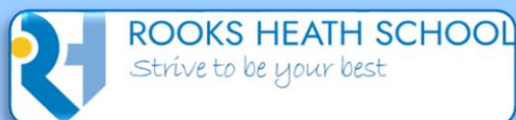# SAFEGUARDING NEWSLETTER

ROOKS HEATH SCHOOL
Strive to be your best

Autumn 2022 – Issue 1

Latest advice for parents and carers

Welcome to our latest edition of the Newsletter from the Rooks Heath Safeguarding Team. We aim to bring you all the latest, relevant help and advice on issues we feel will be of importance to you.

Half term has crept up quickly, summer and the light evenings are a distant memory already. This first edition, for the new school year gives safety tips for the darker evenings together with support and advice for online safety. The winter months mean more screen time unfortunately, so you need to be equipped with the latest trends and scams!

RESPONDING TO ON-LINE CHALLENGES

We are hearing more and more reports of online challenges popping up on social media platforms. While not all pose potential risk, it is important as a parent/carer and guardian to know how to handle an online challenge you may be concerned about

What are Online Challenges?

Online challenges are social media trends where people take part in or mimic games, activities or dares. They typically originate on social media platforms like TikTok, YouTube, and Instagram before spreading to other platforms. Some challenges or online trends are reported by the press first. They tend to use the term 'viral', which can give the impression that the challenge or trend is more popular than it actually is.

Advice for parents

Talking to your child about online challenges can seem daunting, especially if they don't come to you on their own. Having an honest conversation with your child about their online habits is the best way to clear up confusions.

OnlineChallengesAdvice_INEQE_2022-1.pdf

WORRYING RISE IN TEENAGE VAPING

Vaping among secondary-school children has seen a sharp increase with nearly one in five 15-year-olds using e-cigarettes in a 2021, a survey by NHS Digital suggests. Among 11–15-year-olds, 9% say they are vapers – up from 6% in 2018. Children are being targeted by e-cigarette companies with bright packaging, exotic flavours, and attractive sounding names.

We strongly urge you to read the article, to have conversations with your children, be vigilant to the signs and remember there is help out there!

To find out more about the dangers and risks of vaping, please see full article in link

Rise in teenage vaping BBC News

'HI MUM' SCAM ALERT!

We have recently been made aware of phishing scam known as 'Hi Mum' that has been circulating through text messages or instant messaging services, such as WhatsApp.

The scam involves the impersonation of friends or family members in order to gain access to your personal information. We strongly encourage you to read the article below for guidance on identifying phishing scams and how to deal with them if you have been targeted.

Scam Alert – The 'Hi Mum' WhatsApp Scam - Inege Safeguarding Group

REDDIT

Most exchanges on Reddit are interesting and entertaining discussions of technology, sport, health, or pop culture. The site has attracted controversy and criticism, however, for communities sharing depictions of violence against women, leaked, or stolen explicit images (including those of minors) and online hate (particularly racism). Due to its popularity, links to Reddit frequently turn up among search engine results – so young people may be exposed to the site's content even without purposely looking for it. The relative lack of moderation – especially given the aforementioned subject matter – is just one of the potential issues.

Free Online Safety Guide | Reddit National Online Safety

PARENTRAL CONTROL APPS

WHAT ARE PARENT APPS?
The main purpose of parental control app is to monitor a child's online activity and limit potential encounters with inappropriate harmful content.
Each app is different and will offer different features, but most are likely to offer the following:
- ❖ Monitor search history
- ❖ Block websites or apps
- ❖ Schedule designated screentime
- ❖ View text and/or audio messages
- ❖ Alert parents to a child's physical location.
- ❖ Tell parents who children are talking to online
- ❖ Show call logs and the numbers a child may be contacting/contacted by

For some, using a parental control app will seem like a natural step to prevent their child from seeing or experiencing something harmful, like wrapping them in digital cotton wool. Is it really the answer to online safety or are there pitfalls to avoid?
The online safety guide in the link below highlights the Pros and cons of using parent apps.
Better to have the choice than not
Parental Control Apps – Online Safety Review - Inege Safeguarding Group

