



## HIGHSTED GRAMMAR SCHOOL

### SAFEGUARDING NEWSLETTER

Issue 0010: July 2019

#### Contents

1. Safeguarding Mission Statement
2. Highsted Grammar School's Safeguarding Responsibilities and Contacts 2017-2018
3. Safeguarding Calendar
4. How to Keep Your Child Safe on Social Media
5. Digital Leaders Programme
6. Legal Highs
7. Free School Meals
8. Links for further information and guidance

#### **Safeguarding Mission Statement**

In accordance with the Children's Acts of 1989 and 2004 and the Education Act 2002, and Working Together to Safeguard Children 2015 and Keeping Children Safe in Education 2018, Highsted Grammar School has a duty to assist local authority specialist children's services departments acting on behalf of children in need or enquiring into allegations of child abuse. Highsted Grammar School follows a child centred and coordinated approach to safeguarding. A 'Culture of Vigilance' has been fostered, where it is agreed by all that safeguarding is everyone's responsibility.

Highsted Grammar School firmly believes that it has a strong pastoral responsibility to promote the welfare of children and that children have a right to be protected from harm; this is consistent with our overall aims to educate the whole pupil and foster personal as well as academic development.

#### **Safeguarding Responsibilities and Contacts**

Designated Safeguarding Lead: Mrs Tiernan-Powell  
Deputy Safeguarding Lead: Miss Anne Kelly  
Telephone: 01795 424223  
Email: [safeguarding@highsted.kent.sch.uk](mailto:safeguarding@highsted.kent.sch.uk)  
Website: [www.highsted.kent.sch.uk/safeguarding](http://www.highsted.kent.sch.uk/safeguarding)  
Twitter: @SafeguardingHGS

#### **Safeguarding Calendar**

Oct 2018: Black History Month  
Oct 2018: Hate Crime Awareness Week  
Nov 2018: Anti-bullying Week  
Nov 2018: Action against Domestic Violence  
Jan 2019: Safeguarding Fortnight  
Feb 2019: NSPCC Numbers Day  
Feb 2019: Safer Internet Day  
Feb 2019: Online Safeguarding Evening  
Mar 2019: Eating Disorders Awareness Week  
Mar 2019: Child Sexual Exploitation Awareness Day  
May 2019: Mental Health Week  
June 2019: LGBTQ History Month

#### **How to Keep Your Child Safe on Social Media**

We would like to support parents and carers to have a better understanding of the social media apps that are popular at the moment and how to have conversations with your children so they understand how to stay safe online.

#### **What are the most popular apps?**

**SNAPCHAT**- Snapchat is one of the most popular messaging apps. You can capture a photo or brief video with it, then add a caption or doodle or filter/lens over top, and send the finished creation (called a snap) to a friend. Alternatively, you can add your snap to your "story", a 24-hour collection of all your snaps that's broadcasted to the world or just your followers. As of May 2014, the app's users were sending 700 million snaps a day.

You may have heard in the news lately the changes Snapchat has made with their new Snapmap setting which is automatically switched on, this shows the user exactly where their friends are on a map, whether they are sleeping at their home or travelling in a car. Snapchat say this is so they can 'stalk their friends' or check to see 'if their partner is cheating'. This is a very dangerous element that was added recently that your child might not even know about. As we know they don't only have their close friends online so this could mean anyone would know exactly where they are.

**INSTAGRAM**- Instagram is a social networking app made for sharing photos and videos from a smartphone. Similar to Facebook or Twitter, everyone who creates an Instagram account has a profile and a news feed. When you post a photo or video on Instagram, it will be displayed on your profile. Other users who follow you will see your posts in their own feed. Likewise, you'll see posts from other users who you choose to follow.

There are millions of people around the world using Instagram, some who are professional bloggers using the app making money to advertise goods. Some are make-up artists and musical artists, due to this children and young people can have a variety of people they follow and who follow them.

Our advice is to sit down with your child to ensure they have their privacy settings on and understand how they can keep themselves safe. One way is for them to create a 'public' account and a 'private' account. The public account can have however many followers they want but they don't share images that clearly show them in school uniform or selfies showing they live Kent. It is more for them to share safe images and things they are into such as; make-up, sports etc. The 'private' account is where they have their immediate friends and family and they do share selfies,



## HIGHSTED GRAMMAR SCHOOL

### SAFEGUARDING NEWSLETTER

check in to the cinema for example and share more personal information about themselves if they wish.

Most young people we talk to have over 1000 people on their Instagram accounts, we know they do not know that many people well enough to share the types of images that are being shared so having different accounts is one way to keep themselves safe.

Another feature which is automatically turned on when creating an Instagram account is geo-tagging, this can allow people to see exactly where you were when you uploaded the picture to Instagram. Below is a link explaining this feature in more detail and how you can turn geotagging off your settings.

<https://www.dailydot.com/debug/how-to-remove-instagram-geotags/>

#### **Digital Leaders Programme 2019**

We are pleased to inform you that Highsted will be participating in *The Childnet Digital Leaders Programme*, a youth leadership training programme empowering young people to educate their peers about online safety. The programme is the only online safety charity in the UK delivering an online peer to peer programme that directly helps schools to embed online safety. Groups of Digital Leaders have already been meeting with Mrs. Allen to discuss their training plans for September 2019. They will complete training through an engaging, informative and fun online platform, working through e-learning modules to equip them with the skills to become peer mentors in their schools, and help keep others safe online. When they are qualified, Digital Leaders are encouraged to advocate for online safety in their schools and communities by running offline and online activities, for which they will be awarded additional House achievement badges and points. I look forward to updating you on their progress in the next newsletter.

