

The Appleton School



Safeguarding Newsletter – Issue 8 (December 2024)

Welcome to the latest edition of our Newsletter from The Appleton School Safeguarding Team. The aim, as always, is to bring you all the latest, relevant help and advice on issues we feel are of importance. In this issue, we focus on the updates to the Keeping Children Safe in Education (KCSiE) 2024 document, FGM, local support groups and workshops, and online safety. We will also provide another brief reminder of the dangers of 'edibles' together with helpful support and advice on aspects of mental health.

Have a safe and restful Christmas holiday!



Mrs Cox
Headteacher



Mr Stockdale
Assistant Headteacher
Designated Safeguarding Lead



Miss Green
Deputy Designated
Safeguarding Lead



Mrs Whitehead
Deputy Designated
Safeguarding Lead



Mrs Salisbury
Deputy Designated
Safeguarding Lead



Miss Wright
Deputy Designated
Safeguarding Lead



Mrs Jones
Deputy Designated
Safeguarding Lead

Keeping Children Safe in Education

We want to keep you informed about important updates regarding child safety in our school. The latest edition of "Keeping Children Safe in Education" (KCSiE 2024) includes several changes designed to strengthen safeguarding practices.

Key highlights include:

Early Intervention: The guidance stresses the importance of identifying and addressing safeguarding concerns as soon as they arise. This means staff will be more vigilant in noticing any signs that a child may need support.

Mental Health Focus: There's an increased emphasis on supporting students' emotional well-being. Schools are encouraged to provide resources and assistance for mental health, ensuring our children feel safe and supported.

Clearer Protocols: The updated guidance provides clearer procedures for handling allegations against staff, ensuring transparency and accountability.

Together, we can create a safe and nurturing environment for all students. For more detailed information, please refer to the full KCSiE 2024 document available on <https://www.gov.uk/government/publications/keeping-children-safe-in-education--2>

EDIBLES – URGENT REMINDER

An important reminder on the dangers of 'Edibles', especially with the summer holiday approaching. Please be vigilant with any packages that may be delivered to home, or empty wrappers found in bags or clothing. Unfortunately, Edibles can easily be obtained off the internet in often very similar packaging to that of sweets that are safe and regularly sold in a wide range of shops.

What are Edibles?

Edibles is the term used to refer to any type of food products that contain cannabis (THC). Cannabis can be infused in chocolates, gummies, crisps and even juices and other drinks! While these products are usually marketed towards adults, they pose a particular concern, as they are both visually appealing, and taste good to children and adolescents.

What can happen if my child eats an Edible?

Often with Edibles there is sometimes no 'immediate' feeling of the THC impact. This can lead to people then eating more and effectively, over-dosing'. If your child consumes a product containing THC, they may develop symptoms such as:

- Excessive sleepiness
- Fast heart rate
- Difficulty breathing
- Feelings of anxiety, panic or paranoia
- Nausea or vomiting
- Dizziness or weakness
- Poor co-ordination
- Seizures or coma (in rare cases)



For lots of helpful advice or raising concerns about a child or friend, please click the link below which will take you to the Talk to Frank website:

[TALK TO FRANK - EDIBLES](#)

Remember, in an emergency call 999 – **PLEASE BE VIGILANT**

Female Genital Mutilation: Recognising and Preventing FGM

A recent study revealed that 137,000 women in England and Wales are estimated to be living with the consequences of FGM. To address this issue, the Home Office is championing a proactive approach and has launched this free online FGM training package.

Throughout this course, we follow a young girl named Hope as she encounters the key issues relating to FGM and we see how they affect her throughout her life. The training will help a wide range of professionals to identify and assist girls who are at risk of FGM.

<https://www.virtual-college.co.uk/resources/free-courses/recognising-and-preventing-fgm>



SUPPORT FOR CHILDREN AND FAMILIES

HOLIDAY ACTIVITIES AND FOOD PROGRAMME

The Holiday Activities and Food programme (HAF) provides healthy food and enriching activities to children and young people, with free places available for those who receive free school meals. It's available during Summer, Easter, and Christmas school holidays.