WHAT ARE THE MOST POPULAR PARENT APPS?
With the growing number of risks the online world presents, parental control apps have grown in popularity. With so many different options out there for parents, we have listed below some of the most popular ones available:
ParentShield
Qustodio
mSpy™ Monitoring Tool
Norton Family

What Parents & Carers Need to Know about
REDDiT

← R/FUNNY

R/TRENDING →

AGE RATING **13+**

R/MEMES

Reddit describes itself as a social news website where users connect and share stories, opinions and support; debate issues; ask questions; and chat to people with similar interests. Discussion topics are organised into communities (known as subreddits) that are created, run and populated by users, who remain anonymous throughout. Free speech is encouraged, and users – or 'redditors' – can vote posts 'up' or 'down' so they get more (or less) attention. Reddit is free to join, although signing up to Reddit Premium unlocks an advert-free version of the platform.

WHAT ARE THE RISKS?

MINIMAL MODERATION

As sharing opinions on Reddit is easy (and anonymous), offensive or age-inappropriate content is frequently posted. Moderation by admins and bots does occur, but can't cover every community – so Reddit relies on users voluntarily moderating these spaces. Subreddits marked NSFW ('not safe for work') can contain anything from profanity to pornography, so are not suitable for under 18s.

HARASSMENT AND TROLLING

If someone on Reddit doesn't agree with your child's opinion, they may feel compelled to say so – in no uncertain terms. This could lead to a public bombardment of hurtful messages. Likewise, Reddit users are highly likely to encounter trolling (where someone posts a deliberately inflammatory comment to provoke a reaction) on the platform, which can be distressing.

FAKE NEWS

Absolutely anyone can post a story on Reddit, so sub-reddits are occasionally prone to bias, misinformation and opinions being repeated as if they are facts. Fake news articles often grab users' attention with catchy or controversial headlines, and Reddit is no exception. It's important that young people are able to identify fake news – and disregard it rather than sharing it.

GIFTING AND SPENDING

Users can gift awards to the authors of posts that they like (thereby encouraging their favourite redditors to keep contributing) by spending Reddit Coins. This virtual currency can be bought on demand (with real money) or received as part of the paid-for premium package. Users sending a gift can also leave an anonymous private message, a feature which has been abused by groomers.

'SUPPORTIVE' STRANGERS

By definition, Reddit users interact with strangers in public through their community – but also have the option to do so privately. Groomers could repeatedly up-vote a child's comments or respond encouragingly to their posts to win their trust. Once they've built a rapport, the predator then begins messaging the child in private to obtain personal details or try to lure them into meeting in person.

NEVER-ENDING NOTIFICATIONS

Reddit's default is for all notifications to be on. There are a total of 26 types of notification on the platform, ranging from chat messages and comments to updates and mentions of username. This would lead to a child's device being pinged almost constantly with alerts, frequently causing them to be distracted by incoming notifications rather than being present in the moment.

Advice for Parents & Carers

SORT THE SETTINGS

Reddit's user settings can help ensure that minors don't view adult material. Under the 'Feed Settings' tab, switch the Adult Content toggle to 'off', and enable Safe Browsing Mode (this blurs out any explicit images). Also in settings, you can turn off all unnecessary notifications, to prevent your child being distracted by every post or comment on Reddit, allowing them some tech-free time.

ENCOURAGE CRITICAL THINKING

It can often be difficult to tell if something online is real or fake – particularly for young people. It's important to encourage your child to double-check with reputable sources if what they've read is genuine. Remind them to consider what motives might be in the message – and to watch out for scams. Chatting about this regularly helps to develop critical thinking skills and good online habits.

RISE ABOVE IT

If a person says something critical or offensive to your child on Reddit, it's natural that they'll want to respond. Explain to them, however, that is exactly the reaction that trolls look for. Don't give them the satisfaction: instead, report the comment to Reddit Support for investigation. Blocking a user stops them from messaging or following your child on the platform.