#### **Legal Highs**

##### **What are "legal highs"?**

"Legal highs" are substances that have similar effects to banned drugs, such as cocaine or cannabis. "Legal highs" carry health risks, as they often contain ingredients which have never been used in drugs for human consumption before.

##### **If they can be dangerous, why have they been legal?**

"Legal highs" contain new substances which are not yet controlled by the Misuse of Drugs Act 1971. Often the ingredients are also changed to overcome any bans. "Legal highs" cannot be sold for human consumption. To get round this, they are often sold as plant food, incense, or salts.

##### **What does the Act mean by "psychoactive"?**

For the purposes of this Act a substance produces a psychoactive effect in a person if, by stimulating or depressing the person's central nervous system, it affects the person's mental functioning or emotional state.

#### **Risks**

Offenders who sell these substances can face up to 7 years in jail. The Act will also enable police to shut down "headshops" (stores from which "legal highs" and drugs paraphernalia can be bought) and online dealers. They can also seize and destroy psychoactive substances, as well as search people, premises, and vehicles. New psychoactive substances (NPS), are substances designed to produce the same, or similar effects, to drugs such as cannabis, cocaine and ecstasy. In the past they were often sold in the shops as research chemicals and advertised as 'not for human consumption' to get round the law. In some cases, NPS are just as dangerous as controlled drugs. The risks of using NPS have been shared with our young people. Often it leads to high risk negative behaviours, putting the individual person and / or their friends exposed to danger, being hurt, or acting in a careless way. Risks of NPS include reduced inhibitions, drowsiness, excited or paranoid states, psychosis, hallucinations, dizziness, sickness, overheating, coma and seizures. Many NPS have been directly linked to emergency hospital admissions and, in some cases, deaths. NPS can have very different effects on users and risks and side effects are increased if used with alcohol or other drugs.

#### **Free School Meals**

If your child is under 19 and in full-time education, you may be able to get free school meals for them. The quickest and easiest way to apply for school meals is to apply online.

##### **Who can get them?**

Your child must attend a maintained school (most schools in Kent are maintained schools) or receive alternative education approved by Kent County Council. Children attending private or independent schools can't get free school meals. You must receive one of these benefits to qualify:

- Income Support
- Income Based Jobseekers Allowance
- Child Tax Credit (not including Working Tax Credit) - if the household income is below £16,190
- Guaranteed Element of State Pension Credit
- an income-related Employment and Support Allowance
- support under part VI of the Immigration and Asylum Act 1999 if you are an asylum seeker Evidence of benefit may be requested after you apply.

You can apply online at: <http://www.kent.gov.uk/education-andchildren/schools/free-school-meals#tab-2>

#### **Useful Links**



## HIGHSTED GRAMMAR SCHOOL

### SAFEGUARDING NEWSLETTER

If you are concerned about a child over the Summer Break  
call the police on 101

If you think a child is at immediate risk call 999

#### NSPCC:

Call: 0808 800 5000 (24-hour free helpline)

Text: 88858

Email: [help@nspcc.org.uk](mailto:help@nspcc.org.uk)

Web: [www.nspcc.org.uk](http://www.nspcc.org.uk)

#### Childline:

Call: 0800 1111

Online: [www.childline.org.uk/registration](http://www.childline.org.uk/registration)

Web: [www.childline.org](http://www.childline.org)

#### Samaritans:

Call: 116 123

Email: [jo@samaritans.org](mailto:jo@samaritans.org)

Web: [www.samaritans.org](http://www.samaritans.org)

#### National Self-harm Network:

Call: 0800 622 600 (7pm-11pm)

Web: [www.selfharm.co.uk](http://www.selfharm.co.uk)

#### Stop Hate Crime:

Call: 0800 138 1625 (24-hour helpline)

Web: [www.stophateuk.org](http://www.stophateuk.org)

#### Stop LGBTQ Hate Crime:

Call: 0808 801 0661 (24-hour helpline)

Web: [www.stophateuk.org](http://www.stophateuk.org)

#### National Domestic Violence Helpline/ Women's Aid:

Call: 0808 2000 247 (24-hour free helpline)

Email: [helpline@womensaid.org.uk](mailto:helpline@womensaid.org.uk)

Web: [www.nationaldomesticviolencehelpline.org.uk](http://www.nationaldomesticviolencehelpline.org.uk)

Web: [www.womensaid.org.uk](http://www.womensaid.org.uk)

#### NWG Network (Stop CSE):

Call: 01332 585371

Email: [jointhefight@stop-cse.org](mailto:jointhefight@stop-cse.org)

Web: [www.nwgnetwork.org](http://www.nwgnetwork.org)

#### FGM/HBV Helpline:

Call: 0800 028 3550 (24-hour free helpline)

Email: [fgmhelp@nspcc.org.uk](mailto:fgmhelp@nspcc.org.uk)

Web: [www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/female-genital-mutilation-fgm](http://www.nspcc.org.uk/preventing-abuse/child-abuse-and-neglect/female-genital-mutilation-fgm)

#### EACH:

EACH has a freephone Actionline for children experiencing  
homophobic bullying

Call: 0808 1000 143 (Monday to Friday 10am-5.00pm)

Web: <http://www.eachaction.org.uk/>