



## Safeguarding Newsletter – April 2020

### Golden rules of staying safe online

**Due to the potential increase in children accessing social media during the lockdown period, parents should be reminded about the need to monitor their child's activity online. Please speak to your child about the 5 golden rules of staying safe online:**

1. Don't post any personal information online, like your address, email address or mobile number.
2. Think carefully before posting pictures or videos of yourself.
3. Keep your privacy settings as high as possible.
4. Never give out your passwords.
5. Don't befriend people you don't know.

### Belfairs Stay at Home Video

Our 'Stay at Home' video received nearly 2000 views on our Instagram site which is remarkable.

The poem was written by Miss Davies and presented by Mr Evans and even made its way on to the Evening Echo front page!



### School Nursing Service

The Director of Public Health for Southend Borough Council has put measures in place to support young people and families living in Southend.

During this time whilst education providers are closed, the School Nursing Service will continue to offer a duty service; a registered senior nurse will be available to answer any questions, queries or referrals via the telephone.

**The service can be accessed via the telephone on 01702 534843 or via email on: [sccg.southendpublichealthnurses@nhs.net](mailto:sccg.southendpublichealthnurses@nhs.net)**

### ChatHealth

Young people living in Southend can also access ChatHealth, which is a secure and confidential text messaging service for young people aged between 11 – 19 years. It allows young people to easily and anonymously get in touch with a School Nurse for advice and support.

**11-19 year olds can text 07520 649895** for advice regarding mental health, sexual health, bullying, drugs, alcohol, self-harm, relationships and smoking as well as queries in relation to Covid-19 or any other health issue.

The school nursing service will continue to provide support to vulnerable children, young people and their families and will work closely with social care and other partner agencies to ensure that health needs are identified and supported during this time.

Normal school nursing service will be resumed when school services resume or when recovery from this national emergency is underway and/or completed.



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### Covid-19 Information & Updates

We are regularly posting information and links on our dedicated page for Covid-19 [here](#).

For any queries please email us at [enquiries@belfairs.southend.sch.uk](mailto:enquiries@belfairs.southend.sch.uk)

### Follow us on social media:



@belfairsacademy

### 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:** 0808 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

*There is lots of fantastic information being shared online to support young people and their families, these links can also be found on our [Covid-19 page](#).*

### Mind – Looking after your wellbeing

Mind have posted extensive information on how to keep yourself safe and well during this time. The full information can be found [here](#).



### ParentInfo Coronavirus Advice

The website [parentinfo.org](http://parentinfo.org) have published a number of helpful articles to support families, we have included links to just a few of these articles below:

[‘Quaranteneed: Helping teenagers cope with lockdown’](#)

[Covid-19: Education questions answered](#)

[‘How to look after your families mental health when you are stuck indoors’](#)



### NSPCC Advice

Click on the images below to view these articles from NSPCC online.

