



The English Martyrs Catholic
School and Sixth Form College

SAFEGUARDING & WELLBEING NEWSLETTER

Issue #01 | Summer Term | July 2023

The Safeguarding Team

at The English Martyrs Catholic School and Sixth Form College

At The English Martyrs Catholic School and Sixth Form College everyone is responsible for the safeguarding of students. All staff have had safeguarding training and are familiar with Keeping Children Safe in Education. We all work to ensure our school is a place where students are and feel safe.

We have four staff designated to deal with your questions, concerns or safeguarding issues.



Nicholas Lindsay
Designated
Safeguarding Lead



Rebecca Corcoran
Deputy Designated
Safeguarding Lead



Tracey Torka
Deputy Designated
Safeguarding Lead



Kelly Anderson
Deputy Designated
Safeguarding Lead

Safeguarding is
EVERYONE'S Responsibility



INFORMATION

At The English Martyrs Catholic School and Sixth Form College we know how important Safeguarding is. Safeguarding is a vital aspect of any school setting, as it ensures the safety and wellbeing of all students, staff and visitors.

We foster a culture and practice of safeguarding. All staff have annual safeguarding training and all school policies and practices are fully compliant with Keeping Children Safe in Education. We work with professionals to ensure students can thrive and be safe. We take action to enable all children have the best outcomes, as we want our students to have the best start to life.

We have a Safeguarding and Welfare Office in school. Students are welcome to drop in before and after school, during break and lunchtime if they need any support.

If at any time our young people need to speak to a safeguarding officer, they just need to let their teacher know and a safeguarding officer will collect them and speak to the young person.

CPOMS & Class Charts

We use an online platform called Child Protection Online Management System (CPOMS). CPOMS is used to record relevant information so that documentation and communication are carefully logged in order to ensure children are safe. Class Charts is an online platform used to record achievement and behaviour.



LANYARDS

Staff and Sixth Form Students wear lanyards so that they can be identified as having the correct checks and have permission to be on site.

- Navy – Safeguarding Team
- Red – EMS Staff
- Yellow – Visitors without a DBS
- Green – Visitors with a DBS
- Black – EMS6 students



eSAFETY SATURDAYS

On a Saturday on our social media eSafety advice is shared with parents/carers and the wider community. These posts, which are created by the National Online Safety organisation, educate on dangers of the online world and they also inform our parents/carers of how to keep their children safe online at home.

Tips for Encouraging Open Discussions about DIGITAL LIVES

The online world is constantly changing and it's important that parents and carers have a clear understanding of what their children are doing online. This infographic provides tips for encouraging open discussions about digital lives.

- MAKE YOUR INTEREST CLEAR:** Let your child know you're interested in their online lives. This shows them you care and are there to help.
- BE OPEN AND HONEST:** Be open and honest about your own online experiences. This helps your child feel comfortable talking to you.
- REMAIN CALM:** Stay calm and listen to your child. Avoid reacting with anger or frustration.
- DISCUSS THAT NOT EVERYTHING WE SEE ONLINE IS REAL:** Help your child understand that what they see online is often not real life.
- CREATE A FAMILY AGREEMENT:** Create a family agreement about online safety. This sets clear rules and expectations.
- KEEP TALKING!** Keep talking to your child about online safety. This is an ongoing conversation.

Meet Our Expert: **National Online Safety #WakeUpWednesday**

What Parents and Carers Need to Know about APPLE GUIDED ACCESS

Phones and iPads don't offer separate user accounts. So when you hand your Apple device to a child to play a game or watch a video, you're also handing them access to your emails, the web, messaging, and other apps through which they could be exposed to something inappropriate.

Apple Guided Access solves this potential problem by letting you restrict the iPhone or iPad to one particular app whenever your child uses the device. If they try and leave that app, it will be locked for a few seconds or even 10 minutes. If they don't succeed, they'll see a message explaining the reason for the delay. You can also use the Guided Access feature to prevent your child from using your iPhone or iPad.

How to set it up:

- Step 1:** Go to Settings > Accessibility > Guided Access > Turn On Guided Access.
- Step 2:** Tap on the Apple ID you want to use Guided Access with.
- Step 3:** Tap on the app you want to use Guided Access with.
- Step 4:** Tap on the app you want to use Guided Access with.
- Step 5:** Tap on the app you want to use Guided Access with.
- Step 6:** Tap on the app you want to use Guided Access with.