School holidays can be a particularly difficult time for some families. This free holiday club programme helps children to enjoy active and healthy school holidays, where they can experience new activities, meet friends, and eat healthy meals.

For information, please contact your local council.

[Find out more here](#)

CHILDCARE OFFERS FOR PARENTS

The Childcare Choices campaign aims to raise awareness and understanding of the support available from the government with the costs of childcare.

With school holidays upon us, it is more important than ever that parents and carers are able to access the financial support they qualify. You could be entitled to:

- Up to £2,000 a year of Tax-Free Childcare per child.
- Help with up to 85% of their childcare costs for children up to 16 with Universal Credit.
- 30 hours of free childcare for 3 to 4 year olds.

For more information, please see below:

<https://www.childcarechoices.gov.uk/>

HELPING LOCAL PEOPLE IN CRISIS

FOOD BANKS IN CASTLE POINT

Contact the Council

Phone: 01268 882200

Email:

info@castlepoint.gov.uk

Council Opening Times:

Monday-Thursday: 08:45 - 17:15

Friday: 08:45 - 16:45

[FOOD BANKS IN CASTLE POINT](#)

Find your nearest foodbank online:

- [Find a Foodbank | Trussel Trust](#)
- [Contact Us | CAVS](#)

Southend Foodbank

We provide emergency food and practical support to people in their hardest moments. We also work with partners and local communities to ensure everyone gets the right help long before they need a food bank.



Get emergency food

If you need help, we can provide an emergency food parcel.

[Find out more](#)

<https://southend.foodbank.org.uk/>

INTRODUCTION TO NHS TALKING THERAPIES

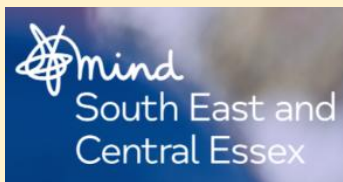
Talking therapies are effective and confidential treatments delivered by fully trained and accredited NHS practitioners.

They can help with common mental health problems like stress, anxiety and depression.

You can access talking therapies for free on the NHS. You can refer yourself directly to an NHS Talking Therapies service without a referral from a GP, or a GP can refer you.

<https://www.nhs.uk/service-search/mental-health/find-an-NHS-talking-therapies-service/>

WELLBEING SUPPORT



With people spending an average of 4.8 hours a day on their mobile phones, many of us could benefit from a digital detox. If used properly (such as listening to relaxing podcasts, staying in touch with our friends and using health apps) our phones can boost our mental health, but the constant connectivity can instead often be an additional source of stress.

Please click the link below for more information:

[MIND - DIGITAL MENTAL WELLBEING](#)



Children and Young People Services

Ever struggled to make sense of your feelings or emotions?
Or do you feel overwhelmed or anxious and want to explore why you feel this way and what you can do to change it?

We offer a range of reasonably priced services for people who are 5+, this includes support to manage your wellbeing as well as specialist counselling services.

[Find out more](#)



Counselling Services

We know how difficult it can be to cope with life challenges.

Our Counselling Services offer a safe and confidential place to help people have their thoughts heard in sensitive and non-judgemental way.

We offer counselling as well as psychotherapy with qualified and experienced counsellors.

[Find out more](#)

Contact Us

We would love to hear from you!

Please contact us by email —

General Enquiries: hello@secemind.org.uk

Fundraising: fundraising@secemind.org.uk

Training: mht@secemind.org.uk

Media: media@secemind.org.uk

Tel: [01702 601123](tel:01702601123)

Follow us on social media:



OUT WITH STRANGER DANGER IN WITH CLEVER NEVER GOES



TEACH THE CLEVER OPTION AT HOME

CLEVER NEVER GOES is the new, child-friendly lesson that teaches children how to stay safe from abduction when they are outside (e.g. walking to or from school), or online.

It's been created to help parents/guardians talk to their children about staying safe in a simple way.

Instead of creating a fear of people it teaches them to recognise the danger in a situation, regardless of who's involved.

