



SAFEGUARDING NEWSLETTER

Summer 2020 Issue #1

Latest Advice for Parents and Carers

Welcome to our first 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.

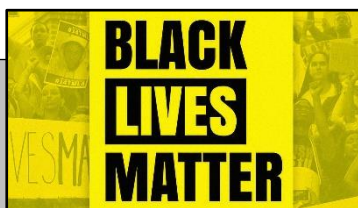
During this last 3 months, life has changed dramatically with the Lockdown and school closure especially. Therefore, the focus for this Newsletter is on helpful information and ways to safely move forward through this period of new, uncertain times and with Summer Holidays only TWO weeks away!!

HelpHarrow

Harrow Council together with some local voluntary sector organisations have collaborated together to form the HelpHarrow Hub to support Harrow residents during these very difficult times of Covid-19.

If you need urgent food supplies, please follow the link below for extra support.

<https://helpharrow.org/>



The **Black Lives Matter** movement was founded in 2013, following the acquittal of Treyvon Martin's murderer. The recent death of George Floyd in Minneapolis at the hands of a police officer, together with the international protests that followed, have brought the focus of the organisation to the forefront of everyone's mind. We all need to come together and start to have conversations, whether that be at school, the workplace and most importantly at home. Harrow Council have produced a [Parents guide to Black Lives Matter](#) to help Parents and Carers in having these conversations.

Nitrous Oxide Awareness

Police are warning the public about the dangers of nitrous oxide (N₂O) following a noticeable increase in the presence of the discarded canisters in the many areas.

Nitrous oxide – also known as 'balloons', 'laughing gas', 'Nos', 'whippits', 'chargers' and 'hippie crack' – is often used by teenagers as a cheap recreational drug, but many people may not be aware of the dangerous side effects. The use of nitrous oxide is not illegal, however selling or giving it away for recreational purposes is prohibited. Those who are found to be doing so can face a fine and a prison sentence of up to seven years.



While nitrous oxide is not a dangerous substance if used correctly, it can become addictive. The gas is usually used for medical and catering purposes and is always given under supervision. However, if taken incorrectly the user may risk injury, or even death, from lack of oxygen. In one case a habitual user was left paralysed.

Further information on nitrous oxide and its effects can be found on the [Talk to Frank](#) website. **It is important that we raise awareness and ask families to support in this by talking to their children about the risks.**



APPS TO HELP CHILDREN STAY SAFE ONLINE

There has never been a more important time than during this Lockdown period and with the Summer holidays fast approaching, to know exactly what your children are accessing online. The following information and links can be found in the updated DfE guidance: [Coronavirus \(covid-19\): keeping children safe online](#)

The BBC have a website and app called [Own it](#). The website has a lot of content for children to help them navigate their online lives, and the free smartphone app comes with a special keyboard which can intervene with help and support in the moments that children need it the most. It can be downloaded for free in the Google Play Store and Apple App Store.

[SafeToNet](#) is an app for parents to help them safeguard their children from online risks like cyberbullying and sexting, whilst respecting their child's rights to privacy. The SafeToNet Foundation is providing UK families with free access to 1 million licences during coronavirus.



Returning to school is a daunting experience at the best of times for some, but during this Covid-19 Pandemic it can bring a whole host of other anxieties and worries. The NSPCC has gathered together some useful, helpful advice for starting conversations with your children in preparation for their return to school. Please see link below for further information and guidance.

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



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 Cobblah-West, Miss Dale and Mrs Geoghegan

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 07660 039 967 pat@papyrus-uk.org

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