How to switch it on:

- Step 1:** Tap on the Guided Access icon in the top right corner of the screen.
- Step 2:** Tap on the Guided Access icon in the top right corner of the screen.
- Step 3:** Tap on the Guided Access icon in the top right corner of the screen.
- Step 4:** Tap on the Guided Access icon in the top right corner of the screen.
- Step 5:** Tap on the Guided Access icon in the top right corner of the screen.
- Step 6:** Tap on the Guided Access icon in the top right corner of the screen.

Meet Our Expert: **National Online Safety #WakeUpWednesday**

What Parents & Carers Need to Know about SNAPCHAT

13+

CONNECTING WITH STRANGERS: Snapchat allows users to connect with strangers through its 'Snap Map' feature. This can be dangerous as users can be contacted by strangers.

EXCESSIVE USE: Snapchat is designed to be used frequently. Excessive use can lead to addiction and neglect of other responsibilities.

INAPPROPRIATE CONTENT: Snapchat has a reputation for sharing inappropriate content, including explicit images and videos.

Advice for Parents & Carers:

- TURN OFF QUICK ADD:** Turn off the 'Quick Add' feature to prevent your child from being added to their Snap Map by strangers.
- CHOOSE GOOD CONNECTIONS:** Encourage your child to only add friends and family to their Snapchat account.
- TALK ABOUT SEXING:** Talk to your child about sexting and the risks of sending explicit content.
- CHAT ABOUT CONTENT:** Discuss with your child what is appropriate to share on Snapchat.
- KEEP ACCOUNTS PRIVATE:** Encourage your child to keep their Snapchat account private.
- BE READY TO BLOCK AND REPORT:** Teach your child how to block and report users who send inappropriate content.

Meet Our Expert: **National Online Safety #WakeUpWednesday**

What Parents & Carers Need to Know about TIKTOK

18

AGE-INAPPROPRIATE CONTENT: TikTok is known for its viral videos, many of which contain age-inappropriate content.

EXPLICIT SONGS: Some popular TikTok songs contain explicit lyrics.

TIKTOK FAME: The desire for fame on TikTok can lead to risky behavior and mental health issues.

HAZARDOUS VISIBILITY: TikTok's algorithm can show users content that is not age-appropriate.

ADDICTIVE NATURE: TikTok's short videos and infinite scroll feature are highly addictive.

INAPP SRENDING: Some users engage in inappropriate behavior, such as sending explicit messages.

Advice for Parents & Carers:

- TALK ABOUT ONLINE CONTENT:** Discuss with your child what is appropriate to watch on TikTok.
- MAINTAIN PRIVACY SETTINGS:** Encourage your child to keep their TikTok account private.
- LEARN ABOUT REPORTING AND BLOCKING:** Teach your child how to report and block users who post inappropriate content.
- ENABLE FAMILY PAIRING:** Use Family Pairing to manage your child's TikTok account.
- USE RESTRICTED MODE:** Enable Restricted Mode to filter out age-inappropriate content.
- MODERATE SCREEN TIME:** Set limits on your child's screen time.

Meet Our Expert: **National Online Safety #WakeUpWednesday**

What Parents & Carers Need to Know about MINECRAFT

7+

ONLINE CHAT: Minecraft has an online chat feature that can be used to communicate with other players.

ADULTS ONLY: Some Minecraft servers are labeled as 'Adults Only' and may contain inappropriate content.

ADDITIONAL PACKAGES: Minecraft offers additional content through its Marketplace, which can be purchased with real money.

Advice for Parents & Carers:

- RESEARCH CONTENT CREATORS:** Encourage your child to follow and interact with positive content creators.
- CHOOSE THE RIGHT AGE:** Encourage your child to play on servers that are appropriate for their age.
- ACCEPT & REPORT STRIKES:** Teach your child how to accept and report strikes on their account.
- TALK ABOUT STRANGERS:** Discuss with your child the risks of talking to strangers online.