THE RULE:

If anyone asks you to go - even someone that you know - if it hasn't been agreed, remember: CLEVER NEVER GOES



The **CLEVER NEVER GOES** rule means children shouldn't go anywhere with anyone - even if they know them - if it hasn't been agreed in advance by a parent or guardian.

And please remember, children learn through repetition so make sure you remind them regularly of **CLEVER NEVER GOES** when they're going outside or online.

For more information, ideas and resources to have that clever conversation go to: clevernevergoes.org

WHY CHANGE?

Since it was introduced in the 1970's, the 'stranger danger' message has been fundamentally flawed.

Most strangers will help rather than harm a child, and many people that do pose a risk to children are not strangers.

Furthermore, it demands that all strangers should be treated with suspicion, which breeds fear in our communities. This has led to children spending less time outdoors, fuelling a rise in obesity and mental health problems.

Add to this, children are spending more time online, increasing their risk of being groomed. Now is the time for a new approach that creates safer, happier and healthier children.

Backed by more than 1,000 schools across the UK, **CLEVER NEVER GOES** is more practical than stranger danger and gives children the skills and confidence to safely explore their outdoor and online worlds without fear. And gives parents the reassurance to let them.

clever never goes



**POLICE & CRIME
COMMISSIONER**

Serving
Hampshire
Isle of Wight
Portsmouth
Southampton

This leaflet has been brought to you by the charity Action Against Abduction (registered no. 1081904) with the support of the Police and Crime Commissioner for Hampshire.

Vaping Info and Support

Teachers are concerned about the ever-growing trend amongst young people: "A recent survey of 3,000 found half have caught a pupil vaping in school in the last year, and one in five teachers said they had caught a pupil as young as 11 with a vape," says the BBC.

Chief Executive of charity ASH – Deborah Arnott believes more needs to be done by social media platforms to stop glamorizing the use of vapes saying it is "completely inappropriate" and calling for them to take responsibility and "turn off the tap."

For more information from this article see:

<https://www.speedmedical.com/news/posts/vaping-a-growing-concern-in-secondary-school-aged-children>

If you are worried about your child vaping, the Essex Child and Family Wellbeing Service or your GP will be able to refer you on to cessation support. For more information see:

<https://essexwellbeingservice.co.uk/articles/vaping-in-young-people-information-and-advice/>

County Lines Parents Info

County Lines is when gangs and organized crime groups exploit children to transport and sell drugs, carry weapons or to transfer money, traditionally between big cities/towns or across county boundaries. More recently this is seen locally within boroughs or even streets.

The children have dedicated mobile phone 'lines' for taking orders for drugs; children are used as they are less likely to be stopped by police, allowing adult dealers to avoid the risk of arrest.

County lines is a form of criminal exploitation; this occurs where a person or a group of people takes advantage of their contact with and influence over a young person to coerce or manipulate them into carrying out a criminal act.

There is an excellent parental resource available through Camden Safeguarding Children Partnership:

<https://cscp.org.uk/resources/child-sexual-exploitation-resources/>

ARE YOUR CONTACT DETAILS UP TO DATE?

It is vitally important that if you change your home phone/email/mobile number/address, that you immediately let the school know, so that we have the most up-to-date contact details.

Thank you!

Who to contact if you have a concern about a child

If you are worried about a child's safety please do not hesitate to contact any of the Designated Safeguarding Leads straight away.

They can be contacted via the school office (safeguarding@theappletonschool.org), or by telephone on 01268 794215.

The school also has an online reporting mechanism which can be found on the school website:



NEVER ACCEPTABLE

Please note that this service is accessible 24hrs. Any report will be actioned Monday-Fridays 7am-6pm during the school term. In the case of an emergency, please ring 999 or the other contacts provided on our safeguarding pages.

The Appleton School

If you have any concerns about the safety and/or welfare of a child or young person, telephone the Children and Families Hub on **0345 603 7627** (Mon-Thurs 8:45am-5.15pm, Fri 8.45am-4.30pm) or outside these hours on **0345 606 1212**.

If a child is in immediate danger, call the **Police** immediately on **999**