AVOID PRIVATE MESSAGING

Through their Reddit profile, young people can control who's able to message them privately – with options including 'no-one' and 'accounts older than 30 days'. These controls help ensure potential groomers can't talk to your child in private, and that Reddit's admins and other users will be able to moderate and report anything they spot which causes them concern.

Meet Our Expert

Dr Claire Sutherland is an online safety consultant at 8CyberAware. She has developed and implemented anti-bullying and cyber safety workshops and policies for schools in Australia and the UK. Claire has written various academic papers and carried out research for the Australian government comparing internet use and sexting behaviours of young people in the UK, USA and Australia.

R/NSFW

NOS

National Online Safety®

#WakeUpWednesday

EXTRA-CURRICULAR CLUBS – SAFETY FIRST

As the new school year is now under way, parents may well be looking for after-school clubs, theatre groups or sports' clubs. The DfE has a document that helps parents identify the safeguarding issues to consider when choosing a provider.

Parents can access the guidance here:
Keeping children safe during community activities, after-school clubs and tuition: help parents and carers GOV.UK (www.gov.uk)

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

DARK EVENING SAFETY TIPS

As the clocks go back and the nights draw in, it is an overnight adjustment for all of us keeping children safe in the dark. The darker evenings can have a big impact on our usual routines of picking children up from friends, after-school clubs, or cycling home from school. They can be very different experiences in the dark!
The following simple steps can be taken to help avoid additional risks of accidents that the dark evenings can bring.

VISIBILITY IS KEY
- Children need to be seen, not just by other motorists and cyclists but by other pedestrians. It is vital to teach your children good road safety basics from an early age.
- Think about what your child is wearing. Some school uniforms are dark. They are safe if they are visible - you can easily add high-visibility strips on their clothing, school bags or bike helmets.

WHAT ABOUT TEENS
As children grow up and become more independent, there are more risks that they may encounter as they start walking to school by themselves. Peak times for the number of fatalities or seriously injured are the 'school-run' periods between 8-9am and 3-4pm.

BE AWARE
As any parent knows it can be very difficult to get a teenager to part from their mobile phone. Whether they are talking to friends or listening to music on their mobile, they can be distracted. As a result, they are less aware of dangers in their surroundings such as other people or traffic. If your teenager insists on wearing their headphones, encourage them to use ear bud types and ideally only use one side. Often teenagers walk in packs and are chatting and showing off and simply not paying attention. Sadly, it is often on these occasions that accidents can occur.
highwaycodeukrules-for-pedestriansl

Childnet International

Supporting young people online
Information and advice
for **foster carers**

This leaflet includes practical advice to help foster carers discuss the online world with their child and support them in using it safely and positively.

For foster children, the internet is an amazing resource and can provide opportunities to:

- stay in touch with people such as siblings or friends from previous schools;
- build and maintain new friendships, helping them settle into a new environment or school;
- support education, seek help, be creative, and enjoy entertainment.

Managing online risks for foster children

While all children need online safety education, some children in foster care may be prone to risk-taking or have a stronger desire to be accepted than their peers.

- Honest communication is key here, reassure them that they can come to you about anything.
- Supporting them with their internet use might take a little time, compromise, and communication. They may have had little help with their internet use before or have their own devices already.

Managing birth family contact online

Foster children may be curious about their birth family. They may search online for answers, be contacted online directly by their birth family or already be in contact with them online. It is important to start thinking about how you can help to manage this with children of all ages.

- Good communication is essential. Children need to feel able to ask questions about their birth family and know they can talk openly with you about their feelings.
- Talk to your child honestly about what they would do if their birth family contacted them online and what kind of contact, if any, is best to maintain safe boundaries.
- Use privacy settings to control who can contact your child online and who can see their online activity. For example, you can stop them being tagged in photos or posts on social media.
- Be aware that if you search for your child's birth family on social media, you or your child may appear in their 'people you may know' feature as suggested contacts.
- Remind your child not to meet up with anyone without telling you first.

