

SAFEGUARDING NEWSLETTER

Spring half-term one 2023/24

First of all, Happy New Year to all; we hope all families have had a restful break! It has been wonderful to welcome our students back to school following the holiday.

We are already well into the spring term, and whilst this is a short half-term, it is still packed with lots for the students to learn about and enjoy, such as Children's Mental Health Week, World Religion Day and LGBTQ History Month.

Below are some details about an exciting opportunity for parent/carers to attend an event about online safety, and how to access support if your child is a young carer.

Kind regards,

Ms Jones and the Keep Kids Safe team.

KEY NUMBERS

Anyone can contact the services below directly, regardless of whether you are a child, parent, carer or a member of staff. If you have a safeguarding concern, please ensure you pass it on: safeguarding is everyone's responsibility.

<p>01925 443322 (Option one, followed by option one)</p> <p>Warrington Multi-Agency Safeguarding Hub (MASH)</p> <p>For urgent safeguarding concerns about a child</p>	<p>01925 443322 (Option two)</p> <p>Out of Office Emergency Duty Team</p> <p>For urgent safeguarding concerns about a child outside of office hours</p>	<p>0808 800 5000</p> <p>NSPCC</p> <p>For adults who are worried about a child</p>
<p>0800 1111</p> <p>Childline</p> <p>For children who are worried about their own safety or need some advice</p>	<p>101</p> <p>Police Non-Emergency</p> <p>For reporting any crimes or concerns</p>	<p>999</p> <p>Emergency Services</p> <p>For anyone in immediate danger (including if you are worried about the immediate risk to a child)</p>

Online Safety Event for Parents/Carers

An online safety event is being held for parents/carers at Sir Thomas Boteler Church of England High School on Tuesday 30th January, and they have extended this invitation to parents/carers of all students across TCAT schools. The event is being delivered by PC Andrew Kevan, who has valuable insights into the online world and how our children are using the internet. Please see below for the official invitation and the booking link:

A night with PC Andrew Kevan – Tuesday 30th January 17.30pm at Sir Thomas Boteler Church of England High School (in the main school hall)

Welcoming all parents/carers to basically a 'no nonsense', frank look at what happens when children are given unfiltered access to the internet/social media platforms without strict guidelines and parental support. The presentation is supported by current legislation and statistics from convictions and child computer usage.

This is a full-on input, that pulls no punches. The input follows PC Andrew Kevan's investigation of Lloyd, a 14-year-old boy who he arrested for indecent images and cyber bullying of students in his own school. The input shows the investigation, how social media works, and how data is stored and captured indefinitely. He covers mindsets of the adolescent, and includes some psychology as to why children behave as they do online. He will close with how the students can find support, and what actions they can take to protect themselves.

PC Andrew Kevan has been completing his 1-hour 'Cyber Protect' input to schools in Cheshire during the last 12 months and has engaged with several thousand students from the age of 10 years old upwards.

We are pleased to inform you that Andrew is now available to deliver a session for our Parents/Carers, which is not to be missed. With the ever-evolving world of social media, this evening will offer parents/carers the advice and guidance on how to get help if it is ever needed.

[Booking link - book your place now!](#)

Young Carers – Warrington Carers Hub

A young carer is someone under the age of 25 who provides care to a relative who may not be able to manage without their support. A new service for carers has recently launched, which provides support for children who may be classed as young carers. If you believe your child may meet the criteria to be classed as a young carer, please visit their [website](#) to see what additional support may be available to them.

All students have had assemblies this half term about what being a young carer entails, and the additional challenges they may face. There is more information about Warrington Carers Hub at the end of this newsletter.



Children's Mental Health Week

Children's Mental Health Week will take place from 5th-11th February 2024. The theme this year is 'My Voice Matters'. Below is the official statement from Place2Be who lead the initiative:

'My Voice Matters' is about empowering children and young people by providing them with the tools they need to express themselves.

When we feel empowered, there's a positive impact on our wellbeing. Children who feel that their voices are heard and can make a difference have a greater sense of community and self-esteem. This year, we want children of all ages, backgrounds and abilities to be empowered to work together to create a positive change for their mental health and wellbeing.

During Children's Mental Health Week, we want all children and young people to be able to say – and believe – "My Voice Matters." 'My Voice Matters' is about empowering children and young people by providing them with the tools they need to express themselves.

In school, all year groups will have assemblies about how they can make their voice heard, as well as tips on how to look after their mental health. Place2Be have provided the following tips:

- Don't keep it all to yourself and spend too much time in your own head. This can sometimes make it keep piling up, and make you feel worse.
- Talk to someone you trust and feel comfortable with– a teacher, parent, sibling, cousin, friend... if you can't think of anyone and need to talk, try talking to someone like Shout by texting SHOUT to 85258 for free.
- Write your thoughts and feelings down.
- Don't dismiss your feelings because you think they aren't valid. Everything you feel is valid and important to you.
- Focus on the good parts of your life and doing what you love, rather than the negative.
- If you feel like harming yourself then tell someone you trust and distract yourself in the meanwhile.
- Do something you enjoy to help you relax and have a break – watch a film, play a game, watch your favourite YouTuber, listen to music.
- Be your own best friend because at the end of the day, you're stuck with you – so look after yourself!
- Remember that you're not alone, even if it sometimes feels like you are.

If you would like to discuss support for your child's mental health, please contact the school and talk to any member of the Keep Kids Safe team.

We hope you have found this newsletter useful. For further safeguarding information, please visit the school website:
<https://padgateacademy.co.uk/safeguarding>





Warrington Carers Hub

Do you have a family member,
friend or neighbour who cannot
manage without your support?
Then we may be able to help you



Get in touch

Opening Times: Monday - Friday 9.00am - 5.00pm

Telephone: 0300 303 0623 (calls charged at local rate)

Email: enquiries@warringtoncarershub.org.uk

Website: www.warringtoncarershub.org.uk

Address: Freepost Warrington Carers Hub

Follow us on Facebook: facebook.com/WarringtonCarersHub



Supporting those that care

n|compass
towards a *brighter* future

NHS

WARRINGTON
Borough Council

Finding support for your mental health



Mersey Care
NHS Foundation Trust



Bespoke support for LGBT+ young people and their adults
theproudtrust.org



Online mental wellbeing community for free, safe, anonymous support
kooth.com



here for you 24/7
giveusashout.org



Whatever you're going through 24 hours a day, 365 days a year
samaritans.org | 116 123



Online, on the phone, anytime
childline.org.uk | 0800 1111



Essential support for under 25s
Free information and support for under 25s in the UK
themix.org.uk



Giving hope to grieving children
Helping young people navigate grief
winstonswish.org



Helping you focus on staying safe from suicide
[papyrus-uk.org/](http://papyrus-uk.org)
papyrus-hopeline247



Discrete emotional wellbeing drop-in service for young people aged 7-19 (25 if additional needs)
warringtonyouthzone.org/youth-in-mind



Teenager and Gender Sexuality Youth Support group
warrington.gov.uk/youth-service



Youth group for young people aged 13-18 who self-identify as Black, Asian or other ethnic minority
warrington.gov.uk/youth-service



A referral can be made to Warrington CYPMHS or schools can have a consultation with the Mental Health Support Team



Do you need urgent help with your mental health?
Call our 24/7 mental health crisis line FREE

0800 051 3253 if you live in Wigan
0800 051 1508 if you live in Halton, Knowsley, St Helens and Warrington