



HIGHSTED GRAMMAR SCHOOL

SAFEGUARDING NEWSLETTER

Issue 0014 April 2021

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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 2020, 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
Website: www.highsted.kent.sch.uk/safeguarding
Twitter: @SafeguardingHGS

Safeguarding Calendar

Oct 2020: Black History Month
Nov 2020: Anti-bullying Week
Jan 2021: Safeguarding Fortnight
Feb 2021: NSPCC Numbers Day
Feb 2021: Safer Internet Day
Feb 2021: Online Safeguarding Evening
Mar 2021: Eating Disorders Awareness Week
Mar 2021: Child Sexual Exploitation Awareness Day
May 2021: Mental Health Week
June 2021: LGBTQ History Month

NSPCC - Online safety for children: what parents need to know

The NSPCC have produced an article for the Telegraph newspaper setting out what parents need to know about online safety: <https://www.telegraph.co.uk/family/child-safety/internet-dangers-tips-parents/>

The article includes information about grooming, social media, online gaming, messaging apps cyber bullying and how to find advice. The article includes a useful video where a young person describes how they were groomed online.

Signs of depression or anxiety in children

Knowing how to talk to your child about their mental health, or recognising the signs that they might be struggling, can be hard. Signs of depression or anxiety in children can sometimes look like normal behaviour, particularly in teenagers who can keep their feelings to themselves.

It is also natural for children or young people to feel stressed or anxious about things like exams or moving to a new school. However, while these experiences can be very difficult, they are different from longer-term depression or anxiety, which affect how a child or young person feels every day.

It can help to think about what is normal for your child and if you have noticed signs that they have been behaving differently recently.

Signs of depression in children and teenagers can include:

- persistent low-mood or lack of motivation
- not enjoying things they used to like doing
- becoming withdrawn and spending less time with friends and family
- experiencing low self-esteem or feeling like they are 'worthless'
- feeling tearful or upset regularly
- changes in eating or sleeping habits

Signs of anxiety in children and teenagers can include:

- becoming socially withdrawn and avoiding spending times with friends or family
- feeling nervous or 'on edge' a lot of the time
- suffering panic attacks
- feeling tearful, upset or angry
- trouble sleeping and changes in eating habits.

Underage drinking: what is the law?

It is against the law:



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- for anyone to buy alcohol if they're under 18 years old
- for under 18 year olds to ask anyone else to buy alcohol for them
- to give a child alcohol if they are under 5 years old.
- It's legal:
- for over 18s to buy beer, wine or cider for 16 and 17 year olds if they're having a meal together in licensed premises, like a pub
- for 5 to 17 year olds to drink alcohol at home or other private premises.

Children are inquisitive, so it is likely they will ask you lots of questions. Nevertheless, talking about alcohol early can prevent your child binge drinking in their late teens.

It is better to have a few, brief conversations over time. Try not to lecture your child. Just saying it is bad and not for children will not stop those taking risks.

Speak openly and honestly together. If you are not sure how to start, take a look at our advice on talking about [difficult topics](#).

Drinkline

A confidential helpline for anyone concerned about drinking. Call them free Monday to Friday from 9am to 11pm on 0300 123 1110.

How to help children deal with divorce or separation

Separation may involve bad feelings between the parents and their families. Children can notice this, which may make them confused or unhappy – or even blame themselves for a break-up.

To support children during a separation and help them with their worries, you should:

- remind them that they're loved by both parents
- be honest when talking about it but keep in mind the child's age and understanding
- avoid blame and don't share any negative feelings the adults have about each other
- keep up routines such as going to school and specific meal times
- let them know they can talk about their feelings with you – explain that it's okay to be sad, confused or angry
- listen more than you speak – answering questions will help them to open up.

There are many ways to make it a bit less painful when talking to children about divorce or any other difficult subject...

Childline

Sometimes children find it hard to talk to someone in the family about their parents separating. Remind them they can always contact Childline by phoning 0800 1111 or having a 1-2-1 chat online.

Young people can also:

- contact Childline on 0800 1111 or via 1-2-1 chat on www.childline.org.uk. Childline will be open every day and night over the festive period.
- [get support](#) from other people their age in the online community via message-boards. They can also use expert resources to help them through any issues they are concerned about.
- visit the Childline's [Calm Zone](#) which been a great source of support for children and young people during the pandemic.

Free School Meals

Your child may be able to get free school meals if you get any of the following:

- Income Support
- income-based Jobseeker's Allowance
- income-related Employment and Support Allowance
- support under Part VI of the Immigration and Asylum Act 1999
- the guaranteed element of Pension Credit
- Child Tax Credit (provided you're not also entitled to Working Tax Credit and have an annual gross income of no more than £16,190)
- Working Tax Credit run-on - paid for 4 weeks after you stop qualifying for Working Tax Credit
- Universal Credit - if you apply on or after 1 April 2018 your household income must be less than £7,400 a year (after tax and not including any benefits you get)

Children who get paid these benefits directly, instead of through a parent or guardian, can also get free school meals. Your child may also get free school meals if you get any of these benefits and your child is both:

- younger than the [compulsory age for starting school](#)
- in full-time education

If your child is eligible for free school meals, they'll remain eligible until they finish the phase of schooling (primary or secondary) they're in on 31 March 2022.

To apply, please visit <https://www.gov.uk/apply-free-school-meals>

Kent Community Foundation Grants



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Please find a link for the Kent Community Foundation grants which are available to disadvantaged individuals and families in Kent that meet the criteria, along with details of how they can be nominated. The individual or family being nominated must be a resident of Kent or Medway and there must be a demonstrable financial disadvantage underlying the request (e.g. the family are reliant on benefits or out of work for whatever reason). <https://kentcf.org.uk/>

Useful Links

NSPCC:

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

Text: 88858

Email: help@nspcc.org.uk

Web: www.nspcc.org.uk

Samaritans:

Call: 116 123

Email: jo@samaritans.org

Web: www.samaritans.org

National Self-harm Network:

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

Web: www.selfharm.co.uk

Stop Hate Crime:

Call: 0800 138 1625 (24-hour helpline)

Web: www.stophateuk.org

Stop LGBTQ Hate Crime:

Call: 0808 801 0661 (24-hour helpline)

Web: www.stophateuk.org

National Domestic Violence Helpline/ Women's Aid:

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

Email: helpline@womensaid.org.uk

Web: www.nationaldomesticviolencehelpline.org.uk

Web: www.womensaid.org.uk

NWG Network (Stop CSE):

Call: 01332 585371

Email: jointhefight@stop-cse.org

Web: www.nwgnetwork.org

FGM/HBV Helpline:

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

Email: fgmhelp@nspcc.org.uk

Web: 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/>