Responding to unmanaged contact
- If you find out that your child is in touch with birth family members, or someone inappropriate online, respond calmly and do not blame your child. Whatever emotions you are experiencing, this is also a difficult situation for your child. By staying calm, you are showing your child they can trust you.
- Work together with your child's social worker and contact the foster service to get advice and support.

Managing your family's presence and images online
What your family shares online can be seen by others and affects what can be found out about you. Consider what information you do not want to be public and take steps to keep this safe.

Managing your family's online presence
- Search your own family's names online and check what you can find.
- Discuss with your child what is ok or not ok to share online. Set a good example and make sure your child, friends, youth groups, school and family know what is appropriate to share too.
- Even with private accounts, information like their full name or date of birth could be seen by others, through usernames on games or social media profiles. Using a child's first name only or even a nickname is a safer option.

Managing images online
- Find safer ways to include your child in taking and sharing photos such as closed group chats or family photo-sharing apps. Ask those with access not to share further.
- Use social media privacy settings to control how private your child's photos are. Be aware that these settings do not stop others from uploading photos of your child.

Responding to photos and information shared about your child online
- If your child's image or personal information is publicly available online, the easiest way to remove it is to ask the person or organisation who posted it to take it down.
- On social media and online games, you can request to remove something by reporting it. The Childnet website includes advice on how to make a report.

How else can I support my child?
- Maintain an open dialogue with your child and agree on expectations around internet use by using Childnet's Parents and Carers Toolkit.
- For advice and information on a range of online safety topics, including grooming and cyberbullying, see Childnet's advice on key topics.
- Consider using filters and parental controls to help block unwanted content.

Find out more

Find out more from the UK Safer Internet Centre or Childnet.

Further support

For further support about any online safety issue, you can contact the Professional's Online Safety Helpline, run by the UK Safer Internet Centre for professionals working with children.

Harrow's new mental health partnership for 5-25year 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 over the last 18 months, 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 at 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

NHS

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

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

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 PREVENTION OF YOUNG SUICIDE
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

WELLBEING SUPPORT

Good Thinking
Digital Mental Wellbeing for London

Is a Digital Mental Wellbeing website that has various support for young people, parents and carers, employers and employees and faith and belief communities.
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)
MIND HARROW
Useful directory of subjects that you may require support for
Mind in Harrow Mental Health Information Directory - Subjects

SCHOOL SOCIAL WORKER

Parents, are you worried about: Your child's behaviour, finances 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 2pm-4pm   Thursdays 10am-12pm

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

TRAINEE EMHP

The Mental Health Support Team (MHST) is a government initiative designed to increase access and availability of mental health and wellbeing support for children and young people in school. MHST is made up of Educational Mental Health Practitioners (EMHPS). Assigned to support children and young people and their families in schools through a range of low intensity, early interventions and by supporting schools to implement a whole school approach to mental wellbeing.

At Rooks Heath we have been lucky enough to be part of the programme, which includes hosting a trainee. Jelin Pishdary has been working with us since March and will continue her placement until Christmas.

SAFER SCHOOLS WEEKLY DROP-IN SESSIONS

METROPOLITAN POLICE
Working together for a safer London

Another fantastic new service we have to offer, is Our Safer Schools officer will be facilitating Drop-in sessions weekly on Thursdays between 9.30am and 12.30pm.
This service provides another vital support link for our students.

- **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

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

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). Check the help finder here:

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

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/

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 including:

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/

Place2Be Improving children's mental health

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

If you are struggling with Home Learning and supporting your children with homework, 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/1pfXbm0GNJh1Xq3bQgjs8oSfBo3z3v23qZdfVSPk8whg/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 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 Members are as follows:
Designated Safeguarding Lead -
Ms S Rockell
Deputy Designated Safeguarding Leads –
Ms V Cobblah-West and Miss L Dale
School Social Worker
Mr Ariz Baig

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

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