



11 January 2021

Dear Parent/Carer

Thank you for your support in what is a challenging time for everybody. We know that another lockdown is going to be hard on students and families for a variety of reasons, and our experiences of lockdown are all very different. Our school and family lives will change again, and it may be that we need additional help or support, and so attached is a range of advice and website links for Safe Online Working, Wellbeing and Safeguarding which may be of use to you.

Safe Online Working

Safe online working is now especially important as we will be spending much more time online than before. As a parent or carer, you can help to keep your children safe by **talking to them about their internet use, teaching them about online dangers, and learning everything you can about the internet** so you can make informed decisions. To support you in this, there are some useful safety guides from the National Online Safety Centre, which are helpful in giving information about popular social media and gaming sites, and also the risks to be aware of: <https://nationalonlinesafety.com/guides>

Safeguarding, Advice and Support

You will also find attached a list of useful website links and telephone numbers to support our young people and our families with safeguarding, wellbeing and advice.

Pastoral Support

On each year group's Google Classroom, your child will find a range of daily information and resources, with optional House competitions and activities for students to take part in, if they wish. Over the next two weeks, your child will be contacted by a member of our pastoral team or their form tutor, who will speak to them and offer advice and support on Online Learning and Wellbeing.

There are also some fantastic Apps which students can download to help them with their wellbeing:

- <https://www.childline.org.uk/>
- <https://youngminds.org.uk/>
- <https://www.kooth.com/>
- <https://www.nhs.uk/apps-library/thinkninja/>

In addition, The Happy News have released some free downloadable well-being resource packs for children (and adults), focussing on all things positive in the world: <https://thehappynewspaper.com/product-category/education/>

If you feel there is anything we can do to offer additional support, please do not hesitate to contact us contact@josephrowntree.york.sch.uk.

Many thanks

Charlotte Mann
Deputy Headteacher

HEADTEACHER: Mr David Hewitt, BA (Hons), NPQH

DEPUTY HEAD: Mr A Haigh, BSc (Hons)

DEPUTY HEAD: Ms C Mann, BA (Hons)

“Working together to achieve success”

Advice and Support

If you need support or advice, there are a number of online services that you can access. Please find below a range of website links and useful telephone numbers, and please don't hesitate to contact us at school on contact@josephrowntrees.york.sch.uk for further advice.

Concerned about a child or young person?

- if you know of a child who may become vulnerable without additional help and support
- if you are worried a child or young person is at risk of, or is being, hurt or abused
- if you want to know about services available to support children and families

Call the MASH team:

01904 551900 – MASH team (option 1 if you have an allocated social worker or know the name of who you want to speak to, option 2 if you would like to speak to the Early Help Team about support for your family, or option 3 if you have a safeguarding concern about a child)

The **MASH team** provides professionals and members of the public with advice, information and support about services for children and young people who are vulnerable and at risk.

Outside office hours, at weekends and on public holidays contact: **01609 780780 – Emergency Duty Team**

The York School Wellbeing Service

The school wellbeing service has lots of useful links and resources for support. These include support for young people with emotional and mental health needs. The website also has some links to some useful parenting support and courses: <https://www.yor-ok.org.uk/sws.htm>

Limetrees York

Supporting children and young people with mental health problems. (**01904 615300**).

Lime Trees Clinic. CAMHS Child and Adolescent Mental Health Service:-

You can contact a Single Point of Access (SPA) at Lime Trees to contact our local CAMHS service. You will be offered a 30 minute telephone conversation, during which you may be sign posted to a different appropriate service or you may be offered a face to face assessment at Lime Trees. **Tel: 01904 615345**

Young person crisis line:-

If a child or young person is in crisis, the mental health crisis team will be able to offer advice and support between the hours of 10.00am and 10.00pm. The service is for young people under the age of 18 years who present following an episode of deliberate self-harm, acute and uncontained emotional distress or display high levels of risk taking behaviour requiring immediate attention in the community. The children and young people's crisis team is provided by TEWV, and their phone number is:

0800 051 6171 - Crisis team for all ages (select the correct option for age group)

Food Bank Vouchers

We now have the capacity to issue food bank vouchers where a family is in need. If you feel this may be the case, please contact school on contact@josephrowntree.york.sch.uk

You can also apply directly and get more information on: <https://york.foodbank.org.uk/get-help/>

Self-help website links

There are a range of services which can be contacted for support and information. For more advice on Online Safety, please see the accompanying guidance on Online Safety.

Childline

Childline provide lots of useful support materials and information for children and young people up to the age of 19. They also offer an online counselling service and telephone support. Their contact number is: - 0800 1111

www.childline.org.uk

Download the Child line app at: <https://www.childline.org.uk/toolbox/for-me/>

York Mind – Young People's Service

During the period of social distancing due to the Coronavirus outbreak, York Mind's Young People Project are offering telephone support and online groups to young people aged between 11-25 years old to support with mental health and wellbeing.