Meet Our Expert: **National Online Safety #WakeUpWednesday**



WELL-BEING WEDNESDAYS

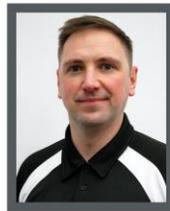


The Student Support Team

at The English Martyrs Catholic School and Sixth Form College



Mr N Lindsay
Director of
Pastoral Care



Mr A Gray
Standards, Rewards
and Inclusion



Mr L Nicholson
Standards, Virtues, Medical
and Home/School Liason



Mr G McInlock
Well-being and
Attendance



Mrs A White
SENDCo



Mrs K Spears
Assistant SENDCo



Mr A Corcoran
Rewards and Student Voice

You can also talk to your Form Tutor and Pastoral Manager



The English Martyrs Catholic School and Sixth Form College have a core team to help our students and every Wednesday we focus on the well-being of our community.

We need to all stop and reflect at times to ensure we are looking after our own body and minds.

Students have access to the Student Support Team and also their form tutor who is their key member of staff who they see each morning.



Supporting Organisations

HARTLEPOOL FOODBANK

28 Church Street,
Hartlepool,
TS24 7DH

Tuesday 11:30 - 13:30
Friday 11:30 - 13:30

HartlepoolNow

Telephone: **01429 272905** (Mon - Thurs 8.30am - 5pm and Friday 8.30am - 4.30pm)

Speak to somebody in person at the Community Hub Central, York Road or Community Hub South, Wynyard Road - Mon - Fri 10am - 4pm.

The Children's Hub (01429 284284) can provide information, advice and guidance on services and support for children, young people and families.



HARTLEPOOL
COMMUNITY HUBS

York Road
Hartlepool
TS26 9DE

The Hubs bring together a range of services from different organisations under one roof to help you.

Follow on Facebook for up to date information and timetables.

Monday-Friday 10:00 - 16:00
Saturday 10:00 - 12:00

Gingerbread

Single parents, equal families

Provides single parents with advice and practical support. You can call the helpline on 0808 802 0925.

SAFEGUARDING YOUR CHILD

NSPCC
'Learning'

YOUNGMINDS
fighting for young people's mental health

Steps we can complete together to keep your child safe;

- Ensure they know that they can speak to all staff about how they feel and if there is anything worrying about them.
- Staff will inform a relevant member of staff who can help and assist your child.
- We will communicate with home. To ensure we can contact home, please make sure we have at School App is linked to your device. We communicate regularly on here, this ensures you gain information for your child.
- Parents/carers can contact the school via the safeguarding email address, if they wish to meet with one of the team.

kooth

Kooth is an online **mental wellbeing** community for young people

For ages: **11-18**

Sign up for free at [Kooth.com](https://www.kooth.com)

Qwell

Community support means everything to us

Explore our supportive and anonymous mental wellbeing community for adults.



Chat online to qualified counsellors



Read and write articles



Get online support from the Qwell community



Set personal goals and record how you feel

[qwell.io](https://www.qwell.io)





Keeping Children Safe in Education 2023

Are you aware that the Keeping Children Safe in Education 2023 comes into force in September 2023?

To access the report please click on the following link: [KCSIE 2023](#)



Exploited and Criminalised

Have you read the updated report from Barnardos: *Exploited and Criminalised*? This report outlines the growing problem of organised gangs exploiting and coercing children into criminality.

To access this report please click on the following link: [Exploited and Criminalised](#)



Internet Watch Annual Report (2022)

Have you considered the data in the Internet Watch Annual Report 2022? This report compiles hard data on the utilisation of the internet by criminals looking to exploit children during 2022.

To access the report please click on the following link: [Internet Watch](#)



Neglect: Learning from Case Reviews:

Have you considered the latest learning from case reviews? To access the latest case reviews for June 2023 from NSPCC please click on the following link [NSPCC](#)

To access case reviews from a wide range of types of abuse please click on the following link: [NSPCC](#)



Tees Procedures

Have you checked out the latest procedure updates on the Tees Safeguarding Children Procedures website?

To access all the latest Tees safeguarding children procedures please click on the following link: <https://www.teescpp.org.uk/>



HSSCP Resources & Learning Opportunities

Are you aware that the HSSCP safeguarding children training programme for 2023-2024 is now available? HSSCP also has a wide range of safeguarding resources available in the professionals section of their website too.

