

16th June 2020

Safeguarding Newsletter **Term 6**

Where are the children going?

We have seen a slight reduction in the government lockdown measures in the last few weeks. I understand that the children by enlarge, have done a fantastic job of obeying the rules and staying in. As things slowly start to relax:

- It is important that our children know that they still need to demonstrate good hand washing hygiene, as this is still being widely reported as one of the best ways of reducing the risk of catching the virus.
- They also need to ensure they socially distance from anyone who is not a member of their household. This means staying at least two metres apart as this reduces the chance of catching the virus.
- They need to meet members of a different household outside only and in groups of no more than 6 people. Social distancing still needs to be observed at all times.

Pupils should not be gathering in large groups in public places such as parks, sports fields and other open spaces. Parents, please ensure you know where your children are at all times and if you are allowing them a little more freedom, please ensure they are behaving responsibly in the community.

Healthy & unhealthy relationships

Children form bonds with others at all stages of their development. Forming healthy, positive relationships helps children and young people feel safe and supported as they grow up.

However, being in an unhealthy relationship negatively affects a young person's wellbeing. They may feel anxious and nervous or not free to make their own decisions. They may suffer from low self-esteem and depression, experience headaches or have other ongoing physical health symptoms.

Signs of healthy relationships

A healthy relationship is one where a young person is respected and feels valued for who they are. It's where they can openly share their thoughts and feelings and feel supported and encouraged.

Healthy relationships include:

- good communication
- mutual respect
- trust
- honesty
- equality
- being yourself.

In a healthy relationship a person is free to make choices about their own behaviour and is not controlled or coerced into doing anything

Signs of unhealthy relationships

An unhealthy relationship is one where a child is not being treated with respect. They may be forced or coerced into doing things they aren't comfortable with, be made to behave in a certain way, or be made to feel they aren't good enough. Young people may not always realise when they are in an unhealthy relationship, it is important that adults are able to recognise the signs.

A young person may:

- lack close relationships other than with one particular person

- be isolated from friends and family
- be prevented from working or going to school/college/university
- have their money taken away or controlled
- have access to food, drinks and day-to-day items restricted
- have their time controlled or heavily monitored
- have their social media accounts controlled or heavily monitored
- be told what to wear
- feel pressured to do things they are not comfortable with
- be put down or criticized
- experience threats of violence if they don't behave a certain way
- experience threats to loved ones or pets
- be threatened with damage to their personal property

Kidscape – Help with bullying

Congratulations to our year 12 students that have recently been trained in mentoring by Kidscape. Our Peer mentoring scheme will reconvene next academic year as our Sixth Form Mentors continue to support their peers in key stage 3 and key stage 4



Useful sites for guidance and advice

- **Thinkuknow** - <https://www.thinkuknow.co.uk/>
- **NSPCC** - <https://www.nspcc.org.uk/keeping-children-safe/online-safety/>
- **Childline** - <https://www.childline.org.uk/>
- **Internetmatters** - <https://www.internetmatters.org/>
- **Bucks Family information service** - <https://www.bucksfamilyinfo.org/kb5/buckinghamshire/fsd/home.page>
- **UK safer internet Centre** - <https://www.saferinternet.org.uk/>



SAFEGUARDING



Should you have any concerns / issues regarding **SAFEGUARDING**, you can talk to the following **DESIGNATED SAFE GUARDING LEAD(S)** in the school.



MR J ROOPRA
(LEAD)



MR J WILLIAMS
(DEPUTY)



MISS N TIMOTHEOU
(DEPUTY)



MR A KILBANE
(DEPUTY)



MRS A KAUR
(DEPUTY)



MRS S WILSON
(DEPUTY)



MRS S JACKSON
(SAFEGUARDING TRUSTEE)



NSPCC
CHILDLINE
SIKH HELPLINE



0800 1111



0845 644 0704
07999 00 4363



KIDSCAPE
preventing bullying
protecting children



Call **SAMARITANS**
No names. No pressure. No judgement.
We're here for you. Any time.
08457 90 90 90
www.samaritans.org

0808 800 5000

0800 11 11
08456 440 704
07990 00 4363

KIDSCAPE BULLYING HELPLINE
SAMARITANS

0845 1205 204
0845 790 9090

Best Wishes,
Mr J Roopra
Assistant Headteacher
Designated Safeguarding Lead