



## Safeguarding Newsletter – February 2020

### 'Dead End' Road Safety

In an initiative funded by Safer Essex Road Partnership, Collingwood Learning have visited our academy this week to speak to our Year 11 students and raise awareness of the dangers on the roads for young driver and passengers.



We hope that following the presentation, our students feel they have been given the knowledge and skills to keep themselves and others safer on the road.

### The Six Principles of Safeguarding

- 1. Empowerment:** Ensuring people are supported and confident in making their own decisions and giving informed consent.
- 2. Protection:** Providing support and representation for those in greatest need.
- 3. Prevention:** It is crucial to try and take action before harm occurs, preventing neglect, harm or abuse is the primary objective.
- 4. Proportionality:** We must take a proportionate and least intrusive response to the issue presented.
- 5. Partnerships:** Forming partnerships with local communities can create solutions as they can assist in preventing and detecting abuse.
- 6. Accountability:** Being accountable and having complete transparency in delivering safeguarding practice.



### Children's Mental Health

Recognising the signs that a child may be struggling with their mental health can be really hard. We've got advice to help you support children who may be experiencing depression or anxiety and some ways in which to deal with this.

#### **Signs of depression:**

- Persistent low mood or lack of motivation
- Not enjoying things they used to like doing
- Becoming withdrawn and spending less time with friends or family
- Experiencing low self-esteem or feelings of worthlessness
- Feeling tearful or upset regularly
- Changes in eating or sleeping habits

#### **Signs of anxiety:**

- Becoming socially withdrawn and avoiding spending times with friends or family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

#### **How to help a child with anxiety or depression:**

Realising and acknowledging your child may be struggling with their mental health and experiencing anxiety or depression can be hard. Sometimes parents feel like it is their fault or want to know why their child is struggling with a mental health problem. The most important thing to do is to reassure your child and never judge them for how they are feeling.

#### **Ways to help a child who is struggling:**

- Letting them know you are there for them and are on their side.
- Try talking to them over text or on the phone if they don't feel able to talk in person.
- Being patient and staying calm and approachable, even if their behaviour upsets you.
- Recognising that their feelings are valid and letting them know it is okay for them to be honest about what it is like for them to feel this way.
- Thinking of healthy ways to cope you could do activities together, like yoga or breathing exercises.
- Encouraging them to talk to their GP, someone at school or Childline. Especially if they are struggling to talk at home.
- Take care of yourself and get help and support if you need to. Try not to blame yourself for what is happening and stay hopeful about your child's recovery.



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## County Lines – See the Signs

Please take a moment to watch this video from Essex Police regarding seeing the signs for children involved in County Lines and Gangs  
[www.seethesigns.org.uk](http://www.seethesigns.org.uk)



## Parent Forum Dates:

### County Lines:

**Wednesday 6<sup>th</sup> May 6pm – Hall**

We welcome all parents to attend a presentation from Mr Williams, outlining relevant and current issues and concerns our young people are facing nationally.

### Safeguarding/Online Safety:

**Wednesday 3<sup>rd</sup> June 6pm – Hall**

Mr Zweistra will be presenting on Safeguarding and Keeping Children Safe online.

We also run Parent Forum's on other topics, please see our website or [click here](#) for more information.

## Who to contact?

If you would like to contact outside agencies for advice, help or guidance, please contact one of the numbers below:

**First Contact Team (Social Care):** 01702 215007  
(Mon-Fri)

**Out of Hours Team (Social Care):** 0845 6061212  
(365 days)

**NSPCC Helpline:** 0800 800 5000

**Childline:** 0800 1111

**Police:** 999  
(Emergency) or 101 (Non-Emergency)

## Belfairs Designated Safeguarding Leads:



**Mrs Foster**  
Asst. Principal



**Mr Zweistra**  
Vice Principal



**Mr Evans**  
Asst. Principal



**Mrs Morenas**  
Asst. Principal

## Safer Internet Day

Safer Internet Day is a global campaign to promote the safe and responsible use of technology, which calls on young people, parents, carers, teachers, social workers, law enforcement, companies, policymakers, and wider, to join together in helping to create a better internet.

Using the internet safely and positively is a key message that we promote within the academy, and celebrating Safer Internet Day is a great opportunity for us to re-emphasise the online safety messages we deliver throughout the year.

Please visit [saferinternet.org.uk](http://saferinternet.org.uk) where you can find top tips, quizzes and films which can be used at home.



Some other resources which you may find helpful in supporting children online are:

- Advice for parents and carers from [Childnet](#)
- Tips, advice and guides for parents and carers from the [UK Safer Internet Centre](#)
- Guides on popular apps and games from [NetAware](#)
- Reviews and information about games, apps, TV shows and websites from [Common Sense Media](#)
- Help on using parental controls and privacy settings from [Internet Matters](#)
- Information and reporting of online grooming or abuse from [CEOP](#)

We are regularly educating our young people on the importance of safety online through assemblies and enrichment programmes at the academy.