



SAFEGUARDING NEWSLETTER

Our Designated Safeguarding Leads

Ruth Wilkes - Federation Principal - Designated Safeguarding Lead

Kat Edwards - Deputy Headteacher - primary

Beverley McWilliams - (Secondary)
Designated Safeguarding Lead

Sara Cain - Family & Pupil Support Coordinator -
Deputy Designated Safeguarding Lead (Primary)

Matt Cleaver - Inclusion Lead and
Designated Safeguarding Lead (Primary)

Suzaan Jenkinson - Safeguarding Governor

Pupil and Family Team members

Primary - Sara Cain - Pupil and Family Support
Coordinator
Inclusion and Well Being Support
Workers: Esin Eskici and Rebecca Eyre

Secondary – Celia Holmes – Pupil and Family
Support Lead

Fudge Togara – Pastoral Support Worker,

Luke Wesley (Chef) Intervention Teacher
and Instructor

Sabina Garselis - Pupil and Family Welfare
Administrator

Dear Parents and Carers,

Welcome to our fourth edition of the Castle Newnham School Safeguarding Newsletter.

The summer holiday is here and with the predicted good weather and the six week break for our students, we hope that they will have an enjoyable and safe summer.

The aim of this newsletter is to keep you up to date with the latest news, a resource for relevant help and advice on issues we feel will be of importance to you.



At Castle Newnham we are working in partnership with Bedford Borough Council and Bedfordshire Police to identify and provide appropriate support to pupils who have experienced domestic abuse in their household; nationally and locally. This scheme is called Operation Encompass.

In order to achieve this, the police will share information with the Nominated Single Point of Contact of all domestic incidents where one of the pupils in school has been affected. On receipt of any information, the Nominated SPOC will decide on the appropriate support the child requires.

All information sharing and resulting actions will be undertaken in accordance with the 'Operation Encompass guidance for schools'. The information will be recorded and stored in accordance with the school's record keeping procedures.

For further information please see the Operation Encompass www.operationencompass.org/about-us

Sharing holiday pictures

Some children may want to share photos and videos of what they are getting up to in their summer holidays online please. Please talk to your children about what types of photos are appropriate to share, and who they are okay to share with. Photos can hold clues that give away personal information. For example, if you share a selfie with friends, are there any landmarks or street signs that give away your location?

This is true for photos you might share of your children too! It's always worth asking children if they are happy with an image you want to share online. Our Safer Internet Day research found that 2 in 5 (40%) of 8-17s said that in the last year their parents or carers have posted a photo of them that embarrassed them, rising from 34% of 8 -12s to 46% of 13 -17s.

Internet Matters

Internet Matters have some useful resources to help parents and carers to talk with their children about their online friendships:

- Watch Red and Murphy talk to Freddie and Alisha about asking before they watch videos online
- Read Digiduck's Big Decision and help educate children aged 3 – 7 about how to be a good friend online
- Take the 'Be the change' quiz and help 8 – 13 year olds to explore how children and young people share images and videos online
- Have an adventure with Kara, Winston and the SMART Crew and help them to make SMART online decisions.



WATER SAFETY

With the prospect of hot weather children and families will venture outside to the seaside or local swimming pool; however, there are potential risks. 'An average of 312 UK and Irish Citizens lose their life to accidental drowning every year and many more have non-fatal experiences, sometimes suffering life-changing injuries.'

www.rlss.org.uk/Pages/Category/water-safety-information

The Bedfordshire Fire and Rescue Service, have produced a letter to parents and carers on the subject of 'water safety', which provides advice and guidance to parents. Please see Parentmail to read the letter.

VAPES

Also called e-cigarettes, e-cigs, e- hookah, e-liquids, puff bars, vape pens vape pods and vape sticks



In the UK, vapes (e-cigarettes) are regulated as consumer products that can be legally sold to anyone over the age of 18. The government encourages adult smokers to switch to vapes as they are substantially less harmful than smoking. However, vapes should not be used by people under the age of 18 (children).

www.gov.uk/government/consultations/youth-vaping-call-for-evidence/youth-vaping-call-for-evidence

Vapes are electronic devices designed to allow people to inhale nicotine in a vapour. Using a vape is known as vaping.

Vapes (E-cigarettes) heat a liquid until it becomes a vapour, which is inhaled. The liquid (e-liquid or “vape juice”) can contain nicotine or marijuana distillate or oil. E-cigarettes can be refillable or pre-filled with cartridges containing the e-liquid. The pre-filled e-cigarettes (called “Puff Bars”) are designed for one-time use. After taking a certain number of “puffs,” the user throws the device away.

www.wypartnership.co.uk/application/files/7616/7888/2607/NEW2_Vaping_and_e-cigs_-_the_facts_for_parents_and_carers_leaflet_print.pdf

Children are at a greater risk of exploitation this summer

A study completed by Barnardo's in June 2023, found that children are at a greater risk of exploitation this summer and this is due to the ongoing impact of the cost-of-living-crisis. The parents and carers survey said that they would struggle to afford: family holidays and days out, activities like childcare, holiday clubs, and some parents won't be able to afford time off work to spend with their children.

Some of the children surveyed were worried about dangers during school holidays. 'One in 10 children (11%) said they worry about not having anywhere safe to go in their neighbourhood this summer, while 10% said they worry about bumping into criminal gangs in their area over the holidays.'

www.barnardos.org.uk/news/barnardos-warns-children-are-greater-risk-exploitation-summer

www.nspcc.org.uk/what-is-child-abuse/types-of-abuse/child-sexual-exploitation/

Help with the cost of living - Bedford Borough Council Cost of living

www.bedford.gov.uk/benefits-and-support/grants-and-funding/help-cost-living



‘Nude selfies’ - partially clothed photos

The National Crime Agency has launched a campaign for parents/carers, which is due to an increase in young people sharing nude selfies.

Child Exploitation and Online Protection (CEOP) have created a series of short animations entitled ‘Nude selfies, to give parents/carers the tools to deal with these issues and reduce the dangers of sexting: What parents and carers need to know’. The new ‘Thinkuknow’ films provide information and advice for parents and carers: The four films are available to watch free online and cover the following issues:

- Film 1: Helps parents and carers understand the reasons why young people create and share nude or nearly nude images.
- Film 2: Helps parents and carers learn about effective strategies for talking to your child about nude or nearly nude images.
- Film 3: Helps parents and carers understand how to respond if your child discloses that they have shared nude or nearly nude images by risk assessing the different contexts in which images may be shared.
- Film 4: Helps parents and carers learn about how to get help and support if your child shares nude or nearly nude images.

The law says that creating or sharing sexual images or videos of a child under 18 is illegal, even if the person sharing is a child. This includes:

- sending sexual messages to a child
- a child taking an explicit photo or video of themselves or a friend
- sharing an explicit image or video of a child, even if it’s shared between children of the same age
- having, downloading or storing an explicit image or video of a child, even if the child gave their permission for it to be taken
- sharing an explicit image or video of a child is illegal, even if it’s shared between children of the same age. ‘Sharenting’ - or adults sharing a photo of a child to raise awareness is also illegal.

Whilst it’s illegal for anyone to exchange nude or semi-nude imagery of a child, the legislation is there to protect children from abuse. If an incident involving a young person sharing a nude is reported to the police, it is very unlikely it will result in the child being prosecuted.

www.nspcc.org.uk/keeping-children-safe/online-safety/sexting-sending-nudes/

Digital Wellbeing Hub

SWGfL (Safety and Security Online Charity) has a superb Digital Wellbeing hub if you're looking for guidance or tools to support your child with their online wellbeing. Digital wellbeing can relate to how the use of digital technology including personal devices, social media and other apps can affect an individual's life. It can be affected by many things, such as how long we spend on devices, how we behave online, how we interact with others, how others interact with us, what we expose ourselves to, what we're influenced by and how we use technology to achieve desired outcomes. Much like general wellbeing, it can contribute to other areas such as our overall physical and mental health.

https://swgfl.org.uk/topics/digitalwellbeing/?utm_source=newsletter&utm_medium=email&utm_campaign=May+2023+Newsletter

Supporting Young Girls' Wellbeing.

The social media world of fast-scrolling, instant connections and perfection can have a detrimental effect on wellbeing. It is important that parents have the knowledge and confidence to talk to their children and as such Internet Matters have put together a guide for parents. Although the guide is titled to support young girls aged 9-10, there is good advice for boys and girls of any age.

www.internetmatters.org/advice/6-10/supporting-9-10-year-old-girls-digital-wellbeing/



Resources for Support or Advice

Self-harm

NHS Direct – call 111

<http://selfharm.co.uk/>

www.nspcc.org.uk/preventing-abuse/keeping-children-safw/self-harm/

Calm Harm - App

Anxiety

www.ypungminds.org.uk/for_parents/worried_about_your_child/anxiety

www.anxietyuk.org.uk/

Aquarius

Support Service for support anyone under 18 in Bedfordshire who is affected by substance misuse. <https://aquarius.org.uk/our-services/young-peoples-services/bedfordshire-yp/>

Chat Health – 07507331450

‘Is this ok?’ isthisok.org.uk

Young Carers & Young Adult Carers –

www.carersinbedford.org.uk – 0300 1111919

Online Safety

Child exploitation and online protection – advice and how to report:

www.ceop.police.uk/Safety-Centre/How-can-CEOP-help-me-YP/HOW-can-CEOP-help-me-parent/

NSPCC

guidance for leaving your child home alone or out alone:

Leaving Your Child Home Alone - Advice | NSPCC

<https://learning.nspcc.org.uk/research-resources/leaflets/home-or-out-alone-guide>

Bullying

Bullying UK – www.bullying.co.uk

Online safety - www.nationalonlinesafety.com

[Chat Health](#) is a secure and confidential text messaging service, which allows children and young people to easily and anonymously get

in touch with a health professional to ask health related questions they might have including mental health, drugs, relationships, healthy eating and much more.

A member of the school nursing team will be there to answer text messages from 9am to 4.30pm, Monday to Friday (except bank holidays). TEXT 07507 331450

[The Parentline](#) text messaging service is for all parents of children 0-19 years and is a secure and confidential text service. It offers advice and support on a range of issues including mental health & wellbeing. TEXT 07507 331456

Emotional wellbeing/ mental health crisis

A Young Person’s Sanctuary in Luton can provide friendly, face-to-face mental health crisis support for young people aged 14-17.

www.elft.nhs.uk/news/launch-first-young-persons-sanctuary-luton

Mind - BLMK

BLMK with CAMHS (NHS ELFT) have introduced the Young Person’s Sanctuary to Bedford, a service available 7-days a week, 365 days a year to support young people aged 14 – 17 who are struggling with their mental health or experiencing a mental health crisis. The service is open: 5.00 pm – 10.00pm, (Monday – Friday) and 4.00pm – 10.00pm (Saturday & Sunday),

It is entirely free to access, and young people do not need to be known to mental health services. It is drop-in only and no appointment required.

Location: CAMHS building, 5-7 Rush Court, Bedford, MK40 3JT,

Self-harm

NHS Direct – call 111

<http://selfharm.co.uk/>

www.nspcc.org.uk/preventing-abuse/keeping-children-safw/self-harm/

Calm Harm - App

Chat Health – 07507331450

‘Is this ok?’ isthisok.org.uk

**If you have a safeguarding concern about a child/children,
please follow one of these procedures:**

If you think you or the child is in immediate danger and needs urgent help,
please call the police on 999.

If you are concerned that a child is at risk, please either contact the school on:
01234 303403/01234 300800

Email: Safeguarding@castlenewnham.school

Or contact the Local Authority- Bedford Borough Council:

Integrated Front Door (Formerly MASH)

01234 718700 - During Office Hours: Monday to Thursday

8:45am to 5:20 pm, Friday 8:45 to 4:20 pm.

Out of hours available at all other times or 0300 300 8123

www.bedford.gov.uk/

Useful Safeguarding Acronyms and Vocabulary

DSL: Designated Safeguarding Lead

IFD: Integrated Front Door (Formerly MASH – Multi-Agency Safeguarding Hub)

CP: Child Protection

CIN – Child in Need

CEOP: Child Exploitation and On-Line Protection Centre

KCISE: Keeping Children Safe in Education

Prevent: Part of the Government's Counter-Terrorism Strategy to stop people
being drawn into extremism

CAMHS: Child and Adolescent Mental Health Service

SEND: Special Educational Needs and Disabilities