<https://www.yorkmind.org.uk/how-we-help/young-peoples-service/>

Kooth

Kooth is a digital free, safe, confidential and non-stigmatised way for young people aged 11 to 18 years to receive counselling, advice and support on-line. Kooth delivers 1000's of counselling sessions each year in Local Authorities across the UK. Available weekdays 12pm until 10pm and weekends 6pm -10pm, 365 days per year, it provides a much needed out of hours' service for advice and help: www.kooth.com

Charlie Waller Memorial Trust

Charlie Waller Memorial Trust teach people how to look after their mental health. They use a practical, positive and proven approach. They publish free resources for professionals, parents, young people and others interested in mental and emotional wellbeing: <https://www.cwmt.org.uk/>

Hope Again – Young People living after Loss

Hope Again is Cruse Bereavement Care's website for young people. Cruse is a national charity that provides support, advice and information to children, young people and adults when someone close to them dies: www.hopeagain.org.uk
Download the app at: <https://childbereavementuk.org/our-app/>

b-eat

A national charity offering help for people with eating disorders: www.b-eat.co.uk

Online Safety, Support and Advice

We are all working online more than ever before. When we are online, it is important that we stay safe, and do not share anything that could put you in danger. The internet and social media can be a great way to stay in contact with friends and family, be creative and find resources, but we need to ensure we are always being smart about what we do online, and who we meet. Below, you will find advice for students, and a range of resources for parents and carers on safe online use, and what to do if you have a concern. We are always here to support you as a school, so please do not hesitate to contact us if you have any questions, need advice or would like to discuss a safeguarding concern.

Staying Safe Online – Advice for Students

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. Once you've put a picture of yourself online most people can see it and may be able to download it, it's not just yours anymore.
3. Keep your privacy settings as high as possible
4. Never give out your passwords
5. Don't befriend people you don't know
6. Don't meet up with people you've met online. Speak to your parent or carer about people suggesting you do.
7. Remember that not everyone online is who they say they are
8. Think carefully about what you say before you post something online
9. Respect other people's views, even if you don't agree with someone else's views doesn't mean you need to be rude
10. If you see something online that makes you feel uncomfortable, unsafe or worried: leave the website, turn off your computer if you want to and tell a trusted adult immediately.
11. Don't reply to any nasty messages you receive.
12. Don't reply to texts or messages from people you don't know.
13. Keep messages you have been sent to show a trusted adult.
14. Don't answer calls from withheld numbers.
15. Don't give your number or social media details to someone you don't know.
16. Don't send pictures to someone you don't know.

Websites for help, advice, and support

- Thinkuknow provides advice from the National Crime Agency (NCA) on staying safe online
- Parent info is a collaboration between Parentzone and the NCA providing support and guidance for parents from leading experts and organisations
- Childnet offers a toolkit to support parents and carers of children of any age to start discussions about their online life, to set boundaries around online behaviour and technology use, and to find out where to get more help and support
- Internet Matters provides age-specific online safety checklists, guides on how to set parental controls on a range of devices, and a host of practical tips to help children get the most out of their digital world
- London Grid for Learning has support for parents and carers to keep their children safe online, including tips to keep primary aged children safe online
- Net-aware has support for parents and carers from the NSPCC and O2, including a guide to social networks, apps and games
- Let's Talk About It has advice for parents and carers to keep children safe from online radicalisation
- UK Safer Internet Centre has tips, advice, guides and other resources to help keep children safe online, including parental controls offered by home internet providers and safety tools on social networks and other online services

These resources provide information and support for parents and carers on what to do if you are worried about child sexual abuse or something you have seen online which concerns you.

- You can contact the NSPCC helpline (0808 800 5000) for support and advice if you have concerns about your own or another child's safety. The Together, we can tackle child abuse campaign also provides information on the signs of child abuse and neglect
- Thinkuknow by National Crime Agency-CEOP has developed activities to support your child's safe use of the internet and the Lucy Faithfull Foundation's Parents Protect website also provides advice on how to help protect children from child sexual abuse
- If you see sexual images or videos of someone under 18 online, report it anonymously to the Internet Watch Foundation who can work to remove them from the web and help to identify victims and survivors
- You can contact The Marie Collins Foundation help@mariecollinsfoundation.org.uk for support, including advice and individual counselling, for your child if they have been subjected to online sexual abuse - support is also offered to parents and carers

Radicalising content

If you are concerned that any family member, friend or loved one is being radicalised, you can call the police or 101 to get advice or make a Prevent referral, so that they can get safeguarding support. Support is tailored to the individual's needs and works in a similar way to safeguarding processes designed to protect people from gangs, drug abuse and physical and sexual exploitation. Receiving support through Prevent is voluntary, confidential and not any form of criminal sanction. If you need further help, you can also contact your local authority safeguarding team.

Educate Against Hate Parents' Hub provides resources and government advice for parents and carers on keeping young people safe from extremism, including online.

Let's Talk About It provides support for parents and carers to keep children safe from online radicalisation. Any member of the public can **report terrorist content they find online through the GOV.UK referral tool**. More information about what to report and what happens when you make a report can be found on the **Action Counters Terrorism campaign**.

For more information and government advice, please see:

<https://www.gov.uk/government/publications/coronavirus-covid-19-keeping-children-safe-online/coronavirus-covid-19-support-for-parents-and-carers-to-keep-children-safe-online>