.

Sun Safety

<http://www.bbc.co.uk/programmes/articles/YDD2fTqHVfWJbV5qkHPL7D/sun-safety>

Tips for Staying Safe in the Sun (CBeebies)

<https://www.bbc.co.uk/cbeebies/watch/sun-safety-for-kids>



SAFEGUARDING GUIDE IN OUT OF SCHOOL SETTINGS

Parents' guidance for peace of mind!

Many of our parents and carers will be looking for childcare providers and other out of school settings during the summer holidays. Last year the government published a voluntary code of practice for out of school's settings. The guidance covers:

- Community activities
- After-school clubs
- Supplementary schools
- Tuition
- Music lessons
- Sports training
- Other activities for children that take place without their parents' or carers' supervision, that are not a:
 - School or college
 - 16 to 19 college
 - Provider caring for children under 8 years old registered with Ofsted or a childminder agency

The parents' guide is also available in several community languages (links are at the top right of the web page)

Download the 'Guidance for parents and carers' here:

<https://www.gov.uk/government/publications/guidance-for-parents-and-carers-on-safeguarding-children-in-out-of-school-settings>

E-Scooter Safety and the law!



E-scooters are classed as Powered transporters. They are very appealing to young people especially, but are you aware of the law surrounding their use together with the risk of being prosecuted.

Did you know?

- E-scooters are illegal for use in any public space unless rented as part of a government-approved
- Riding an e-scooter on the road is against the law as per the Road Traffic Act of 1988 and the Highway Act of 1835
- E-scooters are prohibited from being used on cycle tracks, cycle lanes on roads, or other spaces dedicated to pedal cycle use only
- Privately owned e-scooters can only be ridden on private land!

Please click link for all the important information you need. <https://www.hillingdon.gov.uk/e-scooter>

EDIBLES – BE VIGILANT

What are edibles? Edibles are food products that may contain cannabis. There are many forms of edibles, including sweets, gummies, and lollipops.



What are the worries?

Edibles take between 1-3 hours to have an effect because food is absorbed into the bloodstream through the liver. Because it takes longer, the person taking them may end up consuming larger amounts of the drug while thinking the drug is not working. As edibles may look like other products, there is also the risk someone may ingest them without realising they contain drugs - this could include other children in the home.

Displayed side effects may include paranoia, panic attacks, nausea, impaired mobility, hyperactivity, elevated heart rate, hallucinations.

What can you do? Monitoring food packaging/wrappers, looking for wording such as CBD or THC suggesting the items are cannabis oil infused. ***In an immediate medical emergency call 999.***

If you are made aware of any social media accounts advertising these items, please report information to the police, school, or

Crime Stoppers

For support and information, you can go to Talk to Frank by clicking on the link below.

talktofrank.com

WASPING – WHAT IS IT?

A trend seems to be emerging amongst young people called 'wasping'. The term 'wasping' mean using wasp spray as a means to get high from. As with all kinds of chemicals or drug taking/inhalation, there are dangerous side effects to using them.

Inhaling wasp spray can cause abnormal nerve sensations and sometimes seizures or paralysis. Other side effects include: increased heart rate, difficulty breathing, headache, nausea, problems with co-ordination, swelling and burning sensations.



If you are worried about any young person displaying side-effects call 999 immediately.

County Lines Indicators

Possible indicators to be aware of

- Frequently going missing from school, home, or care
- Travelling to locations, being found in different areas
- Unwillingness to explain their whereabouts
- Acquiring unaccountable money, clothes, accessories, or mobile phones
- Receiving excessive texts or phone calls at all hours of the day
- Having multiple mobile phone handsets or sim cards
- Withdrawing or having sudden changes in personality, behaviour
- Having relationships with controlling or older individuals and groups
- Unexplained injuries, carrying weapons
- Significant decline in school results or performance
- Being isolated from peers or social networks
- Associating with or being interested in gang culture
- Self-harming or having significant changes in mental health

(Ministry of Justice, 2019)

County lines

We need your help to stop it

#KnowTheSigns
#CountyLines

For help and further information on County Lines please click links below for essential parental guidance/advice.

[Parent information leaflet - County Lines](#)

[Childrenssociety.org.uk/Guide for parents](http://Childrenssociety.org.uk/Guide%20for%20parents)

Be Fearless.

Speak up against
the gangs bringing
drugs into your
community.

Get info/give
info about crime
100% anonymously
fearless.org

-  fearlessagainstcrime
-  fearlessorg
-  fearlessuk

Crimestoppers Trust (also known under youth brand 'Fearless') is a Scottish charity, SC027960, regulated by the Scottish Charity Regulator (OSCR).

fearless
.org

HEALING TOGETHER TRAUMA PROGRAMME



powered by
innovatingminds



Pilot
Healing Together 6 session
Trauma Informed Programme
Supporting children impacted
by domestic abuse and
violence
6 to 9 years of age
For further information
about the programme
www.healingtogether.co.uk

healingtogether

The Healing Together programme provides support for young people (6-16 years) who are impacted by domestic abuse. This trauma informed programme is based on 6 sessions and each session is delivered within 60 minutes. The programme can be delivered as a group programme or on a one to one basis within different settings

For more information please contact:

**National Domestic
Violence Helpline**
0808 2000247

Meena Parmar
Early support Practitioner
07513 482993

Meena.parmar@harrow.gov.uk

Dates and Times

Session 1 - 9th August 10 - 11.30 am

Session 2 - 11th August 1.30 - 3.00 pm

Session 3 - 16th August 10 - 11.30 am

Session 4 - 18th August 10 - 11.30 am

Session 5 - 23rd August 10 - 11.30 am

Session 6 - 25th August 10 - 11.30 am

It is important that there is a commitment to the programme due to the high demand for places at
Kenmore Park Delivery Site
Warneford Road
HA3 9HZ

How to refer

Harrow Children's Services including social workers:

- please complete an ESNA Stage1 on Mosaic to request a place on this course.

For queries regarding how to complete an ESNA Stage 1 contact

Earlysupporthub@harrow.gov.uk

External Professionals:

- please request, and complete a MASH referral form from

Duty.assessment@harrow.gov.uk

To discuss concerns about a family contact Harrow Golden Number 020 8901 2690



Take a Deep Breath

Smell the flower

Blow the pinwheel



Early Support
Small Steps - Lasting Change

NSPCC 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 & Ireland
Together we can prevent child sexual abuse

[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/>

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

PARENTAL SUPPORT

YOUNG MINDS

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). Find the help finder here:

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

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.**

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](#)

LEARN HARROW

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