For further information please click on the following link: [HSSCP](#)
Information relating to the latest LSCPR's can be found at [LSCPR's](#)



TSAB Newsletter

Have you checked out the latest safeguarding adults newsletter produced by the Tees Safeguarding Adults Board (TSAB)?

To access all the TSAB newsletters please click on the following link: [TSAB](#)
Information on the latest safeguarding adults reviews can be found at: [SAR's](#)



SAMARITANS

Talk to Us! July 2023

Are you aware that every year in July, Samaritans hold local events to raise awareness that they are there to listen to anyone who's struggling to cope, at any time of the day or night?

To access further information please click on the following link: [Samaritans 24/7](#)



On Kooth you can



KOOTH

Have you raised the awareness of Kooth to children/young people? Kooth is a free, safe and anonymous online mental health support and counselling for children/young people.

To access further information please click on the following link: [KOOH](#)



**Children & Young People's
Mental Health Coalition**

Behaviour & Mental Health in Schools

Have you considered the research in the latest report from the Children & Young People's Mental Health Coalition on behaviour and mental health in schools? This inquiry looks into what can be done to improve the approach to behaviour and mental health in schools.

To access further information please click on the following link: [Mental Health](#)



**Childnet
International**

Talking to Children About Online Safety

Are you familiar with talking to children about online safety? Childnet offer advice on how to start those discussions and how to help and support children to be safe online.

To access further information please click on the following links: [Childnet](#)



Consent

Do the young people you support understand that sexual consent goes beyond a simple 'yes' or 'no'? INEQE Safeguarding Group have developed a framework called **FLIRT** which is designed to help young people understand what consent is and what is involved.

To access the framework please click on the following link: [FLIRT](#)

Believe in
children
 Barnardo's

Child Exploitation: A Hidden Crisis

Have you read the briefing from Barnardos: **Child Exploitation: A Hidden Crisis**? This briefing highlights that with mounting financial pressures that families are facing, Barnardo's are concerned that the cost-of-living crisis will have similar effects on child exploitation.

To access this briefing please click on the following link: [A Hidden Crisis](#)



HM Government

National Referral Mechanism

Are you aware of the National Referral Mechanism? Do you know what you need to do to safeguard children affected by modern slavery?

For further information please click on the following links: [Gov.UK](#) / [Modern Slavery](#)

VAPING AND E-CIGARETTES THE FACTS



MOST CHILDREN AND YOUNG PEOPLE

DON'T VAPE OR SMOKE.

Vapes containing nicotine are age-restricted products: it is illegal to sell them to under 18s and for adults to buy them on their behalf.

**VAPES ARE
NOT HARMLESS.**

Short-term effects can include **coughing**, **headaches**, **dizziness**, and **sore throats**. Long-term effects are as yet unknown.

HARMFUL FOR THE ENVIRONMENT.

Disposable vapes and the batteries inside them are bad for the environment, with many ending up in landfills.



Those who knowingly sell to under 18s are driven by profit and don't care who they sell to.

DON'T BE DUPED!

DON'T SMOKE? DON'T START TO VAPE.

HELP IN THE COMMUNITY

In addition to the support within The English Martyrs Catholic School and Sixth Form College, there is also assistance within the community via the NHS.



Hartlepool Health Social Prescribing

The aim of Social Prescribing is to help people live their lives as well as possible, with a focus on supporting them to take control of and to improve their health, well being and social welfare by linking patients up with community organisations.

Sometimes your GP may not be the best person to help you. You may want to consider speaking to one of your Social Prescribing link workers who can help you with a range of issues.

These Include:

- Housing issues
- Bereavement support
- community signposting info
- Educational support
- Employment support
- Exercise
- Financial support
- Health promotion
- Social isolation
- Support for carers
- Low-level mental health (mild anxiety & depression caused by social factors)

Referral process

You can self refer to one of our Social Prescribers by contacting your GP practice or alternatively completing an E-consult via your GP practice website. One of our Social Prescribers will contact you to chat more in detail about what is affecting you.

McKenzie House Surgery
Victoria Medical Practice
Throston Medical Centre
Headland Medical Centre
Hartfields Medical Centre
Wynyard Road Medical Centre

NHS



CONTACT

If you have any questions or queries, please do not hesitate to contact us via email;

safeguarding@ems.bhcef.org.